



CATERHAM SCHOOL

England Netball Player Ama Agbeze Talks about The Life of An Elite Athlete

On 15 January England Netball player Ama Agbeze coached our U15, U16 and senior netball players and then met our A-level and GCSE PE students, as well as our CAP (Caterham Athlete Programme) athletes, to talk about the highs and lows of life as an elite athlete.

Ama has played netball for England for over 15 years and has earned over 60 caps, competing in two Commonwealth Games – Melbourne 2002 and Glasgow 2014. Based in Wellington, New Zealand where she plays for the Haier Pulse team, Ama had just returned from the England tour to Jamaica.

The A Level and GCSE students were particular interested to find out about the fitness and training demands of an elite netball player. They were also fascinated to hear how Ama and the England team prepared for competition psychologically as well as physically. The CAP athletes were particularly keen to ask about the nutritional demands of being an elite athlete, as well as how Ama was able to progress from being a school player to being an England international.

Miss Jaclyn Leach, Head of Netball at Caterham School, said: 'Ama spoke about how much dedication it takes to reach the elite level and how much training she has to do to stay there. Ama's path to the top has not been smooth and it was very inspirational to hear how she handled the feeling of rejection when she was dropped from the national squad and how she was able to remain focused and motivated to force her way back into the team. She also spoke about how she managed to overcome a couple of serious injuries and fight her way back to full fitness. I thought it was a really fantastic session and I am sure that every student was inspired and motivated in addition to having a better understanding of elite sport.'

