

## North West Academy Oct 2019-Oct 2020 Report

- Katie Hewison took over as lead coach in November 2019
- Thankful to sponsors Epic Events and Liverpool Heart Beat for their financial support providing hoodies and subsidised camps/training days
- Up until March training consisted of bi-weekly sessions utilising Edgehill and Blackpool
- Team building weekend held at Rivington in December and a six day camp held at Loughborough HPC in February, with EIS guest speakers and world class facilities used
- Due to Covid-19 face-to-face activity was put on hold between April-August and again from September-current, which is being monitored monthly
- Value adding support provided through both virtual and face-to-face activity including GB athlete guest speakers, nutrition and physiology workshops, strength and conditioning support and IRD days at Leeds and Mallory
- Lead coaches from NW clubs were contacted to invite on a rotating voluntary basis through the winter programme, this will be extended once Covid restrictions allow
- Current Academy squad extended until Dec 2020 in line with all other regional academies
- Application process for 2021 (Jan-Sept) now closed with trials planned for January 2021
- Current activity limited to virtual work again due to North West local lockdown risk and restrictions