

### ALL ABOUT THIS CARD

This card can be used to highlight the importance of education alongside high performance sport and how the two can go hand in hand. The "Court to..." resources accompanying this card prove this is possible. Highlighting how netball has supported this and provided a transferable skill set that offers players the opportunity to have a flourishing career after sport.

### LEARNING OUTCOME

- Identify the life skills that can be obtained from playing netball.
- Debate the emotions associated with big game moments.
- Produce a comic book storyboard for a Vitality Roses player.

## ACTIVITIES YOU CAN ENGAGE WITH

### ACTIVITY 1: WHAT ARE THE SKILLS

Download and print the "Court to..." worksheets.

Look at the careers of Layla Guscoth and Eboni Usoro-Brown that have been pursued in parallel with netball. Look at the journey they have been on, and the skills and attributes netball has contributed to their career and life off the court. Write down all the skills that you believe netball has helped them to develop on the worksheet, linking ideas to career contributions and life off court.

#### EXTENSION ACTIVITIES:

- Explore the skills that are developed if you are a coach - Tracey Neville
- Explore the skills that are developed if you are an umpire - Gary Burgess

### ACTIVITY 2: FEELING THE MOMENT

Download and print the big game moment scenario worksheets.

Debate and discuss the feelings and emotions the players would experience in each of the scenarios.

#### EXTENSION ACTIVITIES:

- Watch out for big game moments during the Vitality Netball World Cup 2019 and note how the feelings and emotions are managed.

### ACTIVITY 3: COURT TO COMIC

Download and print the "Court to..." worksheets.

Select one worksheet and create a comic book storyboard to demonstrate their career. A template worksheet is included for inspiration or encourage your students to invent their own.

#### EXTENSION ACTIVITIES:

- Design your own dual career path.
- If they were to be a superhero, who would they be? What would their superpower be? How would your superpower help improve your netball performance?
- Research other players dual careers and create a comic strip for them.

## FAN ZONE LINKS

- 1 Add the Court to worksheets to the tournament notice board.
- 2 Add pictures of big game moments to the press zone and write about the emotions.
- 3 Add comic strips created about players careers to their team area.

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## GET SOCIAL

Share big game moments from your school matches/tournament, including the lessons around winning and losing.

**TAG US:** @englandnetball on any channel

**USING:** #NetbALL #ItsUsItsNow  
#RosesRISING



Vitality  
NETBALL  
WORLD CUP  
LIVERPOOL 2019  
LEGACY DELIVERED BY  
ENGLAND NETBALL

12TH-21ST JULY

# DUAL CAREERS

## COURT TO DOCTOR – LAYLA GUSCOTH



**My journey into netball** started when I was in year 6 and about to start secondary school. I had a great PE teacher who was into netball and thought I would make a good defender. She got me into a local club, and through school tournaments I was spotted and selected into a regional academy. I was selected into the England age group system and my netball career grew from there.

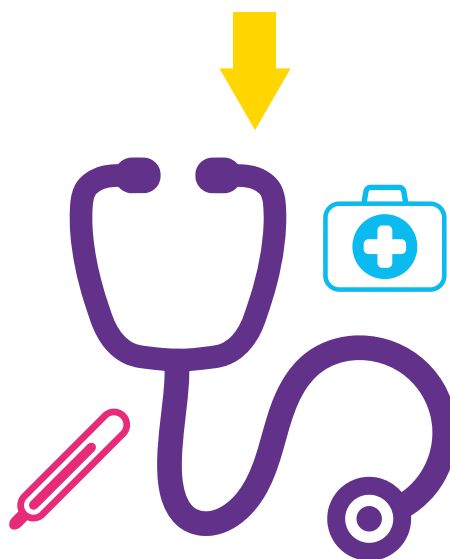
### HOW HAS NETBALL CHANGED YOUR LIFE?

I have made some of my best friends through the sport who will (hopefully) be lifelong. It has taught me *teamwork, perseverance, determination* and to have good time management! Netball has taught me to *take on challenges, not be afraid of putting myself out there or fear rejection*. Netball has made a huge impact on my life.

### HOW DID YOU BALANCE YOUR EDUCATION REQUIREMENTS (TO BECOME A DOCTOR) WITH TRAINING AND PLAYING PROFESSIONALLY?

With a lot of help! Throughout university I definitely learnt how to *manage my time and maximise the opportunity* to get everything done, whether that was doing assignments on the train or fitting sessions in early in the morning before lectures or work. I learnt how to *ask people for help*, whether that was lecturers, consultants or sports coaches. Since starting work as a doctor, it became more challenging fitting in games or training between long shifts or night shifts. Time management and early preparation whether that's meal planning, clothes washing anything to make life a bit easier has been vital. I've also had really supportive friends, families, colleagues, coaches and teammates to support me along the way.

Academia and sport require quite similar skills, including good *time management, determination, hard work* and most importantly the ability to keep going when you're tired! Netball provides me an outlet to de-stress and unwind from work which is necessary in the medical field.



### HOW DO YOU BALANCE DUAL CAREERS?

It is not without its difficulties, and at different phases in my life I have had to prioritise one more so than the other. This has involved missing out on opportunities both in sport and academically. Around exam time at university, I would focus more on that and in holiday times I could spend more time on sport and fitness. As a young netballer you learn the skills of organisation and time management which are essential skills to balance.

### WHAT SKILLS AND ATTRIBUTES LEARNT ON THE COURT DO YOU TAKE INTO...

#### ...YOUR WORKING LIFE AS A DOCTOR?

Teamwork, sport has taught me how to interact and work with a range of different people. *Organisation and time management* – balancing sport with work requires planning! *Leadership and dealing effectively with stress* are two other skills I owe a lot to sport for helping me develop.

#### ...YOUR EVERYDAY LIFE?

Having a *good attitude and applying myself to tasks. Goal setting and effective communication* I can also attribute to being developed through netball.

**My greatest sporting moment** is winning my first domestic title in 2011. I remember we were losing at half-time having finished top of the Vitality Netball Superleague and I got injured quite seriously within the first quarter of the game, resulting in a knee operation afterwards. I managed to see out the rest of the game with huge adrenaline and a desperation to win. At that time, I didn't realise that you might not get to win championships all the time or even once in your lifetime. So, whilst I am still waiting for that second title, I am grateful for that memory.

**My future aspiration** is to make the Vitality Netball World Cup 2019 team with the England Roses and to win a gold medal with the team.



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# DUAL CAREERS

## COURT TO COURTROOM – EBONI USORO-BROWN



**My journey into netball** started at school. I was an active child and my mum encouraged me to get involved in sport, especially team sports for the skills and qualities you can learn from them. I had a passionate PE teacher, Mrs Oates, who encouraged me. Lots of my friends played netball too, and we became U12 county champions. I was hooked. I joined Epsom Downs netball club, whose coach was Eunice Smith (ex-England player). Eunice saw my potential and supported my development, instilling a great work ethic. I was scouted for England trials at U18, and although I didn't get in first time, I trained hard and went back the following year.

### HOW HAS NETBALL CHANGED YOUR LIFE?

Netball has changed my life completely. It has allowed me to travel the world, which has opened my eyes to different cultures, people and given me a greater understanding to accept difference. It has allowed me to make a tightknit group of friends who have been with me through highs and lows, keeping me *grounded* and with a good *sense of perspective*.

### HOW DID YOU BALANCE YOUR EDUCATION REQUIREMENTS (TO BECOME A LAWYER) WITH TRAINING AND PLAYING PROFESSIONALLY?

"I believe everything is possible, you just have to find a way." I cannot speak highly enough of Bristol University where I studied for five years. I loved the city, the course, and the high-performance programme set up to support elite athletes. These made it attractive to go there and enabled me to do both. The support I received made it really easy for me to achieve my goals. I completed a three-year Degree, a Masters and then my fifth year whilst training and competing in the Commonwealth Games in Delhi and a World Cup in Australia. I believe that if you are passionate about your sport and your career then you find a way to make it possible.

### HOW DO YOU BALANCE DUAL CAREERS?

I think it is very much down to the individual - I always set myself a goal. My latest goal is to reach my 100th cap. You need a level of *self-belief*, *confidence* and *drive* to put the work in to achieve that goal. I am responsible for achieving that goal, so you have to believe in yourself and *motivate yourself* to get there. As long as I have a long-term goal it will inform my



short-term choices.

### WHAT SKILLS AND ATTRIBUTES LEARNT ON THE COURT DO YOU TAKE INTO...

#### ...YOUR WORKING LIFE AS A LAWYER?

*Reputation*, you are only as good as your last job, there are no off days. You always have to be at your best! *Time management*, *organisation* and *strategic planning*, you always need to be in the right place at the right time with the right equipment! *Building relationships*, commercial litigation can be emotional and stressful for clients, so being able to pick up on cues and having the appropriate level of *emotional intelligence* to find the solution is important.

#### ...YOUR EVERYDAY LIFE?

*Accepting difference*. Everyone learns at different speeds and in different ways. I have high expectations of myself, but netball has taught me how to manage expectations and expect that people are different. *Humility* and *empathy*, at 21 we went to Malawi which was a humbling experience. The young people had no shoes and played with papier-mâché balls. I learnt to never take anything for granted.

**My greatest sporting moments** are beating Australia in 2013 in a 3-0 whitewash. This was the turning point for developing belief and confidence that we could do this... and, achieving GOLD at the Commonwealth Games in 2018. It has taken me 16 years to get there, but I am grateful and humbled for the experience. *Confidence*, *belief* and *perseverance* pays off.

**My future aspiration** is to be selected for the Vitality Netball World Cup 2019 team and achieve my 100th Cap with England Netball. Off court I need to reset my goals, since it has been to qualify as a solicitor, which I have achieved.



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# DUAL CAREERS

## COURT TO COACH – TRACEY NEVILLE



**My journey into netball** started because of my mum. She was and still is a passionate netballer. It gave me the opportunity to have time with her, as I used to pick up the spare bib and just play. My mum is my role model. She was a Goal Attack, which is the position I played, and she successfully juggled a job and three kids. I used to play a lot of other sports at school but started to get more interested in netball. I specialised at 13/14 years old, when I had to make decisions about county commitments. I made my England debut in 1996 earning 81 caps for England before retiring in 2004 due to injury.

### HOW HAS NETBALL CHANGED YOUR LIFE?

Netball makes you independent from a very young age. You have to plan your life because it can become very scheduled. It enables you to mix socially with a range of different people, sometimes in challenging circumstances and allows you to experience success and failure. As an athlete, you take on so many jobs to support your career, it provides you with an understanding and knowledge in a range of different disciplines. Finally, netball allows you to release pressure that education can 'pile-on'.

### HOW DID YOU TRANSITION FROM PLAYER TO COACH?

I originally did a maths degree, but as I was playing, I needed to earn money to support myself. I did my Level 1 and 2 coaching qualifications in my early 20's. I did a nutrition and sport degree at 27 as maths wasn't something I stayed interested in.

I became the Performance Manager whilst playing and coaching at my club, so I added massage, strength and conditioning and my Level 3 coaches' award to my qualifications list. Having this diverse knowledge helps you check and challenge the people around you it helps you to have a holistic view on the player and all the facets that support them to perform.

After a short spell at Leeds Carnegie, some technical coaching with the England set-up, I became Head Coach for Northumbria. In 2011, I moved on to Manchester Thunder where I'd planned to stay for a few years. However, in 2014 I got the call to take on the Head Coach role for the Roses and haven't looked back!



### WHAT SKILLS AND ATTRIBUTES LEARNT AS A PLAYER HAVE YOU TAKEN INTO...

#### ...YOUR COACHING ROLE?

Culture and history of the organisation, I've been influenced by many coaches during my career, so I have learnt by *embracing other people's mistakes*. *Never take anything for granted*, you should always look at your areas of weakness. Being a successful player doesn't make you a successful coach.

#### ...YOUR EVERYDAY LIFE?

*Decision making*, I am very black and white, which can sometimes be a hindrance as well as a help! *Spatial awareness*, of your surroundings and other people. *Dealing with multiple cues and taking in a lot of information* at the same time. *Appreciating your friends and family*, they become your support network and are always there for you. Netball is a tightknit group. *Character skills*, learning to win and lose and dealing with *setbacks* through injury or not being selected. *Perseverance*, when you want to do something, you never see it as work.

**My greatest sporting moments** are my first cap for England - I felt nervousness, excitement and thrill. It was just like jumping out of a plane. As a coach, my greatest sporting moment is winning the gold medal at the Commonwealth Games. I suffered emotional and mental fatigue, I just wanted it to be over. I didn't really feel any pressure I probably felt more angst, and frustration due to the fear of the unknown. As a coach you tend to take things personally as you want to do everything possible for the team.

**My future aspiration** is to have a family, and to coach in the best league in the world, which is in Australia.



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# DUAL CAREERS

## SPORT TO COURT – GARY BURGESS



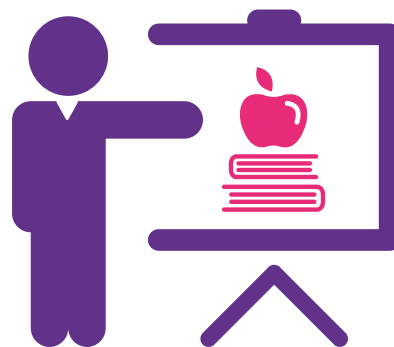
**My journey into netball** started as a kid. My aunt and cousin were big into netball and my best friend's mum was Gloria Keech, Franchise Director at Saracens Mavericks. We would always go with her to netball matches to spectate and run the tombola! Then whilst training to become a PE teacher at university, we were told to do more courses in female sport to make ourselves more employable. I enrolled on a netball umpiring course where Sheelagh Redpath was the tutor, and my passion for officiating was nurtured so it grew from there. It took eight and a half years of training before I collected my international award, enabling me to umpire senior international matches.

### HOW HAS OFFICIATING WORLD CLASS NETBALL CHANGED YOUR LIFE?

World class netball has afforded me opportunities that I would have never experienced had I not been involved. I have travelled the world and seen some amazing places including travelling through Asia, visiting Hawaii, the Caribbean and the Cook Islands. I have also umpired matches in Australia and New Zealand more times than I can remember. I have been involved in high performance netball for well over 10 years and with this I have been involved in three World Record matches: the Delhi Commonwealth Games Final in 2010, which is the longest international match, the World Cup Final in 2015, which had the highest attendance (17,500+ spectators) and domestically the England Netball 90th Anniversary 90-hour marathon match. Most importantly though being involved in netball has meant that I have made fantastic friendships with many people around the world.

### HOW DO YOU BALANCE DUAL CAREERS?

I am incredibly lucky to have been supported by England Netball throughout the time I was teaching but even more so since I took up a professional position with them. In the beginning I had to keep on being reminded that netball was now my job and the complications of having to leave school during term time were no longer a restriction. I work from home three days a week and England Netball are happy for that 'home' to be in a different location around the world!



### WHAT SKILLS AND ATTRIBUTES LEARNT ON THE COURT DO YOU TAKE INTO...

#### ...YOUR ROLE AS HEAD OF OFFICIATING?

*Keeping calm under pressure* but also being *meticulous in preparation* for anything I do are probably the most valuable cross overs. These mean that I am able to balance multiple deadlines and projects whilst still being able to deliver a consistently high standard.

#### ...YOUR EVERYDAY LIFE?

I'd like to say that the same levels of organisation transfer into my everyday life but like with everything there has to be some give somewhere! My garden shed is a mess! Because life on the court is so structured and incredibly well planned, I tend to be quite *laid back* at home and *spontaneous*. I have a very supportive wife and two young daughters so *having fun* and *relaxing* away from the pressure cooker is the main priority.

**My greatest sporting moments** is umpiring 10 consecutive Vitality Netball Superleague Finals. People would probably expect me to say one of the world level finals I have umpired, but the consistency required to achieve this over a decade is something I am most proud of and each one of those finals is very special.

**My future aspiration** is to continue to be the best umpire I can be. This does not mean I am striving to be the best umpire of a particular group i.e. Vitality Netball Superleague or Internationally. I am a strong believer in doing your best for yourself and the teams you umpire. This way if you do get selected for big matches it is a bonus, but if you do not, you know you could not have given anymore.



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# DUAL CAREERS

## ACTIVITY 2: BIG GAME MOMENTS



### SCENARIO 1

With the gold medal at stake the Vitality Roses are working incredibly hard to try and beat Australia. With time running out the score is tied. England repeatedly try to score but to no avail. Just as the match timer runs to 0, Australia are found to have obstructed one of the England players. The umpire awards a penalty shot to England.

- How do you think the Australian player is feeling?
- How do you think the England player is feeling?
- How do you think the team will react if the goal is scored?



### SCENARIO 2

England are playing in a match, one of the players receives the ball and repeatedly makes mistakes enabling the opposition to score a number of goals and ultimately win the game.

- How does it feel when you lose a game when you have tried your best?
- Discuss the importance of making mistakes.
- How should teammates react if one player is responsible for making mistakes which the other team can capitalise on?



### SCENARIO 3

Imagine you have been training all your life to represent your country at the Vitality Netball World Cup 2019. In the first game you jump to defend a ball and land awkwardly damaging your knee. The physio rushes to your aid, the diagnosis is not good, it looks like you have torn a ligament in your knee, your tournament and possibly your netball career could be over!

- How do you think a player in this situation would be feeling?
- What could they do now?
- What impact could this injury have on the rest of the team?



### SCENARIO 4

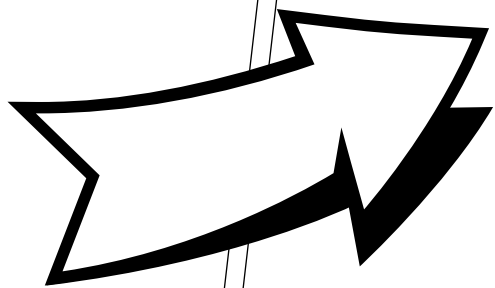
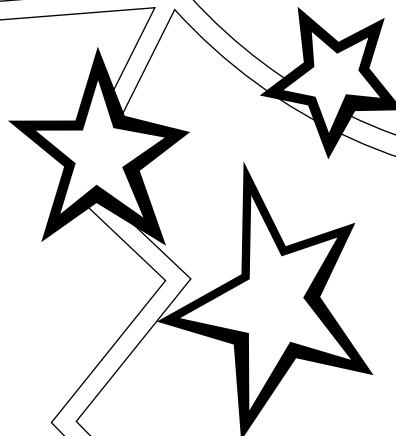
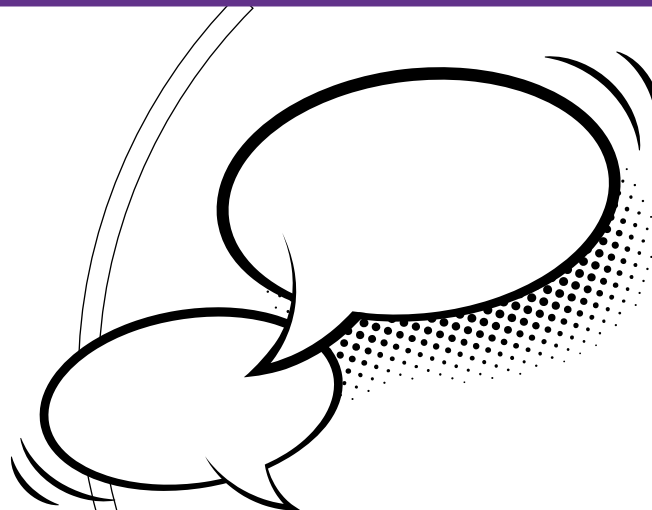
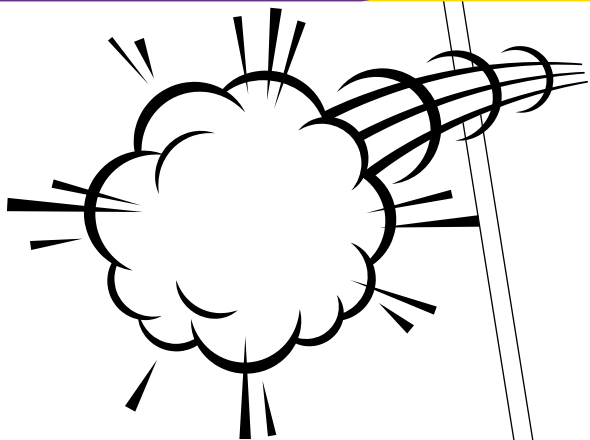
It is the final of the Vitality Netball World Cup 2019. The Vitality Roses are winning when one of their players gets ordered off – leaving the team a player down and a lead to defend.

- How does the team continue to keep focus?
- How should they react towards the player when the game is over?
- Should that reaction be different if they have won or lost the game?



# DUAL CAREERS

## ACTIVITY 3: COURT TO COMIC



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