



PROMISING ATHLETES PROGRAMME

Alexa Tyso

Alexa has played netball since the age of six, developing a strong passion for the sport. Her interest has grown from the enjoyment she finds in the fast pace, competitiveness and teamwork that define the game.

To support her training, Strength and conditioning sessions in the gym help her build power, speed and resilience, while also reducing the risk of injury. Swimming is used both for cardiovascular fitness and as a low-impact recovery method, and the health suite provides important support for mobility, relaxation and general wellbeing following demanding training sessions.



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Outside of netball, she enjoys football, tennis, skiing and badminton. As well as other hobbies such as baking and spending time with her family and friends.

Alexa has been selected to represent Cardiff Dragons in the Netball Performance League and has earned places in the Wales National Academy at both U17 and U19 age groups. She has won Club Nationals for the past two years and Regionals for the last four years. A significant milestone in her career so far was representing Wales against Gibraltar, where she gained her first international cap.

A role model for Alexa has been Bethan Dyke, a player she has looked up for many years. Alexa said “she’s confident, resilient and works hard, she also plays for the same clubs as me Cardiff Dragons and Wales”.

Being part of the Promising Athlete Programme will provide access to high-quality facilities and structured support would enable her to further improve her physical performance, develop greater strength and speed, and reduce her risk of injury. The programme would play an important role in helping her reach her goal of being selected for the U19 Europe Netball Squad and continuing her development as a high-performance Welsh netball athlete.



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