

Promising Athletes Programme

Yasmin Yelland

At 15, Yasmin is already making her mark across multiple sports, with netball at the heart of her athletic journey. She grew up around the game — her mum played, and she first attended Tiny Titans at just four years old — but it was the desire for a true team environment that drew her back. After years in more individual sports, she wanted the friendships, shared celebrations, and sense of belonging that netball offers.

Yasmin now plays for Teignmouth Titans and competes in the Cardiff Dragons league, balancing this with athletics and swimming. She is the South West Shot Put Champion, a regional swimming competitor, and was named U15 Player of the Year at her club. Her school team also qualified for Nationals last year, reflecting her impact on and off the court.

Her role models include Superleague shooters Helen Housby and Liv Tchine, who inspire her as a GA/GS, and she has taken part in clinics with swimmer Adam Peaty, whose work ethic motivates her. Outside of sport, she enjoys science at Torquay Girls' Grammar School and spending time with friends whenever her busy schedule allows.



Yasmin's Future

Yasmin's ambitions are clear and exciting. She hopes to progress into the Super League, ideally with Cardiff Dragons or London Pulse, and ultimately represent England. Academically, she dreams of working in medicine, aiming to balance high-performance sport with a future in healthcare. Her recent achievements — including selection for the NPL long squad, competing for U15 NPL Bath, earning multiple trophies, and qualifying for the National Academies Tournament — show she is firmly on the right path. She also reached Winter Regionals in swimming after progressing through several qualification rounds.

To support her development, Yasmin uses the gym and pool, following a structured training programme provided by Cardiff Dragons that includes two strength and conditioning sessions per week. These facilities are essential for building power, reducing injury risk, and improving her overall performance as a shooter.

For Yasmin, the Promising Athletes Programme is hugely important. It gives her the environment and resources to train properly, grow stronger, and keep progressing toward elite-level netball. Being part of the programme reinforces her belief in her potential and provides the support she needs to chase her sporting and academic goals with confidence.

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