

National Schools Finals 2016

The 2016 National Schools Finals were once again held in the grounds of the beautiful Roedean School in Brighton on Saturday 19th March. Despite the overcast conditions and the cool sea air there was no shortage of excitement as the teams arrived.

Throughout the day, the wonderful team of umpires commented on the fantastic level of play on court across all three age groups. As the day went on and games and pools got more competitive, swarms of people were gathered around the results televisions eager to know where their school were placed.

After a full day of excellent netball, it came to the semi-finals and in the Under 14 section, Guildford High, Millfield School, Berkhamsted School and St Edmunds College battled it out to reach the final. In the final, Berkhamsted School managed to beat Guildford High by 10 goals to 6 and become Under 14 National Champions.

In the Under 16 category Grammar School at Leeds put in a fantastic performance to take the title and beat Oldham Hulme 10-4. The Under 19 finals were an emotionally charged event as it would be many of the girls playing in this category's last shot at the title. Grammar School at Leeds managed two titles in one day as the Under 19 side narrowly beat Beaconsfield High 10-9 in the final.

We would like to congratulate all the teams that qualified for National Schools Finals 2016 from the East Region:

St Edmunds College 4th in U14 category.

St Albans High School for Girls came 7th in U16 category

King John School 15th in U16 category.

Berkhamsted School came 5th overall in U19 category.

Norwich School came 11th in U19 category.

**A SPECIAL MENTION TO
BERKHAMSTED SCHOOL U14
TEAM WHO ARE NATIONAL
CHAMPIONS! A GREAT
ACHIEVEMENT BEATING
GUILDFORD HIGH SCHOOL IN
THE U14 NATIONAL FINAL.**



THERE HAVE BEEN SOME EXCITING EVENTS HAPPENING IN NORFOLK OVER THE LAST COUPLE OF MONTHS, ENCOURAGING LOTS OF NEW PLAYERS AND TEAMS TO TAKE PART IN PLAYING NETBALL.

Congratulations to Norwich School for competing in the National School Finals at Under 19 on Saturday 19th March 2016 at Roedean School in Brighton. It was the first time in the school history that they had reached this final. A fantastic achievement and finished a very creditable 11th out of 18 teams.



Junior Netball



Our first tournament was to encourage new junior netball teams formed in Norfolk over the last year to play some competitive matches in a fun and friendly environment. We were fortunate to find some space at the UEA Sportspark on their indoor courts to play two friendly tournaments. This fitted in well before the Norwich and District Winter League fixtures to give the players the opportunity to watch some great club matches being played after

the tournament.

Our first tournament in January 2016 saw 4 teams take part from Trowse and Beccles. It was a great experience for these clubs as for many of the players it was their first taste of matches.



It was also lovely to have beginner umpires supporting the matches and practicing their skills being supported by our Norfolk umpire mentors. The winners of this event were Trowse A team.

Our second Junior Tournament on the 8th March, saw over 100 players competing against each other at both Under 12 and Under 16 categories, with some fantastic results. In the Under 16 the results were very close with Trowse Netball Club just beating Watton Netball Club by 2 goals and scoring 42 goals. In the Under 12 age group, the majority of these players were still at primary school and played some superb netball. The overall winners were Trowse NC.

Sport Relief – Showcase Tournament

Norfolk Netball was asked to become part of the Sport Relief Flagship Games in Norwich on Sunday 20th March 2016. This was one of five events around the country and a great opportunity to showcase our talented junior netballer who are part of the Norfolk Netball Satellite and County Academy squads. The players and coaches run an in-house tournament where the satellite and county players were mixed into 4 teams and showcased their skills they have learnt during their training.

Once again a big thank you for umpires and team manager for all your help on the day.



Active Norfolk Fit 4 Work Tournament

Norfolk's final event in March was the Active Norfolk Fit 4 Work Tournament, where local businesses competed against each other on the court. 7 businesses took part including; Aviva, Cromer Academy, Easton Robins and Chicks, St Williams Primary School, Booja, and Public Health. Another brilliant event, which saw Aviva Allstars narrowly beating Easton Chicks by 2 points.

Well done to all the teams and for the umpires supporting another fabulous event.



CALLING ALL COACHES IN NORFOLK, WE HAVE AN EXCITING COACHING WORKSHOP HAPPENING ON YOUR DOORSTEP.

SHARP SHOOTING PROVIDES COACHES WITH THE ABILITY TO

- EXAMINE THE SHOOTING TECHNIQUE
- MASTER SHOOTER ROTATION
- SHOOTERS BALANCE AND POSITIONING
- SUPPORTING ATTACKING PLAYERS ON THE CIRCLE EDGE

FOR MORE INFORMATION EMAIL [EAST@ENGLANDNETBALL.CO.UK](mailto:East@EnglandNetball.co.uk)

Coaching

Sharp Shooting:

Essential Shooting Skills for Netball

Date:
Saturday 30th April 2016

Time:
9am-12pm

Venue:
UEA Sportspark, Norwich Research Park, Norwich, NR4 7TJ

Cost:
£25 Affiliated
£35 Non affiliated.

Tutor name:
Clare Gunns

Contact info:
Florrie Jones [east@englandnetball.co.uk](mailto:East@EnglandNetball.co.uk)
Booking forms can be found on <http://www.netballeast.org.uk/coaching/courses-2/>

This is a workshop for coaches who are regularly planning and delivering sessions. The workshop will examine the technique of shooting, associated game strategies, common errors and corrective measures.

England netball
BE THE TEAM



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Festival Month in Herts

DURING MARCH HERTS HAVE RAN THREE FESTIVALS TO ENGAGE MORE GIRLS FORM THE EDUCATION SECTOR TO PLAY MORE NETBALL.

Inter FE Games



On Tuesday 15th March 2016 all 4 Hertfordshire Colleges congregated at Hertfordshire Sports Village to take on one another in 8 different sports, Netball being one of them. 37 girls aged 16-19 took to the courts to battle it out for the Challenge Cup.

The games got off to a great start with team spirit at a high and some great netball was played. Throughout the day there was a clear lead by Hertford Regional College followed by North Herts College. The day took to a turn after lunch with West Herts College coming through and beating North

Herts College to take second place. The placings for the day went as follows:

1st -Hertford Regional College

2nd -West Herts College

3rd -North Herts College

4th -Oaklands College

A great day had by all and even though it was a little chilly the sun came out eventually!



Emerging Schools Festival

The following day Wednesday 16th March 2016, 11 Schools from across the County came together at Wodson Park, Ware to compete for The Herts School Games cup. This School Games badged event is to attract the Schools which may not have a strong Netball history. The day was kicked off with all 8 teams playing at a time in the sunshine. Throughout the day some fantastic Netball was played by all teams and spirits were great!



We were fortunate enough to have 8 fabulous volunteers from Oaklands Netball Academy join us for the day to umpire and score with their coaches to mentor and support. These ladies were crucial and made the day run as smooth as possible, on behalf of everyone thank you for helping make netball happen.

The winning spot on the day was taken by Marlborough School followed closely by Sir John Lawes. Congratulations to all that took part and next year we hope to make the competition even bigger.

Inter Sixth Form Festival

On Wednesday 23rd March 2016, 6 sixth forms from schools across Hertfordshire joined to go head to head following the Inter Sixth form league which took place from September 2015. The league was run with 12 Schools entering and monthly fixtures in 3 pools.



The festival took place at Wodson Park, Ware and the day got off to a great start with fantastic skills being shown on the court. The winning spot was eventually taken by Herts and Essex School as they battled it out against Freman College for the title. Herts and Essex walked away with the Challenge Cup.

Mrs Mander-James from Herts and Essex School said "It's great to have extra playing opportunity for our sixth form girls, as we have two teams and without matches the second team would have dropped off out of Netball. They have loved the league and the tournament and we can't wait for next year!"



Netball Walks into Herts!

On 25th of February 2016 Walking Netball was launched at North Herts Leisure Centre, Letchworth. This was set up with funding from Active North Herts and a link with Stevenage Leisure Ltd. The sessions were promoted through Active together, Active Letchworth, Active North Herts and several organised over 50's groups. The uptake has been fantastic with 18 on the register and approximately 14 ladies attending weekly. The sessions have been set up to provide opportunity for Over 50s to stay active as well as providing an opportunity to become more active in a fun and friendly environment. It has attracted ladies from all walks of life from ex County Netballers to ladies who played a little bit at school and enjoyed it!



The sessions are finished off by a cup of tea and a chat to enable the ladies to socialise and make new friends; the group are so keen they are planning on getting matching kits!



MyGame

REGIONAL ROADSHOW

Officials
**MAKE
THE
GAME**

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
us

 @England_Netball



info@englandnetball.co.uk



01462 442344

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



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Goalden Globe Awards 2016



England Netball and the Regions are holding the Regional and National Goalden Globe Awards 2016 to celebrate our valued volunteers and to thank them for their hard work throughout the year

Nomination forms and further information can be found at	www.netballeast.org.uk/volunteering/golden-globes/
Deadline for submitting nomination forms to the Regional Office	Sunday 1 st May 2016
Please return nomination forms to	Florrie Jones Netball East 1-12 Old Park Road Hitchin Herts SG5 2JR
For more advice contact	Kat Valk: Kat.valk@englandnetball.co.uk
Regional Goalden Globe Award Celebration date	Saturday 11 th June 2016
Award categories	Coach Award – Grassroots Officials Award – Grassroots Muriel McNally Grassroots Award Mary Bulloch Administrator Award Teacher Award Young Volunteer Award Outstanding Netball Club Award Unsung Hero Award Inclusive Award Rose Award National Long Service Award
Regional Good Practice	'Volunteers are not paid – Not because they are worthless, but because they are priceless.' This is your chance to say Thank You.



The Club Experience: How to be an Extraordinary Club for your People Workshop



The world is changing, how do you ensure your club is chosen over all the other opportunities that are competing for people's leisure time? By making it a place people want to keep on coming back to. To do this you need to understand what your members want from your club and deliver a great experience to them. By consistently doing this you will create an extraordinary club that will thrive. This workshop provides support and information to help you make this happen. We will cover:

Why delivering a great experience for the people in your club is important

How to listen to and respond to the needs of the people in your club

How to consistently deliver a great club experience

Action points and 'take aways' for you to work through with your club

Date: Wednesday 27th April 2016 Time: 18.30 – 21.00pm

**Location: Chelmsford College, Princes Road Campus,
Princes Road, Chelmsford, Essex, CM2 9DE,**

To book your place: Register on the Club Matters website, under Find Support > Workshops.
We recommend that two people from your club attend, including an active player.

Got a question? Contact:
Florrie Jones, East Regional Coordinator
east@englandnetball.co.uk or 01462 428336



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