



WBOP NATIONAL NETBALL PROGRAMME (NNL) SELECTION PROCESS FOR THE 2021/22 NNL OFF SEASON TRAINING SQUAD

Registrations are now being taken for the NNL Off Season Training Squad Open trial to be held on Saturday 11th and Sunday 12th December 2021 at Cambridge High School, 25 Swayne Road, Cambridge (10am – 2pm)
as the first part of the selection process to name the 2022 WBOP National League Squad.

By Thursday 9 December 2021	Registration form to be completed online https://forms.gle/SoucvWjGrLHBC8iD6 \$20 registration fee to be paid online when registering. (the payment will not be refunded if you do not attend trials)
Saturday 11 December and Sunday 12 December 2021	WBOP NNL OPEN TRIAL Cambridge High School, 25 Swayne Road, Cambridge 3493 (Sat) 10am – 2pm (2 courts) Registration from 9.45am. Warm up 10.10am. <i>Please wear dark coloured singlet or tee + dark shorts. Bring food + water bottle + hand towel & own strapping.</i>
Wednesday 15 December after 1pm	NNL OFF-SEASON TRAINING SQUAD NAMED Up to 21 players named Announced on NWBOP website and Zone Facebook
Saturday 18 December 2021	NNL OFF-SEASON SQUAD TRAINING SESSION #1 10am – 2pm Further testing & delivery of off-season S&C programme Bronco + other tests Cambridge High School, 25 Swayne Road, Cambridge 3493
Sunday 19 December 2021	NNL OFF-SEASON SQUAD TRAINING SESSION #1 10am – 2pm
CHRISTMAS BREAK – SELF DIRECTED S&C	
Friday 14 January 2022	NNL OFF SEASON SQUAD FITNESS SESSION & TESTING Re test & fitness session (2 courts) - Bronco + other tests 5.30 – 8pm Venue TBC
Saturday 15 January 2022	NNL FINAL TRIAL (INVITEES ONLY) Cambridge High School, 25 Swayne Road, Cambridge 3493 10am-1pm Session starts with fitness testing. <i>Please wear black singlet or tee + black shorts. Bring food + water bottle + hand towel & own strapping.</i>
Wednesday 19 January after 1pm	NNL TEAM NAMED 12 players plus 4 training partners announced on NWBOP website/Zone Facebook
NNL SEASON 2022	2022 NNL TEAM TRAININGS To be held Friday and Saturday from Jan – end Feb (pre-season) To be held Wednesday and Friday from March – May (in-season)

	<p>Venues to be advised – Tauranga, Cambridge or Te Awamutu</p> <p>Court trainings will be 2 x per week. 5.30pm – 6pm Meeting/Strapping, 6pm-8pm Training</p> <p>Preseason training matches – to be advised. Normally in Feb</p>
Friday 4 February – Sunday 6 February 2022	<p>NNL TEAM BUILDING</p> <p>Friday 6.30pm – 10am Sunday morning Friday and Saturday stay overnight in Hamilton or Tauranga Venue TBC</p>
March - June 2022	<p>2022 NNL COMPETITION DATES 5th March – 7th May 2022</p> <p>Matches played on Saturday and Sunday. (Draw still to be released from NNZ)</p> <p>There is a NWBOP Player Fee for the NNL competition of \$500. The NWBOP Zone will assist the team to fundraise towards this cost.</p>