



Eastern Counties Regional Selection Process

Each year the Eastern Counties will book Regional training sessions in preparation for the prestigious Inter Regional competition held in Peterborough over the weekend of the first May bank holiday, where we will play teams entered from the Northern Counties and South East Counties.

The aim is to enter a team in each category U9's, U11's, U13's, U15's, U17's, U20's and Ladies

The sessions are booked in accordance with the National calendar, issued each July and held at Ross Peers Sports Centre in Soham. Below is a copy of the session structure and will cost £5 per person, per session.

Training Dates	Session Type	12-3pm	3pm-6pm
		Age category	Age category
30-Sep	Open session	U9, U11, U13	U15, U17
04-Nov	Open session	U15, U17	U20, Ladies
02-Dec	Open session	U9, U11, U13	U15, U17
06-Jan	Reduced squad		
03-Feb	Reduced squad		
03-Mar	Final Squad		
31-Mar	Final Squad		

Session 1 to 3 – Open Session

We ask that each club secretary distributes the notification to all players within their own clubs to attend the open sessions. Which are for general development as well as a platform in which to select the Inter Regional teams.

As it is an open session there are no restrictions on numbers, **but each player will only attend the appropriate session for their age, according to NRHA rules.**

An email should be sent by the club secretary to the Regional Development co-ordinator so that the session can be planned in advance to provide the correct level of training and aid the selection processes

Each player will be asked to complete and bring along the regional registration form and be able to confirm their availability to play in the competition in May, if selected.



Sessions 4 and 5 – Reduced Squad (Inter Regional Selection)

A week after the open sessions the head coach will decide which players are to be included in the reduced squad training session if the players are willing to participate in the finals should they be selected.

An email will be sent to each player invited to these sessions and copied to their club secretary.

Sessions 6 & 7 – Final Squads (Inter Regional Teams)

After the reduced squad training the head coach will decide on the final player's selections for each age group. The inter regional co coordinator will contact the players concerned and copy in the club secretaries

At this stage the players would have to commit to the competition and respond to accept the place before the final training session or the reserves will be invited instead

It is always very difficult to pre determine the days that each age group will play in over the weekend as it depends on the number of entries but the NRHA have tried to promise as standard a format as possible

Saturday - U11, U15 and U20

Sunday - Ladies, U13, U17 and U9

While we have to charge to cover hall costs, training costs and entry fees we also hope to fundraise each year to cover these costs and the renewal of the regional kit that is provided for each player.

Contact details for Development Officers : Email to development@ecrha.co.uk or by telephone

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