

## **Essex Met County Academies- Head Coach Report – Michelle Cox**

2022-2023 season has come to an end and has been a particularly difficult one due to the new England Netball Pathway taking us further into June for under 15s training.

The County did manage to coach and train the athletes and also take players to watch London Pulse at the Copperbox. Well done to all the athletes who received a certificate and had photos taken with some of the London Pulse players.

I would like to thank London Pulse who allowed the county to use Flyhawk kit with our Essex Met Logo alongside London Pulse.

Unfortunately, this year the Regional Festival was cancelled due to heavy rain, but we did manage to play 5 rounds to give the players the experience of playing against other counties.

I am very proud of the players who gained a place at London Pulse under 15 through the county learning new skills and drills.

I would like to thank all the coaches for their hard work – Kaye, Joan, Sophie, Jacqui, and Vicky. I would like to say a big thank you to Alison who will be leaving us this season. Alison will be missed by all. Special thanks to Tracy Howe for getting paperwork together, replying to emails and her care given to all players and parents. It has been a tough season with all the new changes.

I would like to thank the Essex Met committee for their continued support. Redbridge Sports centre for the indoor and outdoor courts and facilities; to all the parents, family members and friends for their support in making sure the girls arrive for training and are picked up taken home safely.

Thanks as always must go to Pat Meadows for her input into running the Academies and ensuring that we have another year as an Academy to continue to develop the youth of Essex Met.

More details regarding the 2023/2024 season will appear very soon on the Essex Met website so please keep a look out for the information.

<http://www.essexmet.co.uk/Essexnetball/>

Stay safe and well.

Michelle Cox  
Head Coach