



EKNGB National and Regional Expectations

National Team Members

- Must complete 2 out of 5 Regional sessions.
- Must attend 8 out of 9 National sessions.
- If injured, you must register and attend.
- An email must be sent to the head national coach to set out the reason why you have missed the session.
- All pre-training sessions are compulsory for major championships.
- Badge given on selection onto the team for major events.
- Badge can be worn at competitions inside and outside of England.

National A Squad

- Must complete 2 out of 5 Regional sessions.
- Must attend 8 out of 9 National sessions.
- If injured, you must register and attend.
- An email must be sent to the head national coach to set out the reason why you have missed the session.

Regional Training

- Aged 11years to Veterans.
- Standard your Head of Association deems suitable for regional level training.
- Badge given on selection onto the team for major events.
- If selected for the team you may wear the badge at competitions inside and outside of England.