

Hertfordshire Updates

New Sessions in Herts

The introduction of new Walking Netball and Back to Netball sessions at the Furzeffield Leisure Centre (part of the Hertsmere Leisure group) have been met with big attendances and high levels of enthusiasm.

Hertsmere has traditionally been difficult to set up new netball programmes even though there is a high demand for netball for all ages and abilities. In order to provide netball to meet this demand a new working partnership was formed with Hertsmere Leisure, Hertsmere Borough Council and the Netball Development Officer for Hertfordshire Oliver Buncombe.

The projects aimed to run two sessions at the Furzeffield Leisure Centre, one Walking Netball and one Back to Netball session. These sessions run on week nights with Back to Netball running Friday evenings from 7-8pm and Walking Netball Mondays 11:30am-12:30pm.

The sessions are now attracting fantastic and consistent numbers with Back to Netball bringing in up to 27 people per week and Walking Netball also reaching over 20 people from the surrounding communities. Both of these sessions are still open to new attendees with the potential to run more sessions if the sessions become oversubscribed.

We hope to see you at one of these fantastic sessions soon!

If you are interested in attending this or any other session across Hertfordshire please contact: Oliver Buncombe – Hertfordshire Netball Development Officer: Oliver.Buncombe@EnglandNetball.co.uk

Disability Netball Education Workshop

Last weekend Herts County Netball Association in association with England Netball held their first ever Disability Netball Education Workshop. The workshop lasted just over two hours and sought to upskill and develop teachers, coaches, volunteers, players and many more in disability netball.

The workshop covered both practical and theory elements covering a wide number of disabilities including visual impairment, deaf netball, amputee, cerebral palsy and learning disabilities. Matthew Dunstan, National Disability Development & Delivery Manager for England Netball kindly led the workshop using his many years of experience in the sports disability sector to develop understanding, answer questions and deliver the workshop.



Attendees to the session all stated that they had a great time and would be keen to participate in more workshops like this in the future. It was also mentioned that they all had a new appreciation and renewed vigour for inclusion of people with disabilities and the development of sessions for people with disabilities. Plans are already underway for new workshops in the county, this time with a more specific focus on a certain disability per course and a larger practical element.

Walking Netball in Bedfordshire

"The reason I love walking netball is for the fun element. We just laugh the whole time, during and after the game. We follow the 'rules' but it's not implemented too much so makes the game flow and feels informal. Everyone that comes just fits right in to our group, and I do think, we as a group make anyone of any age, or ability fit right in. I do believe that if it was too competitive it would take the enjoyment out of it. We laugh on and off of the court, at ourselves or with each other. The coach has a big part in how the session's feels, I think we just feed off each other. If the coach was too strict or serious the group dynamics would alter. In fact our coach is the glue that keeps us all together, that makes us all feel welcome and happy. Everyone loves Sachel."



"We all communicate on a WhatsApp group chat and that is a good source of support (and laughs) throughout the week. The coffee and cake afterwards is a really good part of it, the part where you can really make friends, and laugh about the session. I can imagine to some people it would be a great place to receive support. Some of the women are just so excited to be able to play netball once again after they thought they were unable to play anymore due to fitness/age. The joy and content they have is really nice to see."



"Our group has also seen ex players reunite after playing together years before, it's nice seeing them reconnect through the love of their sport. It's really interesting seeing really skilled slightly older players with us new players who are maybe younger but without the years of experience of playing, sharing ideas and combining skills to make a happy team." - Tracy Palmer, Silsoe Walking Netball Session.

For more information on Netball in Bedfordshire, please contact **Sachel Grant**:
Sachel.Grant@englandnetball.co.uk

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Bedfordshire Workplace Challenge

The Workplace Challenge in conjunction with England Netball and Team Beds and Luton was held on Friday 17th February at Alexander Sports Centre in Bedford. The Workplace Challenge is targeted at workplace teams, the event gives you and your work colleagues the chance to socialise away from the work environment. Enjoy the social atmosphere and network with similar organisations within your sector or other branches within your company. It provides companies the opportunity for staff to learn a new sport and take part in some friendly competition. No experience necessary!

It saw 8 teams participate from across Bedfordshire

- Team Beds and Luton Ballers
- Silsoe Young Farmers
- Biggleswade Young Farmers
- Kinetic Sports Therapy
- SSG Allstars
- SSG Broncos
- Dolly Mixture
- Sesh Heads



The competition was run with two pools and then the top two from each pool playing for the Cup Competition and the 3rd and 4th placed teams playing for the Plate competition. There were lots of fun and friendly rivalry and we saw some fantastic elevation and determination from some of the participants.

Final Placings

Winners of Cup – Kinetic Sports Therapy



Runners up – Team Beds and Luton



Winners of Plate – SSG Allstars

A massive thanks to the four umpires of the evening, three of which attend the Walking Netball session in Silsoe, and to the super organised Jo Brewster from Team Beds and Luton. What a great way to spend a Friday night.

Mavericks Masterclass in Bedfordshire

Mavericks and Netball East have joined together to produce more opportunities for younger netballers in the Region. During each school holiday Mavericks are running camps for girls in years 5-8 and Masterclasses for satellite and county academy players.

The Masterclass in Bedfordshire took place on Wednesday 15th February at Bedford Academy. Lead coach was Keshia Grant, Current Mavericks NSL Player and assisting her was Sherma Joseph and Hayleigh Mackellar, Bedford County and Satellite Academy Coaches.



"Keisha was so welcoming to myself and Sherma and answered every question we chucked at her. She was helpful and gave each girl that attended time and feedback. Her approach as a coach was very gentle and very different to any coach I have observed before. Her instructions and demonstrations were very effective and the girls had clearly googled her before arriving. I loved questioning Keisha about her experience as a player and as a coach. It was really interesting during Q&A to hear about the different styles and how different her netball lifestyle is here compared with NZ."



"Overall a really positive day. I know as coaches we both took a lot away from the sessions and from Keisha. The county level girls all learnt and developed during the masterclass. It's such a great experience that all county athletes in the east should experience."
- Hayley Mackellar.

Ava's Angelic Adventure

On Wednesday 25th January Crosskeys Netball Club organised a sponsored shoot for all players aged 6-17! Prizes for most shots in a minute were recorded by each coach in their groups. And prizes will follow for the winners of each age group.

"We were fundraising for our club and Ava Rose Poole a six year old local girl who has been diagnosed with a slow growing glioma tumour in a rare part of the brain, she is now going to undergo 18 months of chemotherapy." You can follow her progress on her Facebook page Ava's Angelic Adventure. Or donate direct to <https://gofundme.com/2siz7ak>.

Year 6 were lucky enough to have Ava visit their training session where she joined in and played a game of netball and took part in the shooting competition! It was a real delight to have her join in and the girls loved her as much as she loved them! We are not sure how much we have raised yet until all money is collected in, watch this space!

Thanks to all players who took part and to your coaches for fitting this into their training session!



Get involved with Net 10 for Life, play the game you love and raise money for Cancer Research UK! What is your club/team doing to support?! Contact the East Office for more information, ideas or advice (01462 428336). Donations should be made to <https://www.justgiving.com/fundraising/East-England-Netball>

NET 10 for life

Raising money for Cancer Research UK

10 - 24 March 2017

**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/campaigns/charity/cancerresearchuk/englandnetballnet10](https://www.justgiving.com/campaigns/charity/cancerresearchuk/englandnetballnet10)



**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



Cancer Research UK is a registered charity in England and Wales (1099464) Scotland (SC041866) and the Isle of Man (1302). Northern Ireland charity registration pending.



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UKCC COURSES IN 2017

The courses below are the courses running in the East Region.

We hope to have more information about some more courses coming very soon!

UKCC Level 1:

2nd April 2017 7th May 2017	Easton College, Easton, Norwich, Norfolk, NR9 5DX
21st May 2017 18th June 2017	Cambridge Regional College, Kings Hedges Road, Cambridge, Cambridgeshire CB4 2QT Only a few spaces left!!!
30 th July 2017 27 th August 2017	New Hall School, The Avenue, Boreham, Chelmsford, CM3 3HS
9th September 2017 7th October 2017	Oaklands College, St Albans Campus (Smallford), Hatfield Road, St Albans, Hertfordshire, AL4 0LA

UKCC Level 2:

3 rd & 4 th June 2017 8 th & 9 th July 2017 5 th August 2017	Abbeycroft Leisure Centre, Beetons Way, Bury St Edmunds, Suffolk, IP33 3TT
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Please click [here](#) to see more information and download a booking form. Payment can be made either by cheque, purchase order, bank transfer (our bank details are attached herewith) or a card payment by telephone, Emma Walker can be contacted on 01462 428322. There is a 25p fee payable for a debit card payment and a 4% fee payable for a credit card payment. If you make a bank transfer payment, please use your name as a reference and advise Emma once the payment has been made, she will then check our bank account.

For our bank details, please contact **Florrie**: East@englandnetball.co.uk

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UPCOMING UMPIRING COURSES

INTO OFFICIATING

Sunday 19th March 2017

Hylands School,
Hatfield Grove
Chelmsford
Essex

For more information, please contact [Carol Clark](#).

Sunday 19th March 2017

Nobel School
Mobbsbury Way
Stevenage
Herts

For more information, please contact [Karen Cartwright](#).

Sunday 26th March 2017

Nobel School
Mobbsbury Way
Stevenage
Herts

For more information, please contact [Karen Cartwright](#).

Sunday 23rd April 2017

St Albans High School for Girls
Townsend Avenue
St Albans
Herts

For more information, please contact [Karen Cartwright](#).



C AWARD COURSE

To prepare umpires with knowledge of rules and umpire competencies to umpire at average adult club level. Candidates need to gain experience on proper match play and then apply to be assessed for the 'C' award.

Saturday 4th March 2017

Allenburys Sports & Social Club
Harris' Lane
Ware
Herts

For more information, please contact [Karen Cartwright](#).

Sunday 12th March 2017

Denbigh High School
Alexandra Avenue
Luton
Bedfordshire

For more information, please contact [Louise Brown](#).

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

For regular updates on Officiating, please follow the Officiating [Facebook](#) page and [Twitter](#) accounts.



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MAVERICKS NETBALL CAMPS & MASTERCLASSES 2017

Easter Holidays

Bedfordshire

Monday 10th - Wednesday 12th April 2017 - 3 Day Camp
- Bedford Academy, MK42 9TR

Cambridgeshire

Wednesday 5th - Friday 7th April 2017 - 3 Day Camp
- Cambridge University Sports Centre, CB3 0AS

Essex

Friday 7th April 2017 - Open Masterclass
- Eversley Leisure Centre, SS13 2EF
Wednesday 12th - Thursday 13th April 2017 - 2 Day Camp
- Eversley Leisure Centre, SS13 2EF

Hertfordshire

Tuesday 4th - Thursday 6th April 2017 - 3 Day Camp
- Wodson Park, SG12 0UQ
Thursday 13th April 2017 - Open Masterclass
- Herts Sports Village, AL10 9BL

Suffolk

Monday 10th - Wednesday 12th April 2017 - 3 Day Camp
- Ipswich School Sports Centre, IP1 3SG.

For more information or to make a booking, please visit:

www.mavericksnetball.co.uk/camps-and-classes/camps-and-classes/



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