



WBOP NATIONAL LEAGUE (BEKO) DRAFT PROGRAMME FOR 2020/21



Registrations are now being taken for the Beko Off Season Training Squad **Open Trial** to be held on Saturday 28th November at Cambridge High School (10am – 3pm) as the first part of the selection process to name the 2021 WBOP Beko National League Squad
We are currently waiting for Netball NZ to confirm the draw for the 2021 season, so dates in the new year still have to be confirmed.

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| Tues 3 rd – Fri 20 th Nov 2020 | BEKO TRIALS REGISTRATION OPEN – for the OPEN TRIALS to select the Beko Off Season Training Squad. Registration form to be completed online Sporty link: https://www.sporty.co.nz/viewform/150106 \$15 registration fee to be paid online when registering. | Registrations close 5pm Friday 20 th November. |
| Sat 28 th Nov 2020 | BEKO OFF SEASON TRAINING SQUAD 2021 - OPEN TRIALS Purpose – to select a Beko Off Season Training Squad of up to 21 players for preseason training and the final Beko trial early February Fitness testing (Bronco) + Match play <i>Please wear dark coloured singlet or tee + dark shorts.</i> <i>Bring snack food + water bottle + hand towel & own strapping.</i> | 10am-3pm Cambridge High School Registrations from 9.30am. Warm up 10am. |
| Monday 30 th Nov | BEKO OFF-SEASON TRAINING SQUAD NAMED (up to 21 players) MAGIC TRAINING PARTNERS NAMED (tbc) | Announced on NWBOP website/Zone Facebook after 1pm. |
| Tue 1 st Dec 2020 | BEKO OFF SEASON TRAINING SQUAD: ZOOM MEETING (for the players named after Nov 28 th trials) | 6pm-7pm Zoom |
| Sat 5 th Dec | BEKO OFF SEASON SQUAD FITNESS SESSION & TESTING Further testing & delivery of off-season S&C programme (2 courts) Yoyo + other tests tbc | 9am-11am Cambridge High School |
| Wed 9 th Dec 2020 | BEKO OFF SEASON TRAINING SQUAD SKILL SESSION (1 court) | 6pm-8pm Baypark, Mt Maunganui |
| Sat 12 th Dec 2020 | BEKO COMBINED TRAINING/SQUAD PLAY WITH NORTHERN SQUAD (2 courts) | 10am – 2pm Cambridge High School |
| Wed 16 th Dec 2020 | BEKO OFF SEASON TRAINING SQUAD SKILL SESSION (1 court) | 5.30pm Team Meeting 6pm – 8pm Court Training St Peters, Cambridge |
| Sat 19 th Dec 2020 | BEKO OFF SEASON TRAINING SQUAD FITNESS SESSION | 9am-10.30am Venue tbc |
| CHRISTMAS BREAK – SELF DIRECTED S&C | | |
| Wed 20 Jan 2021 | BEKO OFF SEASON TRAINING SQUAD SKILL SESSION (1 court) | 5.30pm Team Meeting 6pm – 8pm Court Training St Peters, Cambridge |
| Sat 23 Jan 2021 | BEKO OFF SEASON SQUAD FITNESS SESSION & TESTING Yoyo + other tests tbc (2 courts) | 9am-11am Cambridge High School |
| Wed 27 Jan 2021 | BEKO OFF SEASON TRAINING SQUAD SKILL SESSION | 5.30pm – Meeting/strapping 6pm-8pm – Court training Baypark, Mt Maunganui |
| Sat 30 th Jan 2021 | BEKO OFF SEASON TRAINING SQUAD FITNESS SESSION | 9am-10.30am Venue tbc |
| Wed 3 rd Feb tbc | WBOP BEKO 2021 SQUAD - FINAL TRIALS (INVITEES ONLY) Purpose – to select 12 players for the Beko 2021 team + up to 4 Training Partners Fitness testing (Bronco) + Match play | 5.30pm – 8.30pm Hamilton/Cambridge venue tbc |

Please note

There is a NWBOP Beko Player contribution fee of \$400 which needs to be paid by each player before the first competition match.
The NWBOP Zone will assist the team to fundraise towards this cost.

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| <p>Thurs 4th Feb tbc.</p> | <p>WBOP BEKO TEAM FOR 2021 NAMED (12 players + 4 Training Partners) announced on NWBOP website/Zone Facebook</p> | <p>Announced on NWBOP website/Zone Facebook after 1pm.</p> |
| <p>Wed 10th Feb tbc</p> | <p>BEKO 2021 SQUAD PRESEASON TRAININGS BEGIN. Training days still tbc.</p> <p><u>Court trainings</u> will be 2 x per week. Days tbc. 5.30pm – 6pm Meeting/Strapping, 6pm-8pm Training</p> <p><u>S&C sessions</u> will be 2 x per week at Wintec (Waikato based players) & Adams HP Centre (for BOP based players). Days & times tbc</p> <p><u>Preseason training matches</u> – to be advised. Normally end March/early April</p> | <p>Court training schedule and venues tbc but likely St Peters, Cambridge High School or Te Awamutu.</p> <p>Preseason there will also be some court trainings in Tauranga/Mt Maunganui.</p> |
| <p>Fri 26th Feb – Sat 27th Feb</p> | <p>BEKO TEAM BUILDING Friday 5.30pm – Saturday evening. Friday night stay overnight in Hamilton</p> | |
| <p>April – July 2021</p> | <p>BEKO 2021 COMPETITION LIKELY TO START END APRIL. Waiting for confirmation from NNZ. Matches normally held on Sundays. Draw still to be advised from NNZ. Home and away fixtures – 6 teams x 2 rounds <i>Marvels, Comets, WBOP, Manawa, Mainland, Blast + Finals</i> BEKO FINAL – likely mid July 2021</p> | |