

EAST GOALDEN GLOBES 2017

The East Regional Assembly and Golden Globe presentations took place on Friday 16th June 2016 St Albans, Hertfordshire. Nominees and guests joined Netball East and Hertfordshire Mavericks where everyone came together to share and celebrate the occasion.

The East RMB were present on the day and awards were given out by: Yvonne Adshead, Jan Burke, June Snellin and Paul Clark.

Golden Globe winners are:

- **Officiating Award** – Bernadette Palmer



- **Outstanding Club of the year Award**– Finborough Ladies NC



- **Coach award-** Heidi Wyncoll



- **Chris Harpham / Young Volunteer Award-** Faye Trigg
- **Muriel McNally Award-** Dawn Bullimore
- **Mary Bulloch Administrator Award-** Carol Fenn
- **Unsung Hero Award-** Gill Knibbs



- **Teacher Award – Sue Simpson**

The Awards took place between a 3 course meal and following these a disco took place to close the evening. It was a lovely evening celebrating the amazing volunteers and achievements of those within East and Mavericks.

Congratulations to all our winners who will now go forward to be nominated for the England Netball National Golden Globes 2017 which will be held on 16th September 2017.

All the photos taken on the evening can be found on the East Facebook Page:

https://www.facebook.com/pg/netballeast/photos/?tab=album&album_id=1776587459299209

ESSEX FIRST WALKING NETBALL FESTIVAL

On Sunday 26th June at Writtle College, Essex held the first Essex Walking Netball Festival. Five teams from across the county came together for some friendly competition. The ladies that played were from a range of ages and it was really lovely that some of their families came to support to. We had husbands, children and grandchildren all coming to the event which was fabulous to see.



The day started off very cloudy and cool however as the day went on the sun peaked out and we were lucky to have perfect playing conditions. As most of our weekly walking netball sessions are based indoors some of the ladies were worried about playing outside for the very first time but all were pleasantly surprised.



We hope to make this an annual event within Essex and look forward to future competitions across the East Region. A big thank you has to go out to all of the ladies who came along and played and helped on the day also.

Here are some quotes from one of the teams too:

'Really enjoyed it thanks ladies and Julia 🙌'

'Fab tournament thanks Julia and well done girls I really enjoyed it'

'Thank you all for a fun and smiley time. Great teamwork and coaching'

'Great day! Thanks for organising Julia'

'It was great fun! Bring on the next!'

'Seriously impressed ladies, well played everyone'



"Thanks for convincing me into going - it was really good fun and great seeing 'how it's done!'"

"My first netball tournament since primary school, I'm a bit taller and definitely 'room for improvement' as my teacher would have said! But I thoroughly enjoyed it, thanks to everyone for their encouragement and patience"

'I have to say that I was pleased with the level of competition, the standard was higher than at previous tournaments and made for some great games' Zoe Lynch, Essex NDO.



For more information about Walking Netball in Essex, please contact **Zoe Lynch**:

Zoe.Lynch@englandnetball.co.uk / 07545 924991



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NORFOLK SCHOOL SUMMER GAMES

On Monday 19th June, 26 teams from all 8 of the SSP's across the county descended on the Sportspark, UEA to compete in the High 5 Netball Finals as part of the Norfolk School Summer Games 2017. Over 120 teams had taken part in the L2 qualifying competitions with the top two Large Schools and top two Small Schools from each SSP invited to participate.



It was more high 20's than High 5's as the temperature neared 30 degrees for parts of the day with everyone doing their best to stay hydrated and seek out some much needed shade.

Large Schools Competition

In the Large Schools section, the 15 schools attending were split into 4 pools of 4 for the morning playing in a round robin format. The early ones to watch were Attleborough, Cringleford A and St. William's, who all progressed through the morning session undefeated and subsequently topped their respective pools.

Following the conclusion of the morning rounds of matches, the 1st and 2nd team in each pool then advanced to the Cup competition whilst the 3rd and 4th team moved into a Plate competition.

Again, teams played in a group of 4 in a round robin format to determine what positions the teams would be playing off for. It was the familiar sight of Attleborough at the top of Group 1 at the end of this session, although they were given a scare by Stoke Holy Cross who they drew with 2-all in their match and who finished in 2nd place in Group 2. Cringleford A continued their unbeaten run in Group 2, closely followed by the other 'ones to watch', St. William's in 2nd place.

This set up an eagerly anticipated Cup Final between Cringleford A and Attleborough. With no goals exchanged in the opening 5 minutes, Cringleford A eventually broke the deadlock in the 2nd half and then followed this up with a second goal quickly afterwards. Attleborough continued to battle but were unable to get the much needed goals. Cringleford A emerged victorious 2-0 to be crowned Norfolk School Games Y5&6 Large Schools High 5 Netball Winners 2017.

In the 3rd/4th play-off, St. William's continued their earlier form to carve out a 2-goal lead. Stoke Holy Cross pegged them back with a goal in the 2nd half, but St. William's managed to score another to claim the Bronze medal with a 3-1 win.

The top 3 teams and Plate winners in the Large Schools competition were:

1st – Cringleford Primary School A (Norwich SSP)

2nd – Attleborough Junior School (Breckland SSP)

3rd – St. Williams' Primary School (Norwich East SSP)

Plate winners – Blofield Primary School (Norwich East SSP)

The full list of the final standings is available by clicking [here](#).

Small Schools Competition

A few last minute drop outs meant that 11 teams contested the Small Schools section. This was split into two pools with teams playing in a round robin format.

In Pool A, Kenninghall were undefeated throughout the competition to top the pool. Their closest match was against the runners up in the pool, Great Ellingham, which resulted in a 2-all draw.



Meanwhile, Sandringham & West Newton topped Pool B after an equally impressive unbeaten run, which saw them only concede 2 goals throughout the entire rounds of pool matches. They were closely followed by Wrenningham in 2nd place.

This pitted the two South Norfolk SSP sides, Kenninghall and Wrenningham, against each other in Semi-Final 1. With nothing separating the two sides and the game tied at 1-all at full-time, 2 minutes of extra time was required. Both teams had opportunities to seize victory, but Kenninghall were able to score that all important goal that would take them through to the Final.

In Semi-Final 2, Great Ellingham raced out of the blocks and created a 2-goal buffer between them and their opponents Sandringham. Sandringham replied with 2 goals of their own in the 2nd half but Great Ellingham just pipped them to the post, winning 3-2 to set up a replay from the earlier pool matches between Kenninghall and Great Ellingham in the Final.

Determined to improve on their previous stalemate, Kenninghall signalled their intentions early with 3 unanswered goals. Great Ellingham rallied to score a goal in the 2nd half but Kenninghall restored their 3-goal lead. With the whistle blowing for full-time, it was Kenninghall who secured the win 4-1 to be crowned Norfolk



School Games Y4-6 Small Schools High 5 Netball Winners 2017.

In the 3rd/4th play-off between Wrenningham and Sandringham, Sandringham took an early lead only for Wrenningham to overturn this with a resurgent performance in the 2nd half. Sandringham valiantly fought on, scoring another goal but it was Wrenningham who managed to clinch the Bronze medal with a 3-2 win.

The top 3 teams in the Small Schools competition were:

1st – Kenninghall Primary School (South Norfolk SSP)

2nd – Great Ellingham Primary School (Breckland SSP)

3rd – Wrenningham Primary School (South Norfolk SSP)

The full list of the final standings is available by clicking [here](#).

All participants were given a certificate to commemorate their achievements in qualifying for the finals and excellent performances throughout the event. Additionally, school staff were given the opportunity to nominate pupils to receive a Norfolk School Games Sportsmanship Award. These are given to pupils who demonstrate excellent sportsmanlike qualities such as determination, focus, motivation, team work and social skills. As part of the presentation ceremony, certificates were presented to 10 well deserving recipients who had been nominated for an award.



The event was well supported with local adults kindly volunteering their time and young leaders from Norwich School and Sheringham High School assisting with the officiating. International Umpire Gary Burgess was also in attendance to officiate some matches and present the medals and trophies. We would like to thank everyone for their help in making the event a success and congratulate all of the pupils for a fantastic day of competition.

Article written by Sophie Hansell, South Norfolk School Games Organiser and photographs by Matt Potter.

For more information about Netball in Norfolk, please contact **Jenny Day**: Jenny.Day@englandnetball.co.uk or 07854 089822

BACK TO NETBALL IN WORMLEY

A new Back to Netball group has recently started at Wormley Playing Fields (Hertfordshire) on Mondays 10-11am and we are looking for people to join us! Like all of our Back to Netball sessions, this session provides a gentle re-introduction to netball, the emphasis is very much on having fun whilst learning the basics and getting a bit of exercise at the same time! It is aimed at beginners and some people who come along haven't played for a number of years, usually since school. However, others have played a little more recently so there is a range of experiences and abilities, but new players are always very welcome! The cost is only £2.50 per week and it is a great way to lose a bit of weight, get active and improve your physical and mental health.

At a typical session, we start with a light, fun warm-up, followed by some simple ball skills and then a game. You are encouraged to take everything at your own pace, and all you need is a little bit of money and a drink. Wear anything you feel comfortable to exercise in, we recommend trainers with laces if possible.

Ex-Mavericks and current Severn Stars Netball Super league (NSL) player Sophie Carter will be a guest coach at this session on dates in July, giving participants a great opportunity to meet a professional and learn the latest techniques and tactics!



If you are interested in joining us on Monday mornings, please email Lucy lucy.ponting@englandnetball.co.uk



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USING NETBALL POWER FOR GOOD

This year at their annual Junior Section Presentation Evening the Year 7 team at Maulden Netball Club approached the committee to ask if they could use the evening to raise money for CLIC Sargent; a charity that supports young children with cancer. Sadly, members of the team lost a close friend to this disease very recently and they wanted to do something to help meet the fundraising target that was set by her before she passed away. The committee agreed and also waived the normal entrance fee donation to encourage more players and parents to purchase tickets.



In the month preceding the event each team was given a box and the players had to choose a 'theme' (a popular one was chocolate!) with which to fill the box and then each box became a prize for the raffle. The coaches also got involved and made their own box (lots of fitness related items!) and the raffle was further supported by the parents in donating a 'bottle' as they came in. Other supporters were the Hertfordshire Mavericks team who kindly signed an England Netball

for us and Woburn Centre Parcs also donated a Family Day Pass.

The girls ran the raffle themselves on the night and were amazed to raise a whopping £635! It is always lovely to do something for others and demonstrates to all that a netball club is more than a group of players and a coach; it's a small community that supports each other, it's where players and parents make new friends and it enables young people to develop skills and qualities both on and off the court.

CAMBRIDGESHIRE JUNIOR TOURNAMENT

On Sunday 2nd July, Cambridgeshire held their Junior Tournament in Wisbech. 6 teams in the U16 group, 5 teams in the U14's, 9 teams in the U13's & 5 teams in High 5's competed in the Junior Club Tournament in Wisbech on the above date. This was organised by Andrea Eggleton and Rookies NC. Luckily the sun was out all day

At least 400 people milling about at the tournament which included all the players from the above teams, lots of parents, friends and families of the players and the 18 umpires that came along to support the day!

Over 22 volunteers from Rookies Netball Club were helping to run the tournament, which included players & parents, & a separate raffle/refreshments that Rookies organised.

All in all a great day for junior competition in Cambridgeshire and the development of these players which form our future of Netball.

Tournament results:

U16's Winners Rookies	r/up – harriers
U14's winners Warriors	r/up Harriers
U13's winners Royston	r/up – Warriors
High 5's winners Glebeland Diamonds	r/up – Royston



UKCC COURSES IN 2017

On Monday 12th June the next cohort of UKCC Courses in the Region were announced. Please see below for more details:



Level 1:

Cost of course:

Affiliated EN Member – £150

Non Affiliated – £180

Ipswich School Sports Centre, The Street Rushmere, Rushmere St. Andrew, Ipswich, Suffolk, IP5 1DE
Sunday 5th November 2017 9am-6pm and
Sunday 3rd December 2017 9am-6pm

Cedars Coaching Academy, Cedars Upper School, Mentmore Road, Leighton Buzzard, Beds, LU7 2AE
Saturday 20th January 2018 9am-6pm and
Saturday 24th February 2018 9am-6pm

For a booking form please [click here>](#)

Level 2:

Cost of course:

Affiliated EN Member – £360

Non Affiliated – £395

Watford Leisure Centre Woodside, Horseshoe Lane, Watford, Hertfordshire, WD25 7HH
Saturday 6th January 2018 & Sunday 7th January 2018 9am-6pm
Saturday 3rd February 2018 & Sunday 4th February 2018 9am-6pm and
4th March 2018 from 9am-6pm

For a booking form, please [click here>](#)

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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Cambourne Netball Club – Coaching Opportunities

Cambourne Netball Club, Cambridgeshire (CNC) are based off the A428 approx. 10 miles from Cambridge, St. Neots, St.Ives and Royston. We have 4 senior teams; playing in the Cambridge and District Netball League (CDNL) 5 and junior teams representing at U16, U14, U12 and U11 age groups.

Club Culture:

We have a reputation for being a well organised club with an emphasis on player progression alongside a fun and friendly atmosphere. We have an active set of volunteers and although only just over 10 years old we have already achieved;



- CDNL Div. One Champions and Top half County Prem league finishers
- Successive promotions for our 2nd and 3rd teams.
- 4th team successfully transitioning from Back to Netball to competing in CDNL
- We have an active focus on umpiring and coaching development with home grown club umpires (at all levels Beginner to A award) and coaches (L2 and L1).
- We have a Bronze CAPS award and we won East Region England Netball Club of the Year (2013/14 season) and Living Sport Community Club of the Year 2014
- U16 winners of the Cambs County End of Season tournament 2016
- A number of our members are active as volunteers within the County Netball Association.
- We have long-term aspirations to be a regional club.

We are seeking a number of coaches to support our existing coaching infrastructure and would specifically like to hear from coaches interested in the following positions:

- 1st and 2nd team coach (every week)
- 3rd and 4th team coach (ad hoc)
- Ad hoc junior sessions

We train on a Thursday evening from 5.30pm or 6pm juniors and 7.30pm seniors.

We are looking for:

- Ideally L2 coaches with previous experience of coaching regularly within a senior club environment, we would also be interested to hear from experienced L1 to L2 coaches and PE teachers.
- Ideally a coach who is able to commit to 4 sessions per month plus some games (Saturdays), however we would be willing to consider someone who wanted to “coach share”.
- Well organised coaches with engaging session plans who keep up to date with the latest developments within the netball arena.
- Coaches (DBS checked) who would be willing to deliver sessions for our juniors from time to time when regular coaches were not available.
- Previous experience of conducting trials and integrating juniors into senior netball would be useful.

In return we offer:

- High standards of player commitment, willingness to train hard and improve.
- Competitive rates of pay with support for further development, courses and progression as appropriate.
- Full support and organisation behind the scenes, with the opportunity to influence and shape the club in future years.
- We can be flexible about how we organise ourselves should you be interested in the above, but looking for a lower level of commitment.

Further details, please contact Catherine Blee, Chair CNC, (in confidence) cblee1978@hotmail.co.uk



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Coaching opportunity - Flamstead NC

- Flamstead netball club are looking to recruit a new coach from August/September 2017.
- We are a friendly but competitive club formed in 2004. We have 2 adult teams, one playing in Watford Division 2 and one in Hemel Division 1.
- We train on a Thursday night (indoors) at Beechwood Park School, Markyate
- We are looking for a coach, preferably Level 2 - although training can be funded for the right person.
- An excellent rate of pay is on offer to the right person (negotiable).
- Coach should be available on Thursday's to run training sessions
- Not essential but coaching matches which are on Saturdays and Sundays would be welcomed.
- Opportunities are also available for developing a youth team if desired.
- Please contact me for further information tracy@flamsteadnetball.co.uk and if you'd like to speak to our current coach to find out what we are really like she is happy for you to contact her on lucyponting24@hotmail.co.uk
- I look forward to hearing from you

Tracy Cripps on behalf of Flamstead NC
www.flamsteadnetball.co.uk

Coaching opportunity – St Albans School

Here at St Albans School we are looking for a well-qualified netball coach to help with two senior girls teams at U19. The hours required are Tuesday evenings 4.30-5.30pm, Wednesday afternoons 2.20-3.30pm, and some Saturdays, although not many at all.

However, there are fixtures in place of the training sessions on a Tuesday, and Wednesday afternoon Games session, so timings can alter and venues etc. due to the nature of fixtures.

I would also like someone to help run pre-season netball training on the 1st September, 10-12pm.

It is a fabulous school with excellent facilities. The girls join the School at Sixth Form only, so you get them for two years and then they obviously move on to university etc. So there is new talent coming every year. They are established in their netball, so it requires someone who can coach them at that level and develop them.

For more info, please call Vicky: 07973564202

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