



THE ROSES DEVELOPMENT FRAMEWORK WORKSHOP

DO YOU WANT TO SUPPORT INDIVIDUALS TO PLAY AT THE HIGHEST LEVEL THEY ARE CAPABLE OF?

Our aspiration is to work with athlete's and their support networks, in building the right skills to enable them to progress through the netball performance pathway. If you play a key role in this process, please sign up below!

To attend the event

<https://forms.gle/prDMTmEe72iAJjQT6>

OVER THE COURSE OF THIS SESSION, WE AIM TO:

- 1 Introduce the concept of the Roses Development Framework in relation to supporting the developing athlete and their support network.
- 2 Hear about your needs in relation to supporting development athletes
- 3 Explore and conceptualise the idea of managing load with developing athletes, whilst highlighting the repercussions when overloaded.
- 4 Highlight the signs of poor movement competencies and discuss what this could mean in practice.
- 5 Discuss the principles of an effective warm up and impact this can have on injury and performance.
- 6 Incorporate the learning from the workshop into a practical session that we hope enables you to explore the discussions you have had throughout.

KEY DATES

23 RD OCTOBER		31 ST OCTOBER		06 TH NOVEMBER		20 TH NOVEMBER		27 TH NOVEMBER	NORTH EAST
25 TH OCTOBER		02 ND NOVEMBER		09 TH NOVEMBER		23 RD NOVEMBER		04 TH DECEMBER	

ADDITIONAL INFORMATION - While we will have netballers to support the practical session, in some instances we may ask for your support. Therefore if you are willing to take part please bring suitable shoes to enable you to join in.

IT'S US. IT'S NOW.
#ROSES RISING