



University of
St Andrews | FOUNDED
1413 |



SAINTS

NETBALL

PERFORMANCE PROGRAMME



Saints Netball is the leading netball club in Scottish University Sport both on and off the court.

It is a unique club, devoted to supporting its members to reach their potential as both players and ambassadors of this great sport.

Each year we build on and improve the previous season's achievements. Our vision of constant self-improvement permeates through every aspect of the club and its members.

We create an environment to help our players excel and everything we do is built on the following self-identified principles: **fun, friendship** and **fitness**.

"I wouldn't change my experience at University in the slightest, I worked hard and trained hard, but it also meant that I got the best experiences. Being part of Saints Netball, meant that I got to travel over Scotland and I got to be part of a team that came in the top 4 in the UK in my 4th year with the first team, which was an incredible experience! I have also made friends for life through the club, and still regularly keep in contact with people from all the teams I was part of."

– Priory Bazley, Saints Netball 2013-2018

OUR

VISION

Whether you are an experienced player wanting to excel through the performance programme or if you want to simply improve your fitness, meet friends and have fun, there's a place for you in Saints Netball.

Saints Netball boasts an increasing player membership year on year and now accommodates six competitive squads which compete each week in the British Universities and Colleges Sport (BUCS) League. We also run a Development Squad, we have weekly social netball sessions and organise several tournaments throughout the year.

As much as we are committed to our on-court performances, Saints Netball is a club passionate about enabling our members to be as good as they can be on and off the court. We look to support our members to fulfil their potential, follow their dreams and to give something back to others, both locally and internationally. We are a unique club that is committed to continuous improvement and we strive to make each season even better than the last.

Saints Netball is your home away from home. Regardless of your playing level, or reason to be involved, we are sure that your time as a Saints Netballer will be one of your best memories at St Andrews.

OUR

"Every girl in our club becomes part of a netball family which remains as tight-knit as ever. Especially for our first years, being part of our club means that whatever you come up against in University life, there's always someone to support you."

– Harriet Bell, Club President 2016-2017

CLUB





OUR

The Netball Programme is comprehensive and through its player-centred nature it evolves each year. Players and coaches approach the season with commitment, energy and of course fun. We ask our players to work hard and to give their all. From this ethos, along with perseverance and resilience from individuals that make up our Saints Netball family, the results and success come.

PROGRAMME

Our programme runs throughout the academic year, with players returning for pre-season and mid-season training before the start of each semester. These intensive training camps are a time when players not only become re-engaged with the sport after a long break but also receive talks on subjects such as nutrition and injury prevention.

During term time our programme is extremely comprehensive. To ensure our six competitive squads get the most out of their practice time on court, they each have two training sessions per week with a qualified coach, in addition to separate shooting sessions to improve those all-important goal stats! Fitness plays an important part of our schedule, with the players enjoying the love-hate relationship with Monday morning fitness, netball spin classes, cardio work in training and weights sessions.

More specifically, players in the Performance Squad can expect to receive up to 210 hours of contact time with coaches throughout the season. In addition, a dedicated team of full-time accredited Strength and Conditioning coaches deliver a netball specific programme twice a week. Players also have access to further sport science support, and specialist physiotherapists based on site at the Sports Centre.

Performance analysis is now a big focus for the club, and a powerful way for players to receive feedback. Each squad member has access to a specific site to review their performance after every home match.

We have 6 teams in the BUCS leagues, competing from Division 1A to 8A. Our teams also compete in all University Netball Cup competitions as well as the Scottish Cup run by Netball Scotland.

STRIVING

In 2018-2019 our 1st Team finished joint top of BUCS Scottish 1A, losing out, only by goal difference, for the chance of playoffs for promotion into the Premier League-the teams ultimate goal. Every team in the 18/19 league finished in the top 3 of their respective leagues, with the 2s gaining promotion into 2A. Our Performance Squad also reached the Scottish Cup quarter finals in 2019, their highest finish yet.



We support our players to trial for representative squads and have players in the Scottish Universities National Squad. In 2019, two of our players were selected to represent Scotland in the Home Nations competition. Saints Netball was awarded the Silver Thistle Mark from Netball Scotland in recognition of its exceptional governance and development as a club. Work is now underway to achieve the gold standard, which is the pinnacle of club accreditation in Scotland.

In recent years the club has also picked up a number of accolades, winning Most Improved Club at the University's Sport Awards in 2016, and the highly coveted Club of the Year in 2017 and 2019. The club has also been recognised nationally, having been short-listed by Netball Scotland as Club of the Year in 2018 and 2019. Some remarkable achievements showing the distinction of Saints Netball.

FOR

EXCELLENCE





CREATING

The University encourages and supports performance athletes who are studying at St Andrews and competing at an international level. In recent years the Netball Club has seen numerous players represent the University of St Andrews on the national and international scene.

The University Netball Programme has produced a number of talented athletes, whose success at St Andrews has shown that you can achieve a world-class education while also fulfilling your sporting ambitions:

- Anouska Hodac-Nichols, Sally Sandison, Caitlin Evans, Laura Dewhurst: Scottish Student Netball
- Sally Sandison & Caitlin Evans: Scottish Netball Home Nations squad
- Caitlin Evans: Team Grainger, National Performance League squad
- Emma Coulsen: Switzerland Senior International
- Jacqueline Kelly: Canada U21s

“The standard of netball is incredible, everyone shares the same vision of growing as a club, and striving to be the best netball player that they can be. The coaching we receive, and the support from each other could not be better. This really helped give me the confidence to trial for SSS netball. During my time in SSS, we played against the Republic of Ireland, which was such an amazing experience and really a dream come true! That would not have been possible without the overwhelming support from the club. Saints Netball is a family which I am so proud and honoured to be part of.”

– Sally Sandison, Saints Netball Club Captain 2018-2020

WINNERS

Joining a sports club is a great way to meet new people and make new friends when arriving in St Andrews. It opens up a wealth of experiences and opportunities.

We understand the demands placed on the players through their academic commitments. We create an environment which allows the girls to develop a healthy relationship between being an athlete and student. As the top ranked University in Scotland, there is no better place to study whilst also playing the sport you love.

Saints Netball is a tight knit community and we support each other throughout the year. We have introduced a number of workshops for our players

one of which is around managing the demands placed on their time whilst at University. We also have a strong link with Saints Wellbeing and we actively promote the Peer Support Scheme. We ensure our players know there is always somewhere to go if they need further support.

Saints Netball takes pride in helping to develop well-rounded graduates. Club members leave the University of St Andrews with a world-class education and a great sporting experience.

LIFESTYLE

“Saints netball was a huge part of my university experience. Looking back I know that it contributed to all of my favourite moments at university. It also helped any low points as turning up to training and spending time with all the great people never failed to cheer me up. The structure and fitness was invaluable during the most stressful parts of my degree as it let me relax for a few hours at a time”

– Ellen Jardine, Saints Netball 2014-2018



MANAGEMENT



**DIRECTOR OF NETBALL
Heather Gaunt**

Heather joined the University as Head Coach of Netball in 2012, before being appointed Director in 2016.

Heather started her playing career for Ryland Netball Club, who currently play in the English Premier League 2, under the guidance of Head Coach Sheila Perks MBE. She went on to compete for Bournville Netball Club, Worcestershire and Birmingham County Netball Associations and Northumbria University.

Heather started coaching whilst at university and gained her first coaching qualification back in 1999. She gained experience coaching the junior section at Bournville Netball Club, Birmingham Academy and satellite centres before returning back to University Netball at St Andrews.

Professionally, Heather has worked in Sport Development for over 17 years in a number of guises and for a number of organisations including England Netball, UK Coaching, The Football Association and more recently at the Professional Golfers Association.

Heather has previously tutored and assessed for England Netball and now takes on this role for Netball Scotland. She has held management positions with the Regional Management Board for Netball in the West Midlands and the Coach Education Advisory Group for Netball Scotland. Heather is currently the Scottish Representative on the BUCS Sport Advisory Group for Netball. In 2018 she was short-listed as the Netball Scotland Coach of the Year and in 2019 Heather was awarded Coach of the Year at the prestigious Saints Sport Awards.

DIRECTOR

COACHING

We are in a very unique position for university netball to have a full coaching team at Saints Netball who understand the balance between academic and athletic achievement.

Lois Mackay
ASSISTANT COACH AND PERFORMANCE ANALYST

Lois is a UKCC Level 2 coach. She supports Heather in the coaching of the Performance Squad and is the lead coach for the 3rd team to the 6th team. Lois also leads Monday Morning Fitness. She works with all squads as a Performance Analyst providing insight and feedback to help their development and future performance as individuals, units and squads. Lois is a huge asset to the club through her hard work, creativity and ability to forge relationships with players and the wider team at Saints Sport.

Ross Whittaker
FITNESS COACH

Ross is the Personal Trainer at Saints Sports and we are lucky to secure his services as the Netball Clubs Fitness Coach. His motto of 'challenge your impossible' creates the foundation of his work with our players. Ross

has over ten years' experience in the fitness industry between his military and civilian career. He prides himself on delivering safe and effective training and works with our players to make sure they are in peak condition throughout the season.

Allan Gartshore
STRENGTH & CONDITIONING COACH

Allan has worked for Saints Sport for several years and has been an Accredited Strength and Conditioning Coach (ASCC), with the UK Strength and Conditioning Association since 2008. As well as his work for the University, Allan also works part time with the Scottish Institute of Sport as a strength and conditioning coach, and with Dundee United Football Club – providing both field based, and gym based strength and conditioning support.

TEAM



"It's such an exciting time to be involved in netball, and especially at this club with the talent, commitment and dedication shown by our players. The next few years are pivotal for the club; we want more people to chose Saints Netball, we want stronger links with Governing Bodies and other netball clubs and we want the netball experience to be even better than ever before for our players"

– Heather Gaunt, Director of Netball



COMMUNITY

Saints Netball is proud to continue to expand and improve the netball programme offered in the local community through curriculum and after school activities.

Saints Netballers support delivery of netball in the local High School and Primary Schools, and the Saints Sport Arena plays host to the Active Five Fun Fives Festival and regional Finals. We love supporting children to play the sport we love and we hope to grow this programme considerably in the near future.

“Community Engagement is a great way for Saints Netball to share our enthusiasm for netball and pass on our skills to the younger players, but also share new drills and skills for teachers to implement in future sessions. The best thing about coaching at local schools is seeing the children that have a love for the game at such an early age, and are already excited about continuing to pursue netball in the future.”

– Caitlin Evans, Community Engagement Officer 2018-2019

ENGAGEMENT

THE ST ANDREWS

EXPERIENCE

Over the last 600 years, the University of St Andrews has established a reputation as one of the world's leading research and teaching centres.

Today, the University offers a flexible degree structure based on your choice of subject specialism or research, creating an environment that nurtures inquisitive minds and a culture of sharing.

St Andrews provides a unique location for a very special university. Wherever you walk you are reminded of its rich and colourful history with buildings both ancient & modern. The beautiful unspoilt beaches with fresh clean air and wide expanse of sky provide the perfect antidote to the classroom or laboratory.

Programmes are available at undergraduate and postgraduate level; there are currently over 600 undergraduate degree programmes and over 100 Masters opportunities across 18 academic Schools. Each School offers supervised PhD and MPhil research with input from world-class academic staff.

There are plenty of opportunities to meet the University staff, both in St Andrews and elsewhere. Whether you have questions about your application or student life, you can do so no matter where you live.



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