

HERTS AND BEDS SPECIALIST COACHING

# OCTOBER MASTERCLASS

YEARS 5 - 9

RPS, HARPENDEN

£45



Superleague player  
**BELLA BAYLIS**

**FRIDAY 30TH OCTOBER**

A unique experience to be coached by Bella

- England U17 & U21 Pathway — 2019–2022
- Saracens Mavericks — NSL Debut 2021
- Future Roses — 2023–24 & 2024–25
- Loughborough Lightning — 2023–2025
- Leeds Rhinos NSL Player — 2026
- NOW LONDON PULSE SUPERLEAGUE PLAYER



Centre & Wing Attack



Focusing on:

- Speed & Movement - Learn how to create space, drive effectively and move with purpose.
- Passing & Decision Making - Develop sharper passing, receiving and decision making under pressure.
- Superleague Intensity - The work rate and the mindset required to compete at the highest level.



**SIGN UP**  
**HERE**



**10AM - 3PM**

School & Club Players  
Year 5 - 9



Roundwood Park School  
Harpenden  
AL5 3AE

**WE ARE OFSTED REGISTERED & ACCEPT CHILDCARE VOUCHERS**

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