

Cambridge University Tournament

On the 10th January 2016 the University of Cambridge Sports Centre hosted its first netball tournament. Open to local senior teams of all abilities, the aim was to add another tournament to the city's calendar whilst also increasing general participation in netball at the Sports Centre.

They invited teams from the Cambridge & District and West Suffolk leagues to participate, along with a team from the University of Bedfordshire.



A total of seven teams entered the tournament: Mission Impossible 7, Priors, Haverhill Netball A's and C's, Icons, Rockets and the University of Bedfordshire 2nds. The tournament was a round robin competition which allowed all the teams to compete against each other for a place in the final.



After some tough matches and close competition the Haverhill A's narrowly missed out on a place in the final, which meant that Priors and the University of Bedfordshire battled it out for the Winner's Trophy.

Cambridgeshire umpires Mel Barkess, Sarah Oldham, Rebecca Bradshaw and Janette Bowden

umpired the matches and were fantastic throughout the day.

A closely fought final ended with an 11-9 win to Priors Netball Team from Bury St Edmunds.

Congratulations to the winners and well done to all the teams that took part.



Suffolk This Girl Can Workplace Netball Now

Back in November Suffolk Netball and Suffolk Sport combined resources and funds to run This Girl Can Workplace Netball Now. The decision was made to limit places to 14 to ensure that we were not overwhelmed and the indoor court able to run successful matches. Within 2 weeks of advertising we had to extend the numbers to 21 and had 20 registered and paid upfront for 6 weeks of turn up and play netball, the most successful session run under the This Girl Can campaign.

Although we had 20 signed up we only had 13 physically attend week 1, all ladies enjoyed the matches and survived their first hour of netball in most cases for over 15 years.

One of the participants had embarked on wonderful and inspirational story and her mission to get fit and healthy for the big 40. Suffolk Sport are publishing Jenny's Story over the next few months following her progress with getting active and achieving her goals.

Jenny's Blog December 2015 after 4 weeks of Netball Now:

I've also been getting back into netball!! I say getting back in, but actually I haven't played for approx. 25 years!! Suffolk Sport have organised a 6 week netball course at a local high school at a bargain price of £5 plus a free 'This Girl Can' t-shirt. I couldn't resist putting my name down, as well as persuading a couple of friends to take part too as I used to love netball. Obviously 25 years ago I was much younger, healthier, fitter and more agile so the first session was a bit of a shock! Mind you, the thing I was most concerned about was getting the bib over my boobs!! Those bibs are definitely a one size fits all kind of sportswear...sadly, I'm definitely not one size, maybe 2 or 3 sizes. Once squeezed into my bib, I had an awesome time!! There are between 14-21 ladies who turn up each week, most who haven't played for 15+ years and we fit in as many games as we can in the hour!! It is so much fun. We all laugh a lot. I try and challenge myself by not sticking to the positions which are relatively stationary, goal shooter/keeper, though I am definitely not ready for Centre yet. I might give that position a go after a few more weeks of training!!



On the last session before Christmas we invited a local Back to Netball session and had a mini Festival. 2 Netball Now teams and 2 B2N teams played a round robin style festival (14 minute matches) with medals for the winning team and Mince pie and Juice for all.

Jenny's Blog January 2016 after 6 weeks of Netball Now:

Talking of sporting achievements, I can't believe I just wrote that in relation to me, the netball sessions ended for Christmas with a friendly, albeit highly competitive tournament. There were 4 teams taking part and we were intimidated. The other girls were much younger and fitter looking than us and as we watched the first match the nerves increased. I haven't taken part in a competitive netball match since 1988 but I needn't have worried. Although it was incredibly fast paced, I was in the thick of it in my favourite position of wing attack. We worked as an awesome team and not only did we win 1 match, we won all 3. We won the tournament and I have a medal to prove it!! It might only be a cheap plastic medal but it's become one my most treasured possessions. A medal for sport? Who'd have thought it?



To read more of Jenny's Blog go to <http://suffolksport.blogspot.co.uk/>

Mavericks Feb Half Term Camps/ Master Classes

Camps for ages 10-13 year olds - £80

When: 15th – 17th February 2016, 10am-3pm

Where: New Hall School, Chelmsford, Essex.

Coach: Lindsay Keable, Mavericks NSL Player

When: 17th – 19th February 2016, 10am-3pm,

Where: St Albans School, St Albans, Herts.

Coaches: Robyn Broughton, Mavericks Assistant NSL Coach & Sammy Wallace, Mavericks NSL Player

Master Classes for ages 15-17 year olds - £45

When: Monday 15 February 2016, 10am-3pm

Where: University of Hertfordshire Sports Village, Hatfield, Hertfordshire

Coach: Joline Henry, Mavericks NSL Player

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


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MAVERICKSNETBALL.CO.UK


COACHING WORKSHOPS

| DATE | TIME | WORKSHOP | VENUE | COACHES | INFORMATION |
|--------------------------------|--------------------------|---|---|---|---|
| Tuesday 15th December 2015 | 18.30 - 21.30 | Decision Making Under Pressure & Fatigue part 1 | Oaklands College, Hatfield Road, St Albans, AL4 0JA | Maggie Jackson, Sam Bird, & Mel Mansfield | Opportunity to observe a Senior NSL training session and focus on * What is pressure & how does the coach increase pressure on the individual, unit and/or squad * As an individual, unit /squad - What breaks down when the level of physical/mental intensity increases * How does the coach ensure pressure is appropriate for the individual & learning can take place |
| Saturday 6th February 2016 | 10.00 - 15.00 16.00 - | Managing a Bench * Match Ticket to Mavericks v Lightning included * | St Albans School Sports Centre, St Albans, AL3 4HB | Maggie Jackson & Sam Meade | Looking at preparation for a match, how coaches prepare for feeding back during and after the match and how coaches work with other support team members. There is also an opportunity to observe the NSL match versus Loughborough Lightning and gain an insight into thinking of a NSL coach. |
| Monday 11th January 2016 | 18.00 - 21.00 | Decision Making Under Pressure & Fatigue part 2 | Comberton Leisure, Cambridgeshire, CB23 7DU | Maggie Jackson & Sam Meade | Opportunity to observe a Regional Academy training session and focus on |
| Thursday 11th February 2016 | 18.30 - 21.30 | | Braintree College, Church Lane, Essex, CM7 5SN | | * A key part of the game and what and how "pressure" can be demanded through the structure of the session, the organisation of the players and the delivery by the coach so there is progress made by the individual, unit and/or the group. |
| Wednesday 16th March 2016 | 18.30 - 21.30 | | Oaklands College, Hatfield Road, St Albans, AL4 0JA | | |
| Saturday 11th June 2016 | 10.00 - 13.00 | Improving your coaching of C/WA/GA | Cambridge Regional College, Cambridgeshire, CB4 2QT | Karen Atkinson Collette Thompson | Opportunity to observe 3 experienced coaches working with Regional Academy players to develop the role of the Centre, Goal Attack and the Wing Attack. * The Centre players will focus on a) making an appropriate accurate centre pass and b) to read when and where to move in relation to the other players (thinking 2 passes ahead) when moving from a centre pass and from out of the defending third when the centre is caught deep. * The Wing Attack will focus on a) on & around the circle edge b) ability to lose their opponent when in a small space. * The Goal Attack will focus on a) situations to ensure the circle defence have to make decisions b) how to lose their Goal Defence in the attacking third of the court. |

FOR MORE INFORMATION CONTACT
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Trial for England Nets



Would you
like to be an
international
athlete?

Trials are open to anyone - meaning you could be part of the England Nets squad that will compete in the Nets World Championships in New Zealand, in August 2016.

Trial dates:

**Saturday 6
February**

Ladies U21

**Saturday 13
February**

Ladies Open

**Saturday 13
February**

Men's Open

Venue: Play On, London, E1 2EG

For more information, visit:

http://www.Englandnetball.co.uk/my-game/Nets/England_Nets

1926



2016

England Netball's 90th Anniversary Challenge

Join us in our 90 Hour Netball Match as we attempt to break a Guinness World Record for the "Largest Netball Exhibition Match" ever, all in aid of Sport Relief.

Matches will be played on an hourly basis and we are inviting everyone to help us to break the record, so sign up and get involved!

WHERE: Play On Indoor Sports Arena, Whitechapel, London

WHEN: From 12am Friday 12th February all the way through to 7pm Monday 15th February 2016 (yes, 24 hours a day!!)

COST: £100 per team to enter, 100% of the funds received go towards Sport Relief

BOOK YOUR SPOT IN ENGLAND NETBALL'S WORLD RECORD ATTEMPT WITH SPORT RELIEF NOW!



Supporting Partner

More information can be found at englandnetball.co.uk



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myGame

REGIONAL ROADSHOW



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 16th 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
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www.englandnetball.co.uk/make-the-game/officiating



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MyGame

NETBALL EAST 2016 COACHING WORKSHOPS

| DATE & TIME | WORKSHOP TITLE | VENUE |
|---|---|---|
| Mon 1 st February 2016 18.30 - 21.30 | MAKE THE GAME LIVE - On The Road | Oaklands College, Hatfield Road, St Albans, AL4 0JA |
| Sat 6 th February 2016 10.00 - 15.00 | Mavericks Workshop - Managing a Bench *Match Ticket to Mavericks v Lightning included* | St Albans School Sports Centre, St Albans, AL3 4HB |
| Thurs 11 th February 2016 18.30 - 21.30 | Mavericks Workshop - Decision Making & Fatigue Under Pressure Part 2 | Braintree College, Church Lane, Essex, CM7 5SN |
| Tues 16 th February 2016 18.30 - 21.30 | ON THE MOVE Essential Movement Skills for Netball | Hertford Regional College, Turnford, Herts, EN10 6AU |
| Wed 17 th February 2016 15.00 - 18.00 | HIGH 5 find out more about the game & skills involved | Queens School, Bushey, Herts, WD23 2TY |
| Thurs 3 rd March 2016 18.30 - 21.30 | ACTIVATE Essential Attacking Skills for Netball | Stanground Sports Centre, Peterborough, PE7 3BY |
| Wed 16 th March 2016 18.30 - 21.30 | Mavericks Workshop - Decision Making & Fatigue Under Pressure Part 2 | Oaklands College, Hatfield Road, St Albans, AL4 0JA |
| Sunday 20 th March 2016 11.00—14.00 | HIGH 5 find out more about the game & skills involved | Chelmsford Athletics Club, Chelmsford, CM1 2EH |
| Thurs 24 th March 2016 18.00 - 21.00 | ACTIVATE Essential Attacking Skills for Netball | New Hall School, Chelmsford, Essex, CM3 3HS |
| Sat 11 th June 2016 10.00 - 13.00 | Mavericks Workshop - Improve your Coaching of C/WA/GA | Cambridge Regional College, King Hedges Road, CB4 2QT |



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

www.netballeast.org.uk

OR CONTACT east@englandnetball.co.uk



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