

## Daughters of Bedfordshire

We have caught up with a number of people who have their roots in **Bedfordshire** and have made an impact in netball in the county and further afield.

### Maggie Jackson, MBE

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

- I sit on the Beds committee as the Performance Lead and work intermittently with the Academy coaches; sadly not as often as I would like
- I sit on the Mavericks board supporting the Performance aspect of Mavericks (very much in the background and supporting coaches where and when necessary across the senior, NPL and Development squads) as well as deliver coach education workshops on behalf of Mavericks and the East.
- Chair of Selectors for the National Academy age groups
- Technical Lead on the Netball Europe Board
- Head Coach of the 2016 Army Squad - a new departure and I am learning heaps! My husband is loving that I am involved as he is very involved in Navy and CCF work
- Tutor for the UKCC Level 1 2 and 3 courses - intermittently but I really enjoy it!
- Mentor to 4 potential Level 3 coaches



#### What is it that you love about netball?

Team work - you cannot be effective and perform exciting netball for 60 minutes on court without 7 players being involved

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

The physical aspect of the game is having in my view the most impact as it is encouraging coaches to really reflect on what they are wanting their teams to look like and how they want them to compete. It enables coaches to be creative and be demanding different types of play by different players as they are so more physically able

#### Who has been the biggest influence in career – playing / coaching?

Heather Crouch, Sylvia Eastley, my PE teacher from Clacton and Karen Atkinson. All have in their own ways and different stages encouraged me to give it a go.

a) Heather Crouch as a player and as a coach - she was the most innovative coach I have ever known when I was playing in Essex and for England and so ahead of her time in creativity. And when I was coaching she pushed and pushed me to give other stuff a go and develop my confidence;

b) Sylvia told me in no uncertain terms to take my Intermediate and Advanced Coaching Award and start moving out of my comfort zone

c) My PE teacher back in the 70's (aagh!! a long time ago) in Clacton -on-sea - Gill Snelson gave me so many opportunities and was an outstanding teacher and she gave me the understanding that you must be a games player and not just stay in one area of sport if you want to develop your skills and game play.

d) Karen Atkinson as a player has challenged me, discussed many topics with me and worked with me in a variety of situations - as a Mavericks players; and as Captain of England in Commonwealth Games and World Cup where I have coached as Head and Assistant Coach - she has made me think in many different ways

**How have you balanced your career, being a wife and a mother?**

Probably need to ask my 2 children and David.

I have never viewed Netball as a career and I have never wanted that as I am too interested in looking at any work across a number of subjects as well as working with different people. I do not have a specific strength in netball to really have enabled it to be a career. Hence I have, since having children focussed on continuing to try and work so it did not affect the bringing up of Kari and Tom. Involving myself in netball in different ways as well as part time lecturing helped to keep both up to date and involved in education and sport. My biggest fear is to be out of date as this would affect my coaching and education work.

However balancing it all is because David has the patience of a saint and is marvellous just listens in bemusement when I am darting from one thing to another both in my conversations and my travelling and Kari and Tom are just terrific and supportive. The conversations around the table over the years are just marvellous; many debates and humour but there is no doubt that the 3 of them have to put up a lot with me so it down to the 3 of them that we have somehow managed the balance! .

**An interesting fact that very few would know about you?**

I am learning to play bridge now with a group of friends and I am loving it!

**Samantha Brightman**

**What / who influenced you to start playing netball?**

My Mum was the reason I started to play netball. She played herself and I would go and watch her on the side-lines! Then as soon as I was old enough she started to coach me at school and at club



level. I didn't have a choice, I was always going to be a netball player whether I liked it or not! Luckily I loved it!

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

I played for Cranfield Netball Club for almost 10 years before I left for University.

**Who do you play for now?**

I am currently out of action, so am not playing netball competitively at the moment. I have however been attending a few back to netball sessions in Bedford for fun with some friends!

My role at England Netball, as a Performance Pathway Coach for the East Midlands allows me to coach the most talented athletes in the region. I plan and run the Performance Programme in the region, and my aim is to get these athletes selected into the U17 and U19 National Academy.

**What other coaching do you do now?**

Alongside my England Netball role, I also coach the Swiss Netball National Open Team! I travel over to Switzerland at weekends to coach them and travel with them to their major competitions too! We play in the development section of Netball Europe, so this is our next big competition in May 2016.

**What is it that you love about netball?**

I love that netball can't be played by individuals. You have to be a team player and be able to work alongside others. I love that netball has given me friends for life, whether coaching or playing, you always end up with a netball family, which I have found invaluable in life.

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

I think the introduction and implementation of strength and conditioning as a focus at all ages has made a huge impact on the way we play the game. Netballers are now hard-core athletes, who have become incredible role models for the next generation of netballers coming through. This has also made the game faster and more physical, which is amazing to watch!

**Who has been the biggest influence in what you do?**

I think my biggest influence has been my Mum! She was always a netball player and coach, and has always really pushed me to play and coach at the best level I can and follow in her footsteps. Her love for the game definitely rubbed off on me from a young age, and now I think it's embedded!

**What is your biggest success to date?**

My biggest success to date has been getting my role at England Netball as a PPC. I feel like I can now have an impact in the netball world, and use what I have learned from many years as a player to give back and empower the next generation of players and coaches.

**An interesting fact that very few would know about you?**

I have played for, and represented, Mavericks, Loughborough Lightning, and Team Bath in my time as a netball player!!

**For more information on Netball in Bedfordshire and how you can get involved both as a player, volunteer, coach or official visit Bedfordshire County Netball Association Website: [www.bedfordshire-netball.com](http://www.bedfordshire-netball.com)**



**@NetballEast**



**/NetballEast**

## Volunteers Needed

England Netball relies on volunteers to help us in all areas, and they make a huge contribution to the game of netball. Volunteering is a rewarding experience, not only benefiting the club or organisation, but also the individual - developing skills for use at college, university or in the workplace. It's a fantastic way to make new friends, and nothing beats the "feel-good factor" of helping out and giving something to your sport.

We asked a number of volunteers within Bedfordshire why they got involved with Volunteering?

*"I volunteer because it's nice to be a small part of something to be proud of. Teams run on volunteers and without them I'd not have the amazing group of best friends I have. It's important everyone buys into collective responsibility, a community to be proud of and to encourage future players/coaches/officials to do the same. "*

*"A passion for the game and a desire to see netball continue to grow, volunteering is a way in which you can give something back to the sport that has given you so much pleasure."*

*"Love of sport and putting something back after so many people have helped me.*

*"I volunteer because I want to put back into netball the pleasure it's given me over the past 42 years. I also volunteer because I think I can make a difference and because I enjoy it!!"*

*"At first it was because the county desperately needed coaches and I didn't want to leave them in the lurch – now I do it because I love the sport and love giving back to those who have given to me"*

*"I'm passionate about netball and umpiring in particular. I want to help others to be the best they can - this girl can!!"*

*"Having started playing club netball from aged 14 I then progressed to umpiring, mentoring, assessing & tutoring, League committee member & then Chair. I volunteer to give something back to netball & to progress the sport. Along with the great friends & social life I have made along the way."*

*"I got involved as a volunteer ages ago when my local league committee were looking for someone to take on the position of press officer – I felt netball was such a great game someone needed to tell everyone locally in Bedfordshire just how good it really was! You realise then just how much effort and commitment it takes from a lot of people to give us the netball we all enjoy week to week and how vital the work of volunteers is to ensure the game grows and develops, particularly at grass roots level."*

*"I volunteer because I thoroughly enjoy being involved in all aspects of netball, but mainly because I would like to give a little bit back to the amazing sport that I have played for so many years. There have been many people working 'behind the scenes ' in netball it is important to keep local/ county netball running smoothly."*

Bedfordshire are looking for a Coaching Secretary and an Affiliation Secretary – if you have some time and want to give back to the sport we love, then please do get in contact with Sachel Grant Bedfordshire NDO: [Sachel.Grant@englandnetball.co.uk](mailto:Sachel.Grant@englandnetball.co.uk)



@NetballEast



/NetballEast

## Essex UNO

We have been lucky enough to have a University Netball Officer (UNO) at The University of Essex this academic year. Jemma Youens is not just a one trick pony as she also has another role as the fundraising officer at the university. When she's not organising and promoting netball or fundraising she likes to spend the rest of her time studying psychology full time. Jemma is very proactive and mad about netball – she has been developing the recreational side of netball at the university separate to the BUCs league (British University and Colleges Sport).



Jemma has organised various charity events running money for multiple good causes. When I spoke to Jemma she had the following to say 'I have really enjoyed my first term as the UNO for the University of Essex. Netball at the university has

increased in size and our family at Essex has grown. I am really excited with all the events planned for this term, getting involved in Net 10 for Life amongst other events' Over 250 girls have signed up for netball and twelve teams have Jemma's hard work - the doubled. As a club, they have organised many socials and netball too. Jemma has also SHOTS tournament that Wednesday 2<sup>nd</sup> March at the excited for.



been formed as a result of amount of social teams has fundraised for charity, have really enjoyed playing entered a social team into the England Netball are running on Copperbox which she is very

Jemma is already planning how she will go about raising money for England Netball's Net 10 scheme – where between the dates of 27<sup>th</sup> February and March 13<sup>th</sup> 2016.

We are trying to raise as much money as possible for Cancer Research. For more information about how to get involved with Net 10 email Zoe Lynch Essex NDO [zoe.lynch@englandnetball.co.uk](mailto:zoe.lynch@englandnetball.co.uk)

Overall Jemma has helped the university raise £1,100 for various charities. Of that 1,100- £935 was raised for the Colchester Food bank alone to. I am glad to see that Jemma is making such an impact combining both her roles as an UNO and fundraising officer.

## School's Results - King John School qualify for Nationals

King John School from Benfleet Essex have qualified for national U16 round after losing 9-7 to St Alban's in Herts. Congratulations to all the Schools who represented East Essex in the East Region Schools Tournament at Hassenbrook Academy on Saturday 30<sup>th</sup>. January 2016.

In the Under 14 both of East Essex Schools both qualified through to the Semi-Finals but lost to Hertfordshire Schools. Brentwood lost 11-6 to St Edmunds College and Greensward lost to Berkhamsted.

In the Under 19 age group Great Baddow came third in their section missing out by 1 goal. SEEVIC qualified to the Semi-Final but lost to Berkhamsted. St Martins School Under 16 came third in their section.

However King John Under 16 were the most successful losing out to St. Albans by 9-7 in the Final. Their achievement means they qualify for the National Finals at Roedean School in Brighton in March. We wish them the best of Luck as they are in the top 16 in England.



Essex East and Thurrock are currently recruiting Level 2 coaches across the county to help with our Back to Netball sessions. If you are interested to see how you can get involved then please could you email Zoe Lynch on [zoe.lynch@englandnetball.co.uk](mailto:zoe.lynch@englandnetball.co.uk)

## Funding

Netball East supports their affiliated members by providing UKCC course subsidies and mentoring opportunities to help develop coaches across the region. Grants can be given towards UKCC level 1 and 2. Netball East is working with its county associations to provide a package for coaches, which should provide, and potentially up to 75% of the cost of a course from the combined sources.

Bursary funding of up to £500 is available to CoachMark coaches that live or coach in Hertfordshire through the CoachMark Bursary. Sports Coach UK also provide a full funding guide for a variety of funding pots across the country.

There are also additional funding sources through County Sports Partnerships and County Netball Associations.

For more information on funding opportunities please use the link below:

**England Netball East Region** - <http://www.netballeast.org.uk/coaching/funding>

MyGame

## REGIONAL ROADSHOW

Officials  
**MAKE  
THE  
GAME**

The new  
rules  
2016

Want more information? A bit more detail on what is changing, and how it affects you?

New Rules Roadshow coming to your Region...  
Open to all involved in netball from Coaches, players, umpires to volunteers. Contact your regional office to book a place and avoid disappointment

The focus of these roadshows is on the rule changes with leading experts from the world of netball to guide you through each change & clarify how they will impact your netball experience.

Find  
out more

**Where:** Impington Sports Centre, New Road,  
Impington, Cambridgeshire, CB24 9LX

**When:** Saturday 16<sup>th</sup> April from 11am-2pm

**Please Note:** Booking form and £25 deposit cheque are required, which will be returned upon attendance at the course. Tea & Coffee will be provided however participants will need to bring their own lunch. New INF Rule Books will be available to purchase on the day at a price of £3.50 each.

Contact  
us

 @England\_Netball



info@englandnetball.co.uk



01462 442344

[www.englandnetball.co.uk/make-the-game/officiating](http://www.englandnetball.co.uk/make-the-game/officiating)



@NetballEast



/NetballEast



### 3 Day Camps

Miranda's Netball Camps are a great opportunity for young netballers to improve skills, learn to develop netball the Mavericks way, make new friends and have fun. Come join Mavericks players and coaching staff on **3 Day Netball Camps, Priced at just £80**, aimed at players in school year 5-8.

**When:** 6<sup>th</sup> – 8<sup>th</sup> April 10.00-15.00

**Where:** Chelmer Valley School, Chelmsford, Essex

**When:** 6<sup>th</sup> – 8<sup>th</sup> April 10.00-15.00

**Where:** Edge Grove School, Radlett, Herts

### 1 Day Master Class

**Mavericks Master Classes are suitable for athletes ages 15-17 years old.** The master classes offer an opportunity for athletes to gain valuable coaching time from highly respected and high caliber coaches to assist improvement of skills and to develop their game knowledge. Master classes are a 1 Day Class held at indoor venues around the East Region. **The cost of the Master Class is £45.**

**When:** 14<sup>th</sup> April 10.00-15.00

**Where:** University of Hertfordshire Sports Village, Hatfield, Herts

**Where:** Edge Grove School, Radlett, Herts

**Bookings can be made via the Mavericks Website:** <http://www.mavericksnetball.co.uk/camps-and-classes/camps-and-classes/>

### Mavericks Tickets

If you have missed out on match tickets for Loughborough Lightning, Manchester Thunder, Celtic Dragons and Surrey Storm all **Sold Out**, there are still some tickets available for **Northumbria 26<sup>th</sup> March, Yorkshire Jets on 4<sup>th</sup> April and Team Bath on 16<sup>th</sup> April.**

**For more information visit the Mavericks Website:** <http://www.mavericksnetball.co.uk/tickets/buy-match-tickets/>



@NetballEast



/NetballEast



## UKCC LEVEL 1

Upon successful completion of UKCC Level 1 a coach will be able to assist more qualified coaches, delivering aspects of coaching sessions normally under direct supervision.

### New UKCC Level 1 Coaching course

#### **Cambridge Regional College, King Hedges Road, Cambridge, CB4 2QT**

Sunday 15th May 2016 9am to 6 pm and  
Sunday 12th June 2016 9am to 6pm

#### **Braintree Leisure Centre, Panfield Lane, Bocking, Braintree, CM7 1FF**

Sunday 19th June 2016 9am to 6 pm and  
Sunday 17th July 2016 9am to 6pm

#### **Ipswich Academy, Braziers Wood Road, Ipswich, Suffolk, IP3 0SP**

Saturday 24th September 2016 9am - 6pm and  
Saturday 15th October 2016 9am - 6pm

For further information, please contact **Netball East** on **01462 428336** or by email: [east@englandnetball.co.uk](mailto:east@englandnetball.co.uk)

**Please note: New UKCC Level 2 courses will be coming very soon.**

myGame

# NETBALL EAST 2016 COACHING WORKSHOPS

DATE & TIME	WORKSHOP TITLE	VENUE
Thurs 3 <sup>rd</sup> March 2016 18.30 - 21.30	<b>ACTIVATE</b> Essential Attacking Skills for Netball	Stanground Sports Centre, Peterborough, PE7 3BY
Wed 16 <sup>th</sup> March 2016 18.30 - 21.30	<b>Mavericks Workshop - Decision Making &amp; Fatigue Under Pressure Part 2</b>	Oaklands College, Hatfield Road, St Albans, AL4 0JA
Sunday 20 <sup>th</sup> March 2016 11.00–14.00	<b>HIGH 5</b> find out more about the game & skills involved	Chelmsford Athletics Club, Chelmsford, CM1 2EH
Thurs 24 <sup>th</sup> March 2016 18.00 - 21.00	<b>ACTIVATE</b> Essential Attacking Skills for Netball	New Hall School, Chelmsford, Essex, CM3 3HS
Saturday 30 <sup>th</sup> April 2016 9.00-12.00	<b>SHARP SHOOTING</b> Essential Shooting Skills for Netball	UEA Sportspark, Norwich Re- search Park, Norwich, NR4 7TJ
Sat 11 <sup>th</sup> June 2016 10.00 - 13.00	<b>Mavericks Workshop - Improve your Coaching of C/WA/GA</b>	Cambridge Regional College, King Hedges Road, CB4 2QT



FOR MORE INFORMATION ON THE COURSES & HOW TO BOOK, VISIT—

[www.netballeast.org.uk](http://www.netballeast.org.uk)

OR CONTACT [east@englandnetball.co.uk](mailto:east@englandnetball.co.uk)



@NetballEast



/NetballEast

# NET 10 for Life

Raising money for Cancer Research UK

27th February – 13th March 2016

**Pledge 10p  
per goal scored in  
the weekly fixture**

**EXAMPLE:**

Luton Lollypop Ladies **45** (£4.50)

vs.

Dunstable Dinner Ladies **33** (£3.30)

Total pledge from both teams = £7.80

A volunteer needs to collect the pledges and donate them online at [justgiving.com/net102016](http://justgiving.com/net102016)



**Would you  
like to win an  
England Team  
signed netball?**

Follow England Netball  
on Twitter and  
Facebook to  
find out more!



**Get your team to show  
their support on court  
with our new pink  
#NetballLaces**

At a recommended  
donation of £2 per pair  
you can get from:

[iheartnetballstore.co.uk](http://iheartnetballstore.co.uk)



Cancer Research UK is a Registered Charity  
in England and Wales (1089464), Scotland  
(SC041666) and the Isle of Man (1101).



Supporting

**CANCER  
RESEARCH  
UK**



**@NetballEast**



**/NetballEast**