

Getting to know Team East!

We asked each member of the East Team a few questions so everyone could get to know them. Here are the results:



East Regional Manager – Sarah Beattie

Favourite Film: Shawshank Redemption

Favourite Food: Mum's Lasagne

Why you love netball: Because of the people, being part of a team and because it's competitive.

**East Regional Coordinator –
Florrie Jones**

Favourite Film: Bridget Jones Baby

Favourite Food: Macaroni Cheese

Why you love netball: I have been playing since primary school and have not stopped! I just love it!



Bedfordshire NDO – Sachel Grant

Favourite Film: The Best Man

Favourite Food: Rice & Peas and Curried Goat.

Why you love netball: I love seeing people enjoy the sport I love, developing and growing to be the best they can. I love the amazing friendships I have made because of the sport.



Cambridgeshire NDO – Janette Bowden

Favourite Film: Dirty Dancing

Favourite Food: Italian food

Why you love netball: Everything but especially the amount of lovely people that I have met and am friends with over the years!

Essex NDO – Zoe Lynch

Favourite Film: Bridget Jones

Favourite Food: Chocolate

Why you love netball: I couldn't imagine my life without netball in it to be honest, was the first thing I signed up for at college and uni and I plan to play it till I die.



Hertfordshire NDO – Oliver Buncombe

Favourite Film: Forrest Gump

Favourite Food: Curry

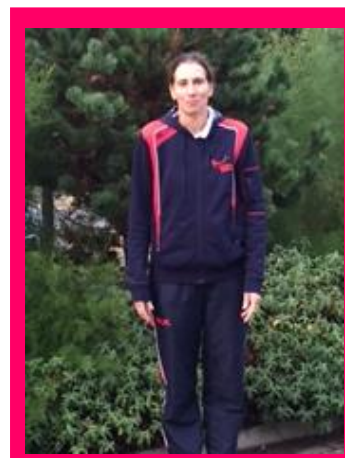
Why you love netball: Meeting new people, getting people active through new and varied programs and developing sport at a county level.

Norfolk NDO – Jenny Day

Favourite Film: Bourne Identity

Favourite Food: Lasagne

Why you love netball: Meeting new people, helping ladies to achieve new goals, whether it playing netball for the first time as juniors, Back to Netball or Walking Netball, winning a trophy in a local league or national competition. We have a game for you!!





**Suffolk NDO –
Chloe Anderson**

Favourite film: Die Hard (love a bit of Bruce Willis in a vest at Christmas!)

Favourite food: Seafood

Why you love netball: I love being part of a team and a club, most of my best friends are from netball. It's also technically really difficult and not as easy as everyone outside of the sport thinks!

Hertfordshire NDCC – Lucy Ponting

Favourite Film: Shawshank Redemption

Favourite Food: Cheese

Why you love netball: The team spirit, the winning and the losing and learning new skills!



East Performance Pathway Coach– Sam Meade

Favourite Film: Any Given Sunday

Favourite Food: Nandos

Why you love netball: I love netball for many reasons, it keeps you active, its fun and you can make friends for life. It epitomises what a team sport is all about - as you simply cannot win or play matches unless you are working with each other. This means you get to explore and enhance life skills such as communication, working together and leadership.

Follow us on Twitter and Facebook!

@Netball East



/NetballEast



@NetballEast



/NetballEast

Netball Now in Cambridge

Each year a Netball Now session is organised by Janette Bowden, the NDO and the Cambridgeshire County Netball Association to be held in Impington after the CDNL summer league and before the start of the winter league.

Each year the numbers increase of participation, this year 67 ladies coming along to play over the 6 week programme.

We asked one of the ladies what she enjoyed about the sessions and she said

"After returning to netball from having twins she wanted to get back into Netball training before re-joining her club so for her it was great!"



On the last session we also ran a Walking Netball session on the courts next to the Netball Now, this was hosted by Gill Stevens a newly qualified host. We also have two other qualified hosts in the County, Andrea Eggleton and Sarah Bateman.



If you need any further information, please contact Janette Bowden, Cambridgeshire NDO:
Janette.Bowden@englandnetball.co.uk / 07595 863974

Suffolk Updates

The Netball New Year is in full swing in Suffolk and we are all pleased the season has started and we can get back on court and get competing again. On Saturday 25th September, we held a Junior tournament at Framlingham College Prep School where we had 6 teams competing as well as an hours session with the under 11 age group doing High 5's on the other courts. A



huge thanks to our host, Emily King and her two young volunteers, Rene and Grace who took the youngsters through their paces and introducing the game of



High 5's. All the youngsters had fun and can't wait to get back on court soon. The older girls competition was of a good standard and all the teams did well but the overall winners were Ipswich School. Well done to everyone who competed and hopefully see you all at the next event.

As you can see from the photos today, we were very lucky with the weather. A huge thank you to all the volunteers who came and helped on the day -Vicki Rose, Katie Carter and Erin Jackson as well as the coaches, umpires and scorers.

The final placings were:

1st – Ipswich School

2nd – Trowse Cougars

3rd – Trowse Lynx

4th – Orwell 1

5th – Wattisham Blades Juniors

6th – Orwell 2



Overall Winners, Ipswich School, with their coach, Mrs Carvell.

We are excited to announce that we have a further two new Walking Netball sessions to add to our already successful Ipswich session. The two new sessions are in Newmarket Leisure Centre, Monday's 6-7pm and Moreton Hall Leisure Centre, Thursday's 10-11am both with our lovely host, Tracey Butcher. As ever, the participants of these sessions can enjoy a fun, low-impact, active hour with lots of giggles and wiggles



along the way so please spread the word about the

sessions and bring your friends and family along, you will not be disappointed!

Congratulations:

A huge Well Done to two Suffolk Netball Clubs for winning Club of the Year in the Abbeycroft Leisure Centre Awards – Breckland Netball Club for Forest Heath and Jetts Netball Club for St. Edmundsbury. Both of these clubs are very worthy winners of these awards for all their hard work and dedication to Junior Netball in Suffolk. Well done to all involved and keep up the great work!

Breckland NC:



Jetts NC:



Fundraising and Celebrations:



West Suffolk Netball League hosted a charity tournament on Monday 17th October in support of SULSAR (Suffolk Search and Rescue) in their search for missing serviceman, Corrie McKeague from RAF Honington. The players, clubs and teams raised a whopping £700 for the charity, which is close to all our hearts here in Suffolk. Well done to Priors Netball Club and Jules Brind who came up with the idea and organised the event. You can still donate to this charity on the just giving page – www.justgiving.com/crowdfunding/findcorrie

Another huge well done to the South

Suffolk Netball League who raised £423 for a local charity, Wolverstone Wish, a great charity which has built a new cancer unit at Ipswich Hospital. Well done to the League and all the Players, Umpires and Coaches who got involved.



Officiating:

Everyone in Suffolk would like to say a huge thank you to all the friendly and knowledgeable East Region tutors who ran several rule change seminars in the county in time for the new season. Although confusion is inevitable in the first few months, most umpires and players have got to grips with the new rules and everyone has taken them in their stride.

For more information on Netball in Suffolk, please contact Chloe Anderson, Suffolk NDO:

Chloe.Anderson@englandnetball.co.uk / 07540 126597

All for a Good Cause

Janette Bowden, Cambridgeshire Netball Development Officer took on the Perkins Great Eastern Run on Sunday 9th October 2016. It was a 13.1 half marathon run. Janette was running to raise money for Leukaemia Research due to her friend feeling poorly. Janette completed her run in an amazing 2 hours and 9 minutes!



We asked Janette how she felt after she completed the run: *“Really good as I know I have raised some much needed funds and I split the moneys raised (£450) between Leuka Research and the ward where she was treated In Addenbrookes Hospital.”*

Netball East would like to congratulate Janette on her amazing efforts for this event and raising a wonderful amount for such a great cause.

If you would like to donate to such a wonderful cause, please visit:

www.justgiving.com/fundraising/Janette-Bowden

Building Partnerships Overseas

The RU-Active Elite U17 & U19 netball teams, based in Dubai, UAE, sought opportunities to put their skills to the test and arrived to play some training games between 1st and 8th October. The Elite Player Programme was established 4 years ago by Susanne Skelding, the Director of Sport for RU-Active, and aimed to replicate the training opportunities provided by England Netball to their athletes. The Elite Player Programme operates on a much smaller scale than the England Netball RPA & RA structure and is unfunded by any authority. As well as



regular training, RU-Active offers overseas tours for elite players allowing the athletes to compare their skill level to similar age groups and go back to work on the gaps exposed in both the technical and S&C areas of their game. This year the Elite teams have been hosted by the East Region RPA and RA

squads, Bishops Stortford School, St Albans High School, the East Midlands RPA and RA squads along with MK Netters U16 & U19 squads. The coaches of the programme, headed up by Susanne, are: U19 coach - Deb Jones – ex-England international and ex-Mavericks Super league player and U17 coach – Jess Leach – Derbyshire County 1st team and East Midlands Regional Squad.

The squads have achieved varying levels of success over the course of the tour and have been extended many learning opportunities as a result. In the absence of a full governing body in the UAE, at present, this is one of the only outlets for netball in the Middle East to be represented on the world stage. It is hoped that this exposure will raise awareness of the need for the a national governing body within the UAE to enable playing opportunities on a more regular basis on a national and international level and be an intrinsic part in the growth of the sport in the middle east area.

RU-Active is extremely forward thinking and ambitious when it comes to building partnerships in order to promote the game. RU-Active Sports Services has announced two significant sponsors for its Elite Netball Player Programme, Skincare Company Dermalogica and sportswear supplier, BLK.



As part of the sponsorship, BLK become the official kit supplier to the Elite Netball Player Programme, which will feature Dermalogica's Clear Start branding.

As well as the Elite Player Programme, which also has U13 & U15 age groups, RU-Active operates Dubai's premier youth netball organisation, which includes training and leagues for a range of age groups and personal development opportunities for players. It currently operates 6 leagues for over 750 players in Dubai, which play at Dubai Sports City and Kings School Al Barsha as well as training opportunities for players aged 5 and above in various locations across Dubai.

Dan Harrison, Brand Manager for BLK Middle East, said: "As a brand, we are not only committed to netball, but to women in sport in general. Therefore, we are delighted to become the official kit supplier to the RU-Active Elite Netball Player programme, which supports the future stars of netball. This continues our commitment to the sport, which includes partnerships with Australian Diamonds, Silver Ferns in New Zealand and the England Roses."



Sarah Sheikh, Marketing Manager for Dermalogica Middle East, said: “We’re really thrilled by this exciting new partnership. RU-Active Sport’s Elite Players will be excellent ambassadors for our Clear Start range, which is



aimed at young women and utilizes potent active ingredients and gentle botanicals. While we have always encouraged women empowerment through our FITE program (Financial Independence through Entrepreneurship) we now have a new platform to invest in the potential of young women and girls and encourage them to pursue their ambitions. It’s been a lot of fun helping to design the new kit and we can’t wait to see the girls training and competing in it.”

Susanne Skelding, Director of Sport at RU-Active, who is credited with the dynamic growth in interest in Netball in Dubai, said: “Netball is becoming increasingly popular in the UAE and the support we have received from such high profile brands as BLK and Dermalogica is another positive example of how the sport is gaining prominence in the UAE.

“Their support is incredibly valuable and will play a big part in helping us develop Elite level players in Dubai. We are very proud to work with brands that are relevant to our netball community and are committed to helping the development of girls’ sport in the UAE and around the world.”



For further information/images contact Susanne Skelding +971 50 551 7400

Follow us on Twitter and Facebook!

@Netball East



/NetballEast



@NetballEast



/NetballEast

NEW!

East Region Walking Netball Festival!



Date: Sunday 11th December 2016

Time: 10.00am - 1.00pm

Venue: Cambridge Uni Sports Centre

For more information or a booking form please email:
East@englandnetball.co.uk

CALLING ALL WALKING NETBALLERS!

The East Region are holding their first ever Walking Netball Festival this December in Cambridge. If you are part of a Walking Netball Session from the East Region, get a team together and book a place now! We want to celebrate all the Walking Netball sessions across the region. It will be a fun festival to put all those netball skills into practice and share the Netball Love.

If you would like to find out about your nearest Walking Netball Session, please visit:

www.netballeast.org.uk/playing/walking-netball/

Follow us on Twitter and Facebook!

@Netball East



/NetballEast



@NetballEast



/NetballEast



Mavericks Camp!

Wednesday 21st & Thursday 22nd December 2016

Ipswich School Sports Centre, Ipswich IP5 1DE

10am - 3pm / £60 for 2 days

For girls in years 5-8.



To book a place or for more information please visit:

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



Are you interested in
being part of
Hertfordshire
Mavericks?

To find out more, please click
here for an expression of
interest form.

For more information, please visit
Mavericks Official Website:

<http://www.mavericksnetball.co.uk/>



@NetballEast



/NetballEast



Netball East are looking for volunteers! Whether you coach or umpire, if you want to help out, get in touch! We will find the best place to suit you!

For more information, please email: East@englandnetball.co.uk



Be the first to hear about courses and workshops within the East region!



Join our mailing list. Please email East@englandnetball.co.uk

Netball East Notice Board

Get Your Colleagues On The Court & Revolutionise Your Lunch Break!



During the Summer, England Netball are wanting to help work places get more active.

- ☆ Do you have a car park?
- ☆ Fancy having fun at lunchtime?

If so, we have the perfect court for you!



Please contact : netballanywhere@englandnetball.co.uk

#NetballAnywhere



Mavericks are looking for new coaches who are interested in supporting holiday camps & other development opportunities.

To register your interest email - paulclark296@gmail.com



@NetballEast



/NetballEast