

# ENGLAND INDOOR TRIALS

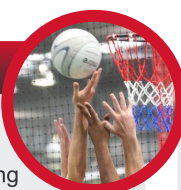
INTERNATIONAL INDOOR NETBALL MASTERS TOURNAMENT  
16TH - 30TH SEPTEMBER 2013 - SOUTH AFRICA - SUN CITY  
OVER 30 WOMEN | OVER 30 MIXED | UNDER 18 WOMEN  
ENGLAND | SOUTH AFRICA | AUSTRALIA | NZ

## BRISTOL TRIALS

LOCATION: ACTION INDOOR SPORTS - BAMFIELD  
DATE: SATURDAY 2ND FEBRUARY 2013  
TIME: 10:30 REGISTRATION - 11:00 START  
TO REGISTER CONTACT - SARAH TAAFFE  
TAFFY@INA-ENGLAND.CO.UK

### U18 WOMENS

A long squad of 16 women will be selected to train over the upcoming 6 months with a squad of 12 to travel to South Africa.



### ACTION SPORTS

Action Indoor Sports Arena  
Bamfield, Whitchurch, Bristol  
BS14 0XA  
Saturday 2nd February 2013  
10am - 1pm and 2pm - 4pm  
([www.actionsportuk.com](http://www.actionsportuk.com))

### 30s MIXED

A long squad of 10 men and 8 women will be selected to train over the upcoming 6 months with a squad of 6 men and 6 women to travel to South Africa.



### 30s WOMENS

A long squad of 16 women will be selected to train over the upcoming 6 months with a squad of 12 to travel to South Africa.



### SELECTION DAY FORMAT

10:30 - Arrival and Registration  
11:00 - Dynamic Warmup and Introduction  
11:30 - Generic Fitness Testing  
12:00 - Skills and Drills  
13:00 - Break for Lunch/Refreshments  
13:30 - Game Play  
15:00 - Player Debrief

Please bring suitable food and drink for the day and appropriate clothing to engage in all areas of selection. Food and drink can be purchased from the centre if needed.



THE COST FOR EACH STAGE OF TRIALS IS £10

ENGLAND INDOOR NETBALL ASSOCIATION  
[WWW.INA-ENGLAND.CO.UK](http://WWW.INA-ENGLAND.CO.UK)

