

Net 10 For Life 2017

As part of England Netball's flourishing partnership with Cancer Research UK, we continued our Net 10 for Life initiative to raise vital funds through our love for netball. For the fortnight beginning 10th March 2017, we encouraged every team taking part in this fantastic initiative to donate 10p per goal scored in their weekly fixture. Umpires were also encouraged to get involved, by swapping their whites for some pinks, and rounding any donations up to the nearest pound. At the end of the match, a willing volunteer needs to collect up the pledges and donate them online at www.justgiving.com/fundraising/East-England-Netball



Throughout the fortnight, many clubs, teams and individuals got together and raised money! There were many events taking place across the Region to raise money for Cancer Research UK.

From crazy colours to mixed netball sessions, we have had it all! Marine Netball Club in Essex raised **£130** at their training session during Net 10 and had all the girls in silly socks and crazy hair! Well Done to Marine!

Our very own East Regional Coordinator, Florrie ran a mixed Netball tournament in Baldock, Herts and raised **£318.97!** Thanks to all those who were involved and supported.



Norfolk Netball Satellite and County Academies were keen to support Net 10 this year but as they don't play matches they decided to hold a series of "Netball Challenges" in which each athlete would compete with a friend or family member. There was a prize for the winners and asked everyone to make a donation as a form of entry. The challenges were aimed to test a range

of different netball skills as well as have fun! They raised a total of **£362.06** Well Done!

The wonderful Walking Netball ladies from Silsoe in Bedfordshire ran a raffle at one of their sessions and wore pink and raised **£135!** Well done to you ladies!



Mixed Back To Netball sessions in Baldock, Herts raised **£175.50** at their sessions over the fortnight!



Roundwood Park School held a students Vs teachers Netball match, players from each squad also went to their local leagues and sold pink shoe laces in aid of Net 10! During March, 10p per goal was donated at any of their league, cup and district matches. Special shout out to the year 9's who raised over **£110!** Well Done and Thanks to all involved!!

Wodson Park Netball Club ran various fundraising activities throughout Net 10 for their age groups and raised a total of **£514.30!!!** Absolutely Amazing!!!!

On Saturday 25th March 2017, 7 teams from Bedfordshire, Essex and Norfolk took part in a Walking Netball Festival at the UEA SportsPark in Norwich. It was a fantastic to see so many ladies enjoying walking netball and a great team spirit played by all. After 42 games of netball the eventual winners were Silsoe from Bedfordshire with runner up from Dereham in Norfolk.



A huge thank you to all the teams for coming along, to the hosts and Kerry Lincoln, Joan Girling and Anne Harper for umpiring all afternoon. At the end of the tournament we ran a raffle to raise money for Net 10 for life and I am pleased to say we collected **£138.00**. A thank you to Hertfordshire Mavericks and to the UEA SportsPark for donating raffle prizes.



Hertfordshire NDCC, Lucy Ponting ran a Net 10 Tournament at Stanborough School, Welwyn, Herts and raised **£445!!** It was a busy evening at Stanborough School on Monday 27th March, for the Herts Net10 For Life tournament, where 12 teams from around the county joined us to participate! The winners were Silsoe Slugs, a Back to Netball group from Bedfordshire, closely followed by Heath Harriers, another Back to netball group from Hertford Heath. Wodson Park Navies came in third place and a special mention goes to Camelot Crusaders, a

workplace team from Watford who joined us for their first ever tournament! Lucy Ponting, (Netball Development Community Coach) said, *'I am overwhelmed by the amount of money we raised. It truly was a great evening, the sun came out for us and there was a great atmosphere. I must thank all the umpires, supporters and my colleagues for all their invaluable help'.*



Netball East have raised a Grand Total Of...

£3,583.67!!!!



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National Success from Bedfordshire

Ellie Rattu from Bedfordshire was selected into England U17 for Netball Europe March 2017. Here are some words from Ellie about her experience:

After finding out that I had been selected to compete at Netball Europe, I attended an intense 3 day training camp up in Walsall along with the other 11 members of the squad.

The camp consisted of match play, where we were able to play against 3 different teams, and also technical and weights sessions. This was such a great opportunity that allowed our squad to gel both on and off the court and get a taste of what to expect the following week at the competition, as the timings of our games mirrored our competition schedule. It was particularly special as none of us had ever competed for England before and so this was a completely new experience that we could share together.

Upon arrival to Netball Europe we had a technical session at the venue to get warmed up and in the right frame of mind for our upcoming matches in the days to come.

On the Friday it was clear that we were all equally nervous and excited to get our first cap and put on our England dresses. However we managed to keep it cool and secure our first win against Northern Ireland 61-19 where I played C for the second half.



I was in the starting seven for Saturday's game against Wales and saw the nerves disappear completely as we dominated the first quarter 23-6, with a final score of 68-36.

On the final day we knew we had to beat Scotland to secure the title. We managed to come away with a clear and classy win of 78-22.

The highlight of the competition was receiving my first cap and proudly singing our national anthem, a moment I will treasure forever.

Netball East would like to congratulate Ellie on her selection and her success with the England U17 squad at Netball Europe 2017.



Norfolk U19 Challenge Cup

A fantastic Under 19 Challenge Cup held at UEA Sportspark on Tuesday 28th March 2017. The weather could not have been more perfect for an afternoon of Netball.

A brilliant display of netball from all the teams and congratulations to Wymondham College for winning the tournament.

A big thank you to Emma and Lyn for umpiring all afternoon.



Inspiration and Motivation – Watton Netball Club

Through fundraising for Allergy UK Lucy Collishaw donated time to a local netball team wanting a training session to inspire and motivate. That's exactly what was achieved on Saturday 18th March in Wymondham Sports Centre for Watton Netball Club. Watton Netball Club currently has two teams entering into the Norwich Outdoor Summer League, Lightning and Storm.

Lucy came with fresh drills and games before leading the two teams into conditioned match play. Lucy's vast experience and insight made the session the injection of motivation the club needed pre-season. Lucy's



experience, passion and enthusiasm alone is worth tapping into. The session ended with an overview of nutrition for athletes, preparation prior to game and immediately after to achieve optimum performance.

We asked Lucy to tell us about her journey into netball and where she is today:

Lucy started playing netball when she was 8 years old, with her Mum. She then began to be included within her team in a competitive league at the age of 10. She played for Suffolk as a county and the East Region when she was 13. It was from there that she trialled to be in the England national programme, and after numerous successful camps, Lucy was part of the England u-17 squad. Lucy captained this team when she was 16, and then went onto captain the England U-19 squad at the Netball Europe competition respectively. Lucy was part of the England u-21 squad, and the English Universities team. She then went onto captain the Great Britain universities team. During this time Lucy was also a member of the very first Mavericks squad, when the Netball super league was launched in 2005. Lucy remained a Mavericks player for 5 years, and loved competing against and playing with the best players in the country. Lucy currently captains the Thoroughbreds national premier team, and is assistant coach at the East regional Performance programme. Lucy is a PE teacher, with a huge passion for driving sport forwards for children.



Cambridgeshire Club High 5 Tournament

On Saturday the 18th March 2017, Janette Bowden, Cambridgeshire NDO ran a Club High 5 Tournament at Hinchbrook School.

There were 7 teams who entered which was great!
Although there was no sun they managed to stay dry for most of the day!

The teams were:

- MI7 1
- MI7 2
- Rookies
- Swan 1
- Swan 2
- Cambourne 1
- Cambourne 2



After some great netball, the winners were:

Swan 1 winning all of their matches

MI7 1 came runners-up

Both teams received a trophy, all players received a medal and certificates and all teams received a bag of sweets!

They even managed to raise £14.01 for Cancer Research UK as part of England Netball's Net 10 For Life!

There were lots of positive feedback and Netball East would like to congratulate Janette on the success of her tournament.



For more updates about Netball in Cambridge, please contact:
Janette Bowden - Janette.Bowden@englandnetball.co.uk / 07595 863974

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Hertfordshire Emerging Schools Tournament 2017

On the 15th of March Herts County Netball Association held their annual Emerging Schools Netball Tournament. Eight school teams from across the county entered a year 9 team in to the event which was blessed with beautiful weather and high quality netball.



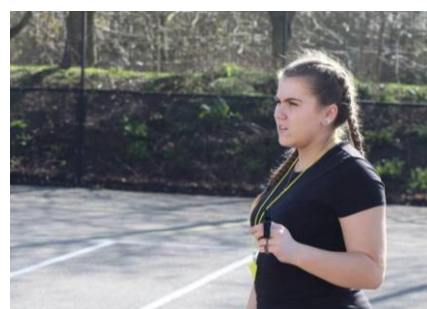
The Emerging Schools Tournament was held at Wodson Park Sports Centre on the outdoor netball courts, this venue has been the home of the event for the last couple of years. The standard of the netball played exceeded all expectations with teams producing brilliant moves and plays far beyond their years and experience levels.

Oaklands College very kindly offered their services as umpires for the event bringing down 8 new young officials to help keep the games fair and within the rules. This event seeks to develop not only netball in schools where it is sometimes not a main sport but also develop the umpires and volunteers who assist with the event. All

of the student umpires did a fantastic job.

A big thank you to June Griffiths for all her hard work and dedication and to the wonderful umpires from Oaklands College for their assistance on the day.

The final standings of the tournament are as follows:



Winners of the Cup:
John Henry Newman

Runners Up of the Cup:
Roundwood Park

Winners of the Plate:
Leventhorpe



Congratulations to the Winners and Well Done to all teams involved.

For more information about Netball in Hertfordshire, please contact:

Oliver Buncombe – Oliver.Buncombe@englandnetball.co.uk / 07525 703153

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:

30 th July 2017 27 th August 2017	New Hall School, The Avenue, Boreham, Chelmsford, CM3 3HS
9 th September 2017 7 th 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

NEW NETBALL POSTS FOR CROMER NC

Cromer Netball Club were successful in receiving a set of new netball posts from England Netball as part of their facilities strategy of supporting clubs.



UPCOMING UMPIRING COURSES

INTO OFFICIATING

Into Officiating

Sunday 9th April 2017
Redborne Upper School
Ampthill
Beds

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

Into Officiating

Sunday 23rd April 2017
St Albans School Sports Centre,
Abbey Gateway,
St Albans
Herts
AL3 4HB

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

Into Officiating

Sunday 7th May 2017
Sandy Upper School
Sandy
Beds

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



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.

C Award Course

Sunday 2nd April 2017
Watton Sports Centre
Dereham Road
Watton
Norfolk

For more information, please contact [Joanne Loombe](#).

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](#).

GOALDEN GLOBE AWARDS 2017 NOMINATIONS OPEN!

England netball are pleased to announce the nominations for the 2017 Goalden Globe awards are now OPEN!!

Do you have a volunteer that you wish to thank? Can you think of someone who deserves to be recognised for the outstanding contribution they have made to making netball happen? Now is the time to complete a nomination form and to make sure what they have achieved is shared with others.

Regional winners being invited to the National England Netball Goalden Globe Awards later in September.

In the annual nominations are sought across the following categories:

- Grassroots Coach Award
- Grassroots Officials Award
- Young Volunteer Award
- Outstanding Netball Club Award
- Netball Teachers Award
- Unsung Hero Award
- Mary Bulloch Administrator Award
- Muriel McNally Award
- Rose Award (direct national nomination)
- Long Service (direct national nomination)
- Inclusive and Diversity Award (direct national nomination)



Closing date for all nominations is 1st May 2017

All nomination forms (except Rose, Long Service and Inclusive) need to be sent to East@englandnetball.co.uk
If you are submitting a Rose, Long Service or Inclusive Award please send directly to Volunteering@englandnetball.co.uk

To support you with your nomination please download the [Goalden Globe 2017 Nominations Information Pack](#) with lots of useful hints and tips in regards to completing the correct nomination form.

For more information about Netball East Goalden Globes 2017, please contact:

[Florrie Jones – East@englandnetball.co.uk](mailto:Florrie.Jones@englandnetball.co.uk) / 01462 428336

**Want to feature in our
Digi Mag next month?**

Send your stories and photos to
Florrie Jones –
East@englandnetball.co.uk
/01462 428336

THE DESERT NETBALL CHAMPIONSHIPS 2017

Thursday 26th to Saturday 28th
October 2017

Dubai Sports City, Dubai, UAE

Youth Championship for players aged 12 to 16
Ladies Championship for talented players aged 15
to adult

3 day tournament
Opening Ceremony
Netfit Session
Friday Picnic Lunch
Saturday BBQ
Trophies and Awards in each category
Plus loads more spot PRIZES!

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Coach Wanted for Ipswich Ladies East Regional Netball Squad

Ipswich Ladies Netball Club are a Silver CAPs accredited club with over 100 members and are preferably looking for a UKCC Level 2 or equivalent Coach to develop the Clubs Regional Squad.

The coach will be required to plan and take the Regional Squad's training sessions which are on Thursday evenings at Ipswich School Sports Centre and would need to attend the Regional fixtures which are played either on Saturday's on Sunday's for away fixtures, or just Sunday's for home fixtures at Suffolk One from September to April (roughly 2 or 3 fixtures a month).

This is a great opportunity for someone to develop their coaching with a great squad of players. If you are interested then please contact Fiona Mulley on fionamulley@hotmail.co.uk.

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BATTLE AT THE BOX

Hertfordshire
Mavericks v **Surrey Storm**

SATURDAY 29TH APRIL 6PM

COPPER BOX ARENA, QUEEN ELIZABETH OLYMPIC PARK, LONDON

For the first time in its history, Hertfordshire Mavericks will be hosting a home match at the Copper Box Arena. Come along and experience Battle At The Box, as Hertfordshire Mavericks face rivals Surrey Storm in this Vitality Netball Superleague showdown.

TICKETS AVAILABLE NOW FROM

copperboxarena.seetickets.com www.mavericksnetball.co.uk/tickets
GROUP DISCOUNTS ALSO AVAILABLE

PLUS see our U21 side in action as they take to the court in an exciting curtain raiser match at 3PM

www.mavericksnetball.co.uk [@HertsMavericks](https://twitter.com/HertsMavericks) [f HertfordshireMavericks](https://www.facebook.com/HertfordshireMavericks)



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MAVERICKS NETBALL CAMPS & MASTERCLASSES 2017

May Half Term

Essex

Tuesday 30th - Wednesday 31st May 2017 - 2 Day Camp

- Felsted School, Essex, CM6 3LL

For Girls in Years 5-8 - £60 per player.

Norfolk

Tuesday 30th - Wednesday 31st May 2017 - 2 Day Camp

- City Academy Norwich, NR4 7LP

For Girls in Years 5-8 - £60 per player.

Hertfordshire

Tuesday 31st May 2017 - Open Masterclass

- Herts Sports Village, AL10 9BL

For Girls in aged 12-14 - £45 per player.

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

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



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WANT TO BE PART OF THE MAVERICKS FAMILY?

Hertfordshire Mavericks are looking for enthusiastic netball lovers to join the Mavericks family and become a **MATCH DAY VOLUNTEER**

Hertfordshire
Mavericks

#MavericksFamily

If you are over 16 years old and are interested in being a Mavericks volunteer, please contact Gloria
gloria.keech@mavericksnetball.co.uk

MAVERICKS HOTLINE: 07017 409578

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