

CD Phoenix Senior Squad Trials

2018/2019 Season

15th August 2018

East Grinstead Sports Club



**CD Phoenix Sussex
Netball Club**

CD Phoenix Netball Club are pleased to invite players aged 16 and over to attend their Senior Squad trials on Wednesday 15th August 2018, at East Grinstead Sports Club.

The CDP Senior Squad has teams playing in the Netball South regional association Division 1 and Division 3.

Netball specific training takes place every Wednesday evening and strength and conditioning classes are held weekly at premium gym facility Solan Fitness in East Grinstead.

Importantly, CDP Senior Squad are a supportive and social squad with regular meet ups, nights out and tours.



The netball club is based in the East Grinstead area of Sussex and draws players in from not only surrounding towns and villages but as far away as Worthing, Brighton and London.

The club has teams playing regionally from Seniors down to U14's and we also play in local leagues in East Grinstead, Crawley and Brighton.

We remain the only netball club in Sussex to be awarded the Gold Award CAPS status.

If you would like to attend, please contact head coach Andy Polley via email giving a little background on your playing history and a first and second court position:

andypolley17@yahoo.com

