



## Northern Marvels FAQs

### ***What days do the Northern Marvels Train?***

Netball practice is primarily on Monday and Wednesday evenings, and Saturday mornings. Sometimes in-season practice days are moved to a Tuesday or Thursday because of the day on which the Team's game is played. Strength and Conditioning sessions are on Monday, Wednesday and Friday mornings, and Tuesday evenings as required.

### ***Why do the Northern Marvels train on Monday, Wednesday's, and Saturdays?***

A Monday and a Wednesday allows the Team to align their training with the Northern Mystics. Furthermore, the Northern Stars also train on a Monday and Wednesday and so do the Comets. Having these trainings aligned enables easier facilitation of training games and training opportunities across all four teams, and seamless transitions for athletes between ANZ Premiership (ANZP) and National Netball League (NNL). When NNL teams train in the same venue, side by side ANZP, this drives better performance across both teams. The Saturday training is reflective of the game during the in-season period.

### ***Releases***

The release principles are as follows:

Pre-Season training and game priority is to the Northern Marvels. Release to train and play for club or school during this period is at the discretion of the Northern Marvels Head Coach, in consultation with the player and the club coach.

In-Season training and game priority remains to the Northern Marvels. Release to train and play for club or school is at the discretion of the Northern Marvels Head Coach, in consultation with the player and the club coach.

The Release decision making process is as follows:

1. Player not in playing 10 - Release to club/school for game-time.
2. Player in playing 10 yet playing with limited time on-court. Release to club/school for managed game time in consultation with the player and the club coach.
3. Player in starting line-up and playing significant portions of the game. Player unlikely to be released to play for club/school.

Please note: Release to train or play club or school is considered on an individual basis and in consultation with the player and their coaches. Each player has an individual athlete development plan which supports their journey to high performance netball. Within this, some players get a sufficient stimulus from the Northern Marvels environment. Other players require time within the Northern Mystics training environment, and others need support from and connection with their club or school.

***Can Northern Marvels players only play for one club or school team during the community netball season?***

Yes. Furthermore, if the club or school plays in two competitions in two different netball centres the player must elect which of the two competitions, they will play in. They cannot play in both. The one club or school team principle is to support the overall wellbeing and development of an aspiring high-performance athlete. Northern Zone implement this as part of our athlete development framework, to support building sustainable performance habits. Too many commitments can overwhelm developing HP athletes, as well as distract or delay their ability to build these habits strongly.

***Can Secondary School aged-athletes be selected for the Northern Marvels?***

Yes. Please refer to the Northern Zone NNL Selection Policy.

***Am I eligible for New Zealand Secondary Schools selection if I am unable to play for my school because I am in the Northern Marvels?***

Yes.