



## **APPLICATION FOR 21 & UNDER SQUAD SELECTIONS 2023**

**SELECTION DATES** – 23 March, 7.00pm – 10.00pm at Tanglin Trust School (Smithson Hall)  
25 March, 11.30am – 1.00pm at Hougang Sports Hall

### **COMPETITION SCHEDULE:**

- Asian Youth Netball Championships (10 – 17 June 2023)
- National League (29 May – 4 August 2023)
- Nations Cup 2023 (Potential to be selected for Singapore A team) – 22 – 28 October 2023

### **TRAINING SCHEDULE:**

- Court Training  
(Tuesday & Thursday 7.00pm to 9.00pm, and Saturday 10.00am to 1.00pm)
- Strength & Conditioning  
(Monday, Wednesday & Friday 6.30pm to 8.00pm – Non-National League Period)  
(Wednesday & Friday, 6.30pm to 8.00pm – National League Period)

### **TRAINING TOUR(S):**

- One Training Tour – Australia (TBC)

### **PLAYER ELIGIBILITY AND REQUIREMENTS**

- 1) Players must be born in the year 2002 and after.
- 2) Players must be a Citizen or Permanent Resident (PR) of Singapore.
- 3) Players are encouraged to get their personal insurance prior to joining Netball Singapore's Age Group Programme as this will not be covered under the school's insurance.

### **SAFETY MEASURES FOR SELECTIONS TRIALS AND TRAINING**

- Players will not be allowed to attend selection/training if they are feeling unwell, tested positive for COVID-19



FULL NAME (as in NRIC or Passport):		
ADDRESS:		
EMAIL:	DATE OF BIRTH (DD/MM/YYYY):	
MOBILE NO:	HEIGHT (cm):	
EMERGENCY CONTACT NUMBER & RELATIONSHIP:	OCCUPATION in 2023 (student to include school name & level of study/course):	
ARE YOUR PARENTS SUPPORTIVE OF THIS APPLICATION: YES / MAYBE / NO	CLUB:	
PLAYING POSITION (S)	(1)	(2) (3)
PLEASE LIST YOUR HIGHEST LEVEL OF REPRESENTATION / COMPETITION AND THE YEAR: • • •		
<p>As a nominated player, it is important that you understand and can commit to the training requirements for the 2023 21&amp;U Squad and the key international events we are preparing for.</p> <p>After reviewing these commitments and tour dates carefully, please complete the following, noting any issues with availability (eg exams) during the period advised.</p> <p><input type="checkbox"/> To the best of my knowledge, I am available for all training and competition period noted</p> <p><input type="checkbox"/> I have an availability issue with the following dates or fixtures (please give brief reasons). _____ _____ _____</p>		
<i>Please wear a white tee &amp; dark shorts for the trials &amp; remember your water bottle.</i>		



Through the Safe Sports Commitment, Netball Singapore is committed to ensuring the safety and well-being of our athletes. Our policies and procedures seek to address risks to safe sport and to establish safe sport culture and practices. This refers to the inappropriate behaviour of Netball Singapore staff, the Age Group coaches, players and any other persons.

- If you are harassed or abused.
- If you saw someone who has been harassed or abused.
- If you saw any inappropriate behaviour and felt uncomfortable about it.

Please contact Poh Li Fang, Senior Technical Executive at:

Tel: 63465063 (ext 123)

Email: [poh.lifang@netball.org.sg](mailto:poh.lifang@netball.org.sg)

Letter: Drop a note in our letter box at the Netball Singapore office.

The informant's identity, and the investigation, will be kept **strictly confidential**.

Signature: \_\_\_\_\_

Date: : \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_  
(if below 18 years of age)

Name: \_\_\_\_\_

Please email this form to [poh.lifang@netball.org.sg](mailto:poh.lifang@netball.org.sg)  
Application closes on **Tuesday 21 March 2023, 12pm.**