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| A close up of a sign  Description automatically generated  **FAQs** | This FAQs sheet provides extra information answer any other questions you may have. |

1. **What is the purpose of the Girls Regional Academy?**

The England Lacrosse Talent Pathway is a vital part of improving the standard of competitive lacrosse played in England and will help us towards our ultimate goal of becoming World and European Lacrosse Champions across all levels.

The Girls Regional Academy provides athletes with a unique, individualised, performance training environment. Athletes will specifically learn, train and prepare for the next level of the Pathway and for a future career as an England player.

Obviously not all will make future England teams, but the skills learnt will help them in lacrosse and with many life skills as well.

1. **How does my daughter progress through the talent pathway?**

England Lacrosse run assessments, with specific criteria outlining the expected standards from the initial nomination process into the Girls Regional Academy through to the National Academy.

In practice, coaches are tasked to identify athletes who are working to the expectations. Part of the identification process, coaches will rank players in their group and use feedback and the criteria to nominate individuals to be assessed at the National Academy.

1. **What training and support will my daughter receive?**

The Talent Pathway has a long-term objective to provide athletic decision makers who can perform under pressure the opportunity to learn how to maximise their potential in a sportive environment.

The Pathway will focus on individuals learning to perform under pressure in game-based practices, scenarios and constraints to explore understanding and improvement after reflection.

Practices will require all athletes to play attack and defence and work hard through transition; tactically these are fundamental component of the 10 a-side version of the game. Technical components will focus on the refinement when in 1 v 1 situations, 4 v 4 practices and positional workshops. To increase the pressure, individuals will play in small sided games.

1. **Is the tournament for identification and nomination to the National Academy?**

To make sure the Pathway works, individuals are nominated to be assessed for National Academy assessment throughout the year and at the tournament. National Academy coaches attend the tournament to moderate nominated athletes at the end of the season. Anyone invited to the National Academy will be assessed over two consecutive days.

The Girls Regional tournament provides a competitive end to the academy season. For the girls invited they can showcase their talents in a competitive environment aligned to the technical and tactical components explored in the academy. As a programme we use the tournament to challenge our own delivery, what areas need to be improved, what can be evolved and changed

1. **What happens if my daughter cannot attend a training session or is injured?**

In the first instance, please contact [talent@englandlacrosse.co.uk](mailto:talent@englandlacrosse.co.uk) or call England Lacrosse head office 0161 974 7757. Please provide your daughter’s name, region and brief explanation why your daughter is not available to attend.

You will be offered the opportunity to attend an alternative region for that specific training block. If you are not able to attend either session, unfortunately you will fore-go the cost of the training weekend.

1. **Who should we contact if my daughter is late or ill over night?**

Each centre’s head coach has been provided with a mobile phone, to allow parents to call the academy centres over the training weekends. The contact telephone numbers will only be switched on during the training weekend and will act as the immediate point of contact.

1. **Can my daughter swap regions?**

For your daughters’ benefit, it is preferred that athletes remain at one centre. However, due to availability, the pragmatic response is to allow individuals to attend different centre. That said, athletes will only be allowed to attend seven (7) training sessions.

1. **What happens if my daughter is ‘released’ from the academy?**

The Talent Pathway has a revolving door; athletes can move up and down the Pathway. Those who are unfortunately not meeting the standards, will be asked to leave the academy. Being unsuccessful is part of performance sport, it is how you respond, showing resilience etc., that counts.

Individuals will receive a detailed action plan of what to improve. It is important to understand that everyone differs from biological, emotional, chronical maturity. This has an impact on how individuals cope with the emotional and physical demands of performance sport. It is also worth noting, that females in team sports reach their peak at around 28 years old.

1. **Can we pay pro-rata?**

There is no pro-rata option for missed academy sessions.

1. **What clothing is my daughter expected to wear?**

England Lacrosse would like you to feel part of the England Academy Team so, whilst not compulsory, we will be giving you the opportunity to purchase Official 2019/20 England Training Kit.