

East Netball Youth Camps

Into the first week of the Summer Holidays, the East Region ran 3 Netball Youth Camps (NYC's) across the region. NYC's give junior players the chance to get together with their friends and take to the court in the holidays! The camps are non-residential holiday camps providing 'Nothing but Netball'; not only will there be top quality coaching and fun netball activities but there is even an opportunity to meet and be inspired by an England player.

Hertfordshire's annual Netball Youth Camp has now unfortunately been and gone with many children, coaches (and parents) wishing it had only been longer! The camp was fantastic with a great standard of Netball demonstrated by all.

Our Netball star for the day was none other than Lucy Parize, England under 19s player who was selected for the recent games and tour against Jamaica! She was a fantastic role model for the girls with a willingness to share both knowledge and skills from her playing experiences.



All who attended the camp had a great time with all of the feedback being positive and with the common theme that they loved the games, activities, meeting the star player and that they want it to be longer next year.

The photo below showing that it's not just the children that had fun on the Netball Youth Camp it was the coaches also.



So to wrap up; from the games, to meeting the star player and from learning new skills and drills to rescuing a stuck Hedgehog on the second day, all in all it was great fun and a pleasure to run.



Next year Herts will strive to make the camp even bigger and better than last year, keep your eyes on your emails and the social media pages; Facebook: NDO Hertfordshire, Twitter: @HertsNDO.

Between June 25th and June 29th Essex had 13 girls attend their third annual Netball Youth Camp which this year took place at Chelmer Valley High School, Chelmsford. The girls ages ranged from 11- 16 with a range of abilities from playing at school to competing in local leagues and some having even trial for county selections.

They were fortunate enough to have England Netball Star, Lindsay Keable as a special guest on the first day of the camp. Lindsay plays GK for Hertfordshire Mavericks and England. They also had Jodie Pearce – Essex Met NDO – as lead coach for the camp. Jodie volunteers regularly in her netball club and has achieved her Level 2 UKCC award in Netball Coaching.

Each day of the Netball Youth Camp we focussed on a different aspect of netball;



Working on different movement patterns required in netball, attacking principles- working on getting free and driving down the court, defensive principles- the girls grasped an understanding of the three stages of defence, shooting practice – working on our stance and shooting techniques along with positioning around the circle and a fun day involving different games to bring together all of the skills learnt throughout the camp.



Each day they had different non-active tasks

for the girls to work on their creative skills and netball knowledge. We covered the new netball rules coming into play next month in the new season. We had various set play tasks and the girls also got to work on designing a new netball trainer and Lindsay picked her favourite out of the selection.

All of the girls had a great attitude towards netball throughout the week and we have had very positive feedback from the camp so far with many enquiries about how to book on to next year's.



If you don't want to miss out on next year's NYC then keep your eyes peeled on the Essex Facebook page: www.facebook.com/EssexNDO

On a warm sunny Monday morning, 24 girls aged between 9 and 11 arrived at Ipswich School Sports Centre for Suffolk's Netball Youth Camp. They were lucky enough to have star England Player, Lindsay Keable, joining first thing and Lindsay talked to the girls about her career and experience and also led the warm-up, teaching some fun and dynamic netball related games, which the girls loved. Lindsay also kindly signed memorabilia and the NYC t-shirts for the girls before she left at lunchtime.

It was then over the coaches, Kim and Victoria, to bring their interactive and educational sessions to life and the girls all took part, giving 100% effort at all times and with 24 girl's eager to learn, they had their hands full but they delivered! The improvement on just the first day was clear to see!

Our theme was the Olympics, with it being an Olympic year, despite netball not yet being included in the Olympics, the coaches discussed with the girls the reasons why it wasn't and also talked about Commonwealth countries who enjoyed the sport and coming up with a long list of popular teams. The girls were allocated into 3 groups after the first day and they had to choose a netball playing country to represent at our own NYC Olympic event. They were also asked to come up with a routine which they would show on the final day. Some very fun and interesting routines were observed and all the girls got stuck in and loved showing everyone else what they had been practicing!

On the final day, the girls were sadly forced indoors as the rain had arrived but it didn't dampen their spirits! They welcomed parents and carers back to watch their daughters play in the three-way tournament after lunch.

Each team played each other twice and all the girls showed what they had learnt over the last three days. It was lovely to watch them work in their teams and show with pride their skills. They all took turns in their favourite positions and cheered and encouraged each other on. The results of the tournament were announced and all participants received a fun bag with some goodies to keep them entertained for the next few days.



A huge thank you and well done to coaches Kim and Victoria, who also really enjoyed their time at the camp and did so well to teach the girls so much. Thanks also to Lindsay for hopefully inspiring the next round of youngsters into the sport we all know and love. Finally, well done to all the girls involved who worked so hard, had fun and improved vastly over the three days, hopefully see you all next year!

We wish all the girls the very best of luck in the rest of their netball journey and hope to see them soon in future camps and tournaments.

Suffolk's Netball Sessions Success

It's not just the youngsters who have been getting involved in netball, our pilot Walking Netball sessions have been a huge success with former and current players, new to netball and players recovering from injury all getting stuck in and giving it a go. Our fabulous host, Bev Hudson, has provided new and fun games for the ladies and the participants have loved it, coming back week after week.

“At first, we found it difficult not to run or jump - one foot must remain on the ground at all times - and also found it strange being able to take the extra step and holding the ball an extra second, however after a short time, we all got used to it and we get hardly any jumping at all now and when we do, we all see it and appeal to the umpire!”

The sessions run every Thursday morning, 10am-11:30am at Ipswich School Sports Centre, IP5 1DE and everyone is welcome. The sessions cost £5 and you get your first session FREE and you also get tea, coffee and CAKE afterwards included in the cost – what are you waiting for, come and get your wiggle on!



I am excited to announce that Walking Netball sessions will also be coming to Bury St Edmunds soon! We are launching our first session on Saturday 27th August in line with 'I Am Team GB' initiative in support of our Olympians who are doing so well in Rio.

The session is at Culford School from 11am to 12noon and is totally free. After this, regular weekly sessions will be booked in at a venue in the local

area. Please come along and join us, all welcome! I am also hoping to set up a session in Lowestoft in association with a local sports venue, more details of this to follow soon. If you are interested in becoming a Walking Netball Host, please contact me; chloe.anderson@englandnetball.co.uk

Netball Now; our popular Pay and Play sessions have once again been a success, helping netball-addicts get their hit of netball during the off-season and getting them ready for next season. We have had two sessions running, one in Ipswich on Wednesday evenings at Westbourne Academy and one in Bury at Culford School on Tuesday evenings. It's such a relaxed and fun environment and whilst being competitive there is no pressure as there is no scoring.

We have been able to practice the new rules at our sessions and a special mention to Yvonne Cook who has very kindly given up her evenings to come and



umpire at Westbourne every week to practice the new rules, Yvonne, thanks so much for your time and dedication, I think you are ready for September! Due to the popularity of the Ipswich event, it was extended an extra 3 weeks!

Back to Netball Festival and a High 5 tournament in October and November, if you would like to enter a

team or be involved in some way, please get in touch; chloe.anderson@englandnetball.co.uk



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Daughters of Bedfordshire

Josie Huckle – Surrey Storm GD/GK

What / who influenced you to start playing netball?

When I was in middle school one of my best friends mum (Susanne) ran a local netball club and she encouraged me to join. She was really supportive and enthusiastic for netball and it really inspired me!

What local (Bedfordshire) clubs did you use to play for?

I started playing for a Westoning team (the same team as Susanne) in the Bedfordshire local league. I then moved to a team called Ampthill amazons still in the local league. I started at Team beds in the regional league and then moved to Wyvern Grangers.

Who do you play for now?

I play for Surrey Storm and Academy Netball club.

What is it that you love about netball?

I love how the game is constantly evolving and changing so that every season something is different. I also love that every position is different and requires something specific from each player which makes everyone unique and valuable.



What changes in the game do you think has made the greatest impact?

I think the understanding that the game is much faster paced than the fuddy duddy old school netball that people believe it is and the rules allowing the game to be more contested has had the greatest impact. This allows players to challenge more on and off the ball and it makes for a better spectator sport.

Who has been the biggest influence in what you do?

My team mates. Everything I do in training is for them. From getting up earlier than I want to think about up to spending time analysing video from training and match play because I want to perform to the best of my ability and not let anyone down. Also my mum - she has been my biggest supporter from day one and I wouldn't be able to do anything I do today without her.



What is your biggest success to date?

My biggest success would be winning the super league with Surrey Storm last season.

I understand that you are now a qualified teacher in Bedfordshire – how is that going?

I am absolutely loving it! It is wonderful to finally be in charge of a class all on my own and teach whatever I want. Juggling netball and school can be difficult but my school are wonderfully understanding and I have some very supportive people around me who make my life a lot easier!

An interesting fact that very few would know about you?

I was scouted and then trialled for the Olympic canoeing squad through the girls for gold initiative but chose netball over canoeing but I can't get enough of it! And my middle name was given to me because of Emmeline Pankhurst

Gloria Keech – Hertfordshire Mavericks Franchise Director

What are you currently involved in within Bedfordshire and outside of Beds?

- In Netball of course!
- Bedfordshire County Chair
- Member of Bedfordshire County Umpiring TSG
- Appointed Member of the East Regional Management Board
- Director, Mavericks Netball, Hertfordshire Mavericks Superleague Team
- Current EN 'B' Umpire Assessor and Umpire Mentor

What is it that you love about netball?

The camaraderie that a team sport affords, allowing you to make friendships, both on and off the court, that last over many years, even if you don't see people for a long time, you just pick up where you left off when you see them again.



What changes in the game do you think has made the greatest impact?

In recent years, I believe the introduction of the Super League competition. Young fans having the opportunity to see top level netball with national players on a regular basis and the SKY Sports broadcasts have given Netball the opportunity to reach out to a much wider audience and has increased awareness of Netball

Who has been the biggest influence in what you do?

A difficult question, no one person. There have been many people who I have admired and thought I would like to emulate, but in the end it's your own principles that make you what you are – stay true to yourself, stay optimistic and smile!

How do you balance all that you do and have a work life balance?

Something I find very hard to do but making and spending time for my family is so important, especially my grandchildren, who are a complete joy to be around. The support of a very understanding husband (Jim) is possibly the key

What has been your biggest success in netball?

Locally my involvement with the successful lottery funding bid for the development of 8 outdoor dedicated netball courts at the Bunyan Centre in Bedford quite a few years ago now



Regionally/nationally my involvement with the formation and continued growth of the successful Mavericks Super League Team

An interesting fact that very few would know about you?

Born in Gibraltar, whilst growing up lived in Guyana, Jamaica, London, Cyprus and Germany all before I was 15!

Netball Never Stops!

Thursday 18th August was a big day for many across the country... its A-Level results day!

Thousands of students will be making life-changing decisions to accept their university place, stay close to home, move far away, or head out into the working world!

Either way, we want to ensure that all of our newly-qualified netballers stay in netball whatever their career choice, and we'd like you to be involved wherever you can!

Below are **6 TOP TIPS** for clubs and coaches to continue to engage with this age group. Over the next few weeks, we will also be communicating with them as much as we can to ensure they keep netball in their mind, no matter what choice they make.

1. Have a chat with your netballers, understand what their plans are and discuss their options to
2. continue playing netball
3. Ensure the netballers in your club take a read of our 'Students Guide to Netball'. This can be accessed online by [clicking here](#)
4. Keep in touch with, and welcome students home from University during their holidays. Encourage them to play at your club when they return... a lot of students don't always know this is an option
5. Get in touch with your local University... England Netball now has 48 University Netball Officers who are helping to spread the netball love. They will be able to help signpost students new to the area in your direction to play netball!
6. Cost can be a deciding factor for a lot of students... do you offer a student rate?
7. Although it varies from Uni to Uni, most Fresher's Weeks kick off around the third week in September this is a great time to engage new students to play netball.

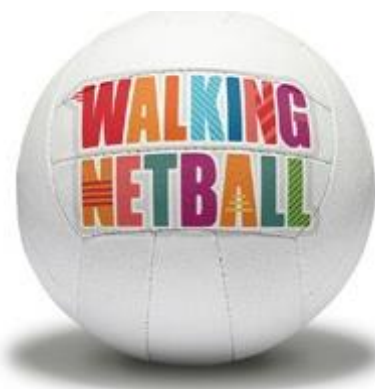


New Walking Netball Sessions

Walking Netball has evolved from a growing demand for walking sports. Often, one of netball's strengths is that people never forget playing the sport and the memories as well as the love for the game never leave. Walking Netball is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level.

From those who have dropped out of the sport they love due to serious injury, to those who believed they had hung up their netball trainers many years ago, it really is for everyone.

It can give those who feel isolated an outlet, provide an activity for those who don't deem themselves fit enough to run anymore and offer a stepping stone for those looking for a pathway back into netball.



If you are interested in becoming a Walking Netball Host and delivering Walking Netball sessions, please contact Florrie: East@englandnetball.co.uk / 01462 428336

Walking Netball Coming in September across the East Region:

| COUNTY | DAY | COST | VENUE | CONTACT |
|---------|--|--------------------------|---|--|
| CAMBS | Thursdays 10-11am From 29 th Sept | £2 | The Hudson, New Vision, Wisbech, PE13 1RL | Janette Bowden - 07595 863 974 Janette.Bowden@englandnetball.co.uk |
| HERTS | Mondays 8:30-9:30pm From 5 th Sept | £5 | Stanborough School, Welwyn, AL8 6YR | Lucy Ponting - 07834 500189 lucy.ponting@englandnetball.co.uk |
| HERTS | Tuesdays 11am-12 | £2 | Wodson Park, Ware SG12 0UQ | Lucy Ponting - 07834 500189 lucy.ponting@englandnetball.co.uk |
| HERTS | Thursdays 11am-12 From 8 th Sept | £3.50 | Sportspace Berkhamsted, HP4 3QQ | Lucy Ponting - 07834 500189 lucy.ponting@englandnetball.co.uk |
| HERTS | Tuesdays 12.30-1.30pm From 13 th Sept | £4 | Redbourn Leisure Centre, AL3 7PP | Oliver Buncombe – 07525 703153 / Oliver.buncombe@englandnetball.co.uk |
| HERTS | Thursdays 1-2pm From 15 th Sept for 6 weeks | £3 | Avenue Park, Baldock, SG7 5AZ | Lucy Ponting - 07834 500189 lucy.ponting@englandnetball.co.uk |
| NORFOLK | Tuesdays 1.30-3pm | £3 | Watton Sports & Social Club, Watton, IP25 6EZ | For all enquiries, please email Jenny Day: jenny.day@englandnetball.co.uk |
| SUFFOLK | Thursdays 10am-11:30am | £5 – First session FREE! | Ipswich School Sports Centre, IP5 1DE | Chloe Anderson - 07540 126 597 / Chloe.Anderson@englandnetball.co.uk |

Back To Netball Coming in September across the East Region:

BACK 2 NETBALL - BEDFORDSHIRE

The following B2N projects are running in Bedfordshire, for more information please contact: **Sachel Grant** - Sachel.Grant@EnglandNetball.co.uk

BACK 2 NETBALL - CAMBRIDGESHIRE

The following B2N projects are running in Cambridgeshire, for more information contact: **Janette Bowden** - Janette.Bowden@englandnetball.co.uk / 07595 863 974



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BACK 2 NETBALL - ESSEX

The following B2N projects are running in Essex, for more information, please contact:

Zoe Lynch - zoe.lynch@englandnetball.co.uk

Basildon Sporting Village, Basildon, SS14 3GR

Tuesdays 7-8pm, First Session FREE! £3 hereafter

BACK 2 NETBALL - HERTFORDSHIRE

The following B2N projects are running in Hertfordshire, for more information please

contact: **Lucy Ponting** - lucy.ponting@englandnetball.co.uk

Beaumont School, Oakwood Dr, St Albans AL4 0XB

Wednesdays 8.30-9.30pm, £5

Watford Girls School, Lady's Close, Watford WD18 0AE

Thursdays 7-8pm £3

BACK 2 NETBALL - NORFOLK

The following B2N projects are running in Norfolk, for more information please

contact: **Jenny Day** - Jenny.day@englandnetball.co.uk

Dereham Leisure Centre, Station Road, Dereham, NR19 1DF

Wednesday 7 to 8pm, starting 7th September 2016 for 10 weeks, £5

UEA Sportspark (outside courts) NR4 7TJ

Wednesday 7 to 8pm, Starting 14th September for 10 weeks, £4

BACK 2 NETBALL - SUFFOLK

The following B2N projects are running in Suffolk, for more information please

contact: **Chloe Anderson** - Chloe.Anderson@englandnetball.co.uk

Thurston Community College, Bury, IP31 3PB

Tuesday 7-9pm £3

Great Cornard Sports Centre (Sudbury), Suffolk, CO10 0JU

TBC

For information on all our sessions in East, please click [here](#)>



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Netball East are looking for volunteers! Whether you coach or umpire, if you want to help out, get in touch! We will find the best place to suit you!

For more information, please email: East@englandnetball.co.uk



Be the first to hear about courses and workshops within the East region!



Join our mailing list. Please email East@englandnetball.co.uk

Netball East Notice Board

Get Your Colleagues On The Court & Revolutionise Your Lunch Break!



During the Summer, England Netball are wanting to help work places get more active.

- ☆ Do you have a car park?
- ☆ Fancy having fun at lunchtime?

If so, we have the perfect court for you!



Please contact : netballanywhere@englandnetball.co.uk

#NetballAnywhere



Mavericks are looking for new coaches who are interested in supporting holiday camps & other development opportunities.

To register your interest email - paulclark296@gmail.com



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SAVE THE DATE!

17-18 SEPTEMBER WORCESTER

MAKE THE GAME



ENGLAND NETBALL

NATIONAL COACHING AND OFFICIATING
CONFERENCE

Coaches

Officials

MAKE
THE
GAME



MAKE
THE
GAME

England Netball's National Coaching & Officiating conference is back at the University of Worcester!

The conference is open to Coaches and Officials and will provide a unique and invaluable learning opportunity to develop in your chosen field.

The final details of the conference are being worked on now, so we will let you know as soon as more information is available so you can book your place!

In the meantime, make sure you keep this date in your diary for what promises to be yet another unmissable event.

IT'S GOOD TO SHARE

