



# Netball

## Netball at Oakham

We give 300 girls the opportunity to represent the School in inter-school fixtures in netball, with a typical week seeing up to 30 fixtures played from U11 through to 1st VII levels against some of the top netball-playing schools in the country.

Oakham netballers enjoy excellent facilities with nine courts used for training and matches. Preparation for the national competitions begins out of season in the Winter Term with U19, U16 and U14 players attending strength and conditioning and skills sessions. These skills sessions help the girls to develop and bond as a team ahead of the netball term prior to pre-season training which begins in January before the start of the Spring Term.

Alongside our team of fantastic coaches, the students have the opportunity to learn from the best players and coaches in the country during our guest-coaching week. In recent years we have welcomed Commonwealth Gold Winner Jodie.

## Our Expertise

Our team of dedicated and highly qualified coaches is led by Director of Netball Lauren Nicholls, currently playing for Loughborough Lightning and backed up by Jade Potter, a seasoned coach with both international youth and club playing experience.

## Our Coaches



**Lauren Nicholls**  
DIRECTOR OF NETBALL

Email - [LWN@oakham.rutland.sch.uk](mailto:LWN@oakham.rutland.sch.uk)

**Charlotte Rogers**  
Senior Netball Coach

Email - [CER1@oakham.rutland.sch.uk](mailto:CER1@oakham.rutland.sch.uk)



## Achievement Highlights

### Girls 1st VII

2023/2024 Sisters n Sport Quarter Final  
2023/2024 National Finalists  
2022/2023 National Finalists  
2021/2022 National Finalists  
2020/2021 East Midlands Champions  
2019/2020 National Finalists

### Girls U16's

2023/2024 U16 National Finalists  
2021/2022 U16 National Finalists

### Girls U14's

2020/2021 U14 East Midlands  
Champions

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## Performance Pathways

Many girls go on to play netball at varying levels outside School, including Loughborough Lightning and Wasps Academies, and local clubs too, with a strong cohort every year representing university teams across the country.

For our pupils on performance pathways, we assist them in completing their individual programmes on court and in the gym; this way we can help to manage their time and workload.

The 1st VII also get the experience and exposure of playing against top university teams in the country, including: Loughborough University, Nottingham Trent University and University of Nottingham.



## Our Netball Programme

With the opportunity to play in the Winter and Spring, our Netballers are given all-round support both on and off the court to nurture and develop their talent:

**Strength & Conditioning** - our full-time Strength & Conditioning Coach works with our Netballers on their individual programmes.

**Performance Analysis** - we evaluate video footage from training and matches to strengthen performance and help set targets for future competitions.

**Technical & Tactical** - our team of experts range from current England Netball Pathway coaches and former international players to current Superleague players, who have a wealth of experience and offer individual coaching.

**Performance Lifestyle** - life as a Student Athlete is busy, we ensure our pupils are given the support they need and are taught the skills required to be the best rounded athlete they can be.

**Sports Psychology** - understanding the foundation stones of psychological behaviour in sport, we integrate this knowledge into our coaching.

**Nutrition & Hydration** - coaching effective recovery and efficient fuelling are some of the most important elements of our programme.

**Physiotherapy** - is available on site to aid any rehabilitation and recovery required.



### Sport at Oakham

From absolute beginners to elite athletes, Oakham School offers excellent coaching in a wide choice of sports, helping pupils to develop a love of fitness and sport.

[oakham.rutland.sch.uk/sport](http://oakham.rutland.sch.uk/sport)



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