

**Name:** Bella Ward

**Sports:** Netball, tennis in the summer

**Representative Honours( achievements):**

County netball U13,U14 and U16, Wasps Netball Coventry Hub (start of 22-23 season), Severn Stars RGS Nova (end of 22-23 season), Severn Stars Kings School PDP (2023-24)

**How did you get into your sport?:**

Firstly by playing in primary school and then I joined Leamington Netball club aged 9 and started playing Sunday league for the U12s, age 10

**How did you get involved in netball and do you do any other sports?**

I got involved in netball seriously when a friend invited me along to Leamington netball for a trial, I've also taken my umpiring course and hope to pass the assessment in the new year. After starting with Leamington my Mum took us along to a Wasps netball match, the atmosphere was amazing and the speed at which they played was crazy. Along the way I have enjoyed playing football, a bit of rounders in primary, cricket, and golf when I was younger – which I think improved my hand eye coordination and therefore my shooting accuracy. In the summer I like to play tennis and compete at athletics competitions for school

**What does your training/week programme look like to compete at your sporting level.**

Every day – 200 shots & stretching Monday – Games in school (1.5hrs) Tuesday – Club netball training(2.5hrs) Wednesday – Severn stars training/S&C (3hrs) Thursday – School club training(1.5hrs) Friday – Rest day/ coaching U11s Saturday – Senior matches(1.5hrs) Sunday – U16 matches(1hr)

**What has been the highlight of your season?**

Getting into the Severn Stars PDP – over 350 girls attended the trials and only 20 were picked for each hub What are your goals for this season? To get into the Severn Stars U15 school games squad and play in front of England scouts

**Who are your sporting role models?**

Gretel Bueta, Eleanor Cardwell, Serena Guthrie, Berri Neil

**What advice would you give to young sports performers?**

Practise as much as you can, go to every training session and attend camps for more exposure to more difficult competition. Build relationships with your team mates to be a good leader and that way you make a better team. If you are unsuccessful at a trial use that to drive you to work harder for the next one – just keep going

