



Young Norfolk Sports Academy member Luke Shaw.

Youth sport

The Young Norfolk Sports Academy is encouraging applications for their 2017-18 programmes.

The YNSA is an initiative set up by Norwich School three years ago to provide expert advice and support to talented young athletes in Norfolk.

They are looking to hear from athletes aged between 15 and 18 years old who are ranked in the top 10 in their chosen sport with a proven record of performance or who represent their home country in a team sport.

Head of YNSA, Richard Simms, is delighted with the success that the academy has had since it launched.

“The athletes themselves have been the stars this year competing in high profile events across Europe and the UK. One of the many success stories is Luke Shaw who was selected to represent GB in kayaking,” he said.

“All athletes involved in the programme have progressed and improved this year and we are looking forward to adding to this talented group.”

During the year – September 2017 to August 2018 – the YNSA will run a lecture/workshop programme with topics including nutrition, goal setting, physical preparation, sports psychology, functional movement screening, support groups, injury assessment to rehabilitation to prevention, lifestyle management, athlete profiling, preparation to perform and media training. The scheme will be run closely with the Norfolk Sports Academy, which offers a similar programme for athletes aged over 18 at the University of East Anglia Sportspark, enabling resources and expertise to be shared amongst all age groups for the benefit of the athletes.

Alongside the lecture programme athlete support and mentoring is offered on both a one-to-one basis and as group sessions.

Further details on the athletes' success stories and the application form can be found at www.ynsa.org.uk, with the deadline for applications being Sunday, August 27, with interviews between August 29 and September 1.