



Women's Talent Project

Rowing Ireland and Netball NI are delighted to launch a talent search looking for tall female athletes interested in a new challenge

Come along to one of our **testing days in February** to find out if you have what it takes to be competitive at international level in rowing or netball



Why:

Rowing and Netball are two sports where taller athletes can use their extra height to advantage - to gain additional leverage in a rowing boat; or to have a commanding presence in defense or attack on a netball court.

Rowing Ireland and Netball NI are looking for tall female athletes who display aptitude to excel at the highest level in either sport to join their talent programmes through a series of testing days.

No specific Netball or Rowing skills are required.

Both sports have an existing talent programme in place and aim to fast track potentially talented individuals onto their performance pathways; ultimately we are looking for individuals who might one day represent Ireland at Olympic Games for Rowing or Northern Ireland in the Commonwealth Games for Netball.

Applications are invited on the attached form to womenstalentprojectni@gmail.com by 3 February 2017.

You may apply to be tested by one or both sports.



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Who: To be considered applicants should meet the following criteria:

- ✓ Be at least 178cm (5ft 8+) tall
- ✓ Be aged between 14 and 21 for Netball, and 17 and 23 for Rowing (applications may be considered outside this age range if other criteria are met)
- ✓ You will ideally be intending to be resident in NI for the next 3 years
- ✓ You will probably have a significant sporting background in a number of sports
- ✓ You will be enthusiastic about new challenges and learning new skills
- ✓ Applicants who wish to transfer from Rowing to Netball or Netball to Rowing are also encouraged

When:

Applications only on the attached form by email to womenstalentprojectni@gmail.com by **3 February 2017**

Testing for both sports will take place during **the week of 13-19 February** at Belfast Rowing Club, 12 Lockview Road, Belfast BT9 5FJ

Successful applicants should be available to undertake a 5 week confirmation programme immediately after this date. For rowing this will probably include 2-3 sessions and 1 other training session each week; for netball this will be one 2 hour session once a week

How:

Each sport has a series of physical and anthropomorphic tests designed to identify those with the potential talent to be successful in each sport.

Rowing: measures arm and leg strength, and endurance, as well as checking your height, weight and armspan.

Netball: measures dynamic jump height, agility, hand-eye coordination, as well as checking your height, weight and armspan.

Each sport will invite the most successful applicants onto a 5 week confirmation programme. At the end of that programme some applicants may be invited onto their high performance development programmes if they show the aptitude to be successful in the long term.

The development programmes are supported by both sports and Sport NI through professional coaching and up to date equipment and facilities.

For further information contact:

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