

ICONS Netball Club Re-accredit to CAPS – England Netball Club mark

Icons Netball Club are based in St Ives in Cambridgeshire, they are a large club currently with 4 Senior Teams playing in the Cambridge District Netball League, one in the premier league. They also have a Junior Club for girls aged 11 and above. In the winter months the Club train indoor at the local RAF Whyton base and in the summer months at the Ivo Outdoor Centre in St Ives.



The juniors section of the club is growing weekly with all girls at the club competing in the Cambridge and District Netball League.

The Club is headed by Lisa Coulson who has seen the Club go from strength to strength over 15 years.



St Ives is a large town within Cambridgeshire and Icons NC are known locally within the town for their netball!

Since it was set up way back in 1998/9, Icons Netball Club has come a long way. The club has flourished and increased to 3 senior teams, a youth team and in 2005 developed the juniors section of the club. Over the years many of the juniors have progressed through to the youth team and then on to the seniors, usually after a trip to university.

The club has re-accredited to CAPS 3 times, the first achieving bronze, then on to silver and more recently back to bronze. A quote from Lisa

'It's extremely challenging putting together the folder for re-accreditation but once completed is quite satisfying and makes you realise how much goes into running a club and how much you rely on your volunteers.'

This is a picture of Michelle Allpress at her wedding with some of the girls from the Club. Michelle is the junior newly qualified level 2 coach, delivering and developing netball in the junior section of the club.



Well done to ICONS NC for obtaining the 4 year CAPS re-accreditation!

Suffolk young netballers achieve Performance Pathway places.

Suffolk Netball is celebrating a great start to the 2014/2015 season with a number of Suffolk young Netballers achieving places within the performance system of England Netball and Mavericks development squads.

The Suffolk netball performance group have worked hard over the last few years to develop a Suffolk Pathway to link with England Netball and Mavericks. Previously one or two players achieved places within the pathway but for the 2014/2015 season there are a larger number of girls achieving places.

Suffolk Netballers are excited about the Maverick Development Squad Training sessions.

The aim of the squad is to provide players with extra training opportunities where they can develop the skills required at Mavericks Youth and Senior levels. Training is on Wednesday evenings once every 3 weeks at Oakland's College, St Albans. Due to living in Suffolk the girls and their families are already fully committed to the travel and training programme.

Each Suffolk Squad member has taken time out of their busy training schedule to write a few words about their experience so far.



Rochelle Gordon-Scott: "The Mavericks trials were held in Hertfordshire and it was a day of skills and match play. At the end of the trials you had to wait to be told whether or not you had been selected for the Squad. The few minutes we had to wait seemed like forever and I was expecting the worse especially as I was one of the youngest in the age group. When I heard that I had been selected I was really shocked but extremely happy. I still can't believe it!

I have to travel 2 hours to get to the training sessions but I don't mind as I really enjoy the sessions and I am learning a lot from them. Maverick training sessions help to improve my skills and knowledge of the game, just as the Suffolk Academies do, but I am learning these the Mavericks way".

Safia Ludlam: "I'm looking forward to something that will stretch and push me out of my comfort zone".

Frankie Stenning: "The highlight of the session was meeting new people and using a tennis ball instead of netball to help hand - eye coordination. It was nerve-racking trialling, but getting selected I was so excited! I was drained of energy though so I didn't jump up and down".

Esther Little: "The structure of the Mavericks training sessions are very similar to what we do at County sessions. We start off with a warm up then do: activation and landing skills, ball and wall work, skills and drills, team work exercises. This week we practised attacking and getting free when you don't have the ball, stretching together and we always end by discussing what we have learned in that session".

Maddison Ludlam: "Self-motivation is very important to me. If you believe that you can do what it takes and you are just as good as everyone else if not better, you'll be able to push yourself to achieve more".

We look forward to hearing and seeing more about the girls' development in the future.

COACHING WORKSHOPS

DATE	TIME	WORKSHOP	VENUE	COACHES
Wednesday 28th January	18.00—21.00	Academy Workshop	South Lee School, Bury St Edmunds, IP33 2BT	Maggie Jackson Sam Meade
Monday 16th February	18.30—21.30	Strength & Conditioning with Mavs S&C Coach	Oaklands College, St Albans, AL4 0JA	Sam Meade Stu Clark
Saturday 14th March	11.00—15.00 (Match 16.00)	Match Play Analysis ** including match v Celtic Dragons	Herts Sports Village, Hatfield, AL10 9EU	Maggie Jackson
Thursday 19th March	18.30—21.30	Academy Workshop	Braintree College, Essex, CM7 5SN	Maggie Jackson Sam Meade
Wednesday 25th March	18.30—21.30	Academy Workshop	Oaklands College, St Albans, AL4 0JA	Maggie Jackson Sam Meade
Saturday 13th June	10.00—13.00	Speed Dating	Cambridgeshire TBC	Olivia Murphy Amanda Newton Mel Mansfield

Hertfordshire Mavericks Coach Workshops are your opportunity as a coach or teacher, to observe and be involved with Superleague Coaches, Performance Pathway Coaches and Specialists working in Performance netball.

These are opportunities to gain knowledge and experience across a range of topics with some of the top netball educators. Each workshop is £35 (EN affiliated member) or £45 (Non-affiliated member) ** Additional £5 charge for Ticket**. You can download the booking form at www.mavericksnetball.co.uk

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NETBALL KIT



MAVERICKS COACHING WORKSHOPS

Hertfordshire Mavericks and Netball East have organised a range of new coaching workshops, aimed at club coaches and teachers delivered by some of the top netball educators.

Top coaches from Mavericks and the East Region including Maggie Jackson, Sam Meade, Amanda Newton and Olivia Murphy will deliver these workshops providing you with the opportunity to gain knowledge and experience across a range of topics which you will struggle to find elsewhere.

Please find information regarding our workshops. For further information including booking forms and synopsis of all workshops please visit www.netballeast.org.uk

DATES FOR YOUR DIARY...

UKCC COACHING COURSES

UKCC Level 1

- Univeristy of East Anglia, Norfolk, 11th April & 9th May 2015
- Bottisham Sports Centre, Bottisham, Cambs, 16th May & 13th June 2015

UKCC Level 2

- Abbey Croft Leisure, Bury St Edmunds, Suffolk: 12/13th Sept, 10/11th Oct & 8th Nov

TECHNICAL COACHING WORKSHOPS

Activate:

Hertford Regional College, Hertfordshire
6.30-9.30pm
Tuesday 17th February 2015

Westbourne Academy, Ipswich, Suffolk
10am to 1pm
Saturday 14th March 2015

Sharp Shooting:

The Kings School, Ely, Cambridgeshire
6.30-9.30pm
Thursday 29th January 2015

Hassenbrook Academy, Stanford-Le-Hope
Essex
6.30- 9.30pm



HIGH 5 COACHING WORKSHOPS



- Queens School, Bushy, Herts: 2-5pm, Wednesday 18th February 2015
- Epping St Johns School, Essex, 6pm to 9pm, Tuesday 10th March 2015
- City Academy, Norwich, Norfolk: 12.30-3.30pm, Wed 18th March 2015

TIME TO LISTEN COURSE

- Netball House, Hitchin, Herts: 6.30-9.30pm, Tues 17th February 2015

TUTORING – ADL Course

- England Netball Head Office, Hitchin – Jan/Feb 2015

OFFICIATING

- C Award, Suffolk, 31st January 2015,
- C Award, Essex, 8th March 2015
- B Award, Thetford Academy, Suffolk, 16th May,

GET YOUR MAVERICKS TICKETS NOW



Mavericks season tickets sold out in extra quick time but that doesn't mean you have to miss out from watching the best superleague franchise. To buy your tickets for the 2015 season please visit:

www.Mavericksnetball.co.uk