

Happy Netball New Year!

Ahhhh September! The time for new trainers and dresses, to catch up with friends not seen since the end of summer league and to kick start your assault on league domination.

This New Netball Year, why not try something new? There are so many opportunities in netball, whether that's finding another way to play, offering to help out at your local junior club, buying a whistle and getting on the Into Officiating course or even volunteering at the Quad Series.

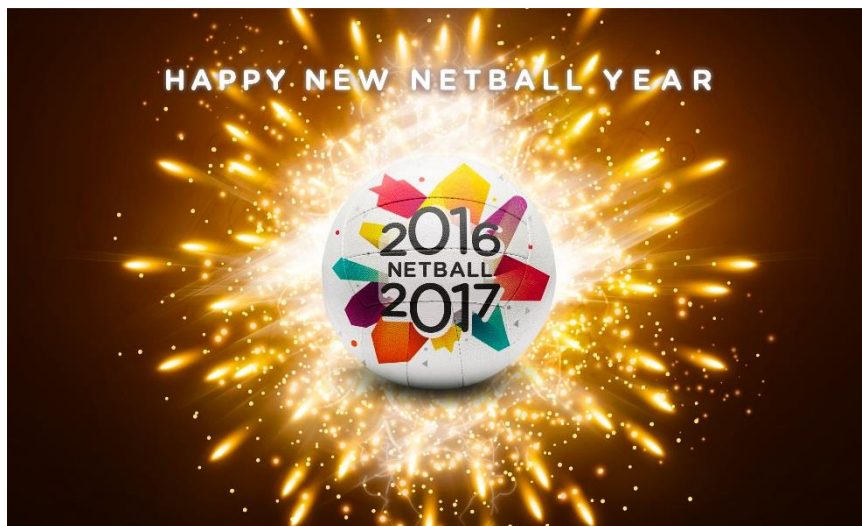
What is your New Netball Year resolution?

It's not just for you! With a growing number of ways to play including Walking Netball, we now have more opportunities than ever before for new people you introduce to our sport throughout our amazing game.

If you know a budding youngster, someone who played at school who would love to play again, or someone who is looking to continue playing at a gentler pace, get them involved this New Netball Year.

Happy New Netball Year!

We are very lucky to have someone from the East Region to be included in the England Netball branding for this campaign. Jan from Berkhamsted regularly attends our Walking Netball sessions on Thursdays 11am-12pm.



If you are interested in Back To Netball, Walking Netball, Coaching, Umpiring, etc. Please visit our website for all new exciting netball opportunities coming up:

www.netballeast.co.uk

England Netball's FIRST Teacher Workshop in East!

England Netball want to help schools to deliver quality curricular, extra-curricular and competitive netball opportunities for all pupils who love netball. We aim to support the links between our clubs, leagues and schools to ensure pupils can continue their netball participation into a community setting. We have Workshops and Resources available for schools and have a team of dedicated netball officers across the country ensuring opportunities are available for schools.

England Netball have recently launched additional support for KS3 teachers. Alongside the new brilliant resources aimed at supporting KS3 delivery, including videos and lesson idea cards, [please click here to download](#), England Netball have launched a brand new KS3 Teachers workshop.

The aim of this course is to improve the delivery of Netball in Key Stage 3 across the Country. After you have attended the course, we hope that you can:

- Understand your pupil's attitudes and your role
- Understand why games based is best
- Use the KS3 idea cards
- Develop your own lessons
- Take your school's netball further

Netball East will be holding the FIRST KS3 teacher workshop in the country!

WHEN: Thursday 20th October 2016

TIME: 16.00 - 19.00

WHERE: Hertfordshire Sports Village, Hatfield, Hertfordshire

COST: £25 per teacher! *

***The course cost has been lowered as we are holding the first workshop across the country, so please take full advantage of this discount!!!**

To book onto the course, please download the booking form by [clicking here](#)

If you need any further information, please contact **Netball East** on **01462 428336** or by email: east@englandnetball.co.uk

For information on everything Netball in Schools, please visit:

www.netballeast.org.uk/coaching/schools/

For all information on upcoming workshops in East Region, please visit:

www.netballeast.org.uk/coaching/courses-2/

Calling All Teachers!



NEW

KS3 Teacher Workshop!

**When: Thursday 20th October 2016
4pm-7pm**

Where: Herts Sports Village, Hatfield

To download a booking please visit:
www.netballeast.org.uk/coaching/courses/



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I Am Team GB Day

With the launch of the new Walking Netball Programme across the East Region many more people will now be able to access our fantastic sport! In the build up to the big launch a free taster session run in tandem with the I AM TEAM GB day on the 27th of August 2016. This national event sought to highlight the fantastic achievements



of our Olympians at this year's 2016 Rio Olympic Games! We had sessions set up across the Region to give everyone a taster for Walking Netball and hope they would start coming along to our NEW sessions.

The session in Hertfordshire ran at Redbourn Leisure Centre on the 27th of August and was open to everyone of all backgrounds, ages and abilities. Walking Netball is a fantastic leveller of skills and abilities and give the

opportunity for people to play who haven't played in many years, who have a disability or who are recovering from injury, basically anyone who cannot play the full running game!

The session was fantastic fun with games and activities played to introduce people to Walking Netball and the differences between this and the running game. All who attended mentioned that not only was the session great fun but surprisingly tiring! They are eagerly looking forward to the sessions starting on the 13th of September at the Redbourn Leisure Centre from 12:30-1:30. Sessions are £4 with refreshments included we hope to see you there!



Norfolk County Netball Association, were very much part of the I am Team GB day at the UEA Sportpark. The day was a celebration of our Olympic performance in Rio, but also to launch the Walking Netball programme. The morning was split into the different coaching sessions, one for the academy athletes, and then split into come and try sessions in Back to Netball, Walking Netball and Junior coaching with Trowse Netball Club.

All in all a very successful morning of Netball. A big thanks goes to Gemma Ashton, Helen Rowe, Sophie Pike, Kim Mackie, and Anne Harper for helping out on the day and running some fantastic sessions.

Suffolk joined forces with ITV and This Girl Can to participate in the National Sports Day in support and recognition of Team GB following on from the huge success at the Rio 2016 Olympics. With the help from Walking Netball Host, Tracey Butcher, held an hour's session of Walking Netball at Culford School, in Bury St Edmunds. The free event was well supported by the local community and many from



the local Women's Institute, who absolutely loved it! As a result, Tracey is now working hard with local venues to arrange a weekly Walking Netball session in the Bury area in line with the successful pilot scheme that runs at Ipswich School Sports Centre on Thursday mornings, 10-11:30, £5, come and join!!



For more information on all Walking Netball sessions in the East, please visit:

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



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Hertfordshire Update

A new Back to Netball session is now running with a bespoke outlook for supporting individuals with learning disabilities. These sessions run every night at Wodson Park Sports centre from 6-7pm at a cost of £3. This is the only session of its type running in the county and provides a platform for men, women, boys and girls to compete alongside one another in a fun and inclusive sport!



These sessions have attracted a large number of people in the past through its strong links with Special Olympic St Albans and its fantastic community work. The people behind these sessions are not only passionate about providing a recreational opportunity for people with learning disabilities to get healthy and active, they are also excited by the competitive opportunities that can be gained too!

Next year's Marion Smith tournament is their first target, this won't be the first time that a team have competed in this tournament however they are confident that with a new focus and determination success can be theirs. This is all however in the build up to their entry in to the Special Olympics happening early next year. This is the biggest sporting opportunity for people with learning disabilities and a key goal for this fantastic group.

We wait to see their progress with great excitement! More updates to follow, should you wish to know any more information about the sessions or anything up and coming in Hertfordshire, please contact oliver.buncombe@englandnetball.co.uk or call Oliver Buncombe on 07525753153.

For more information on all our Back To Netball sessions across the region, please visit:
<http://www.netballeast.org.uk/playing/back-2-netball/>

Mavericks Supporting Our Future Stars

On Thursday 11th August a group of recently selected Norfolk Satellite and County Academy athletes gathered at the Sportspark, Norwich for a masterclass with superstar defender, Sam May, from the Hertfordshire Mavericks.

Despite the drizzly weather, Sam brightened up the day with hands on and enthusiastic coaching style. In the morning session, she managed to cover lots of different concepts from taking on a defender to team defence. After a quick lunch break, the girls started some match play with Sam casting her watchful eye over the girls and offering helpful snippets of information.

This was the first event of its kind in Norfolk but very much something that we will look to replicate in the future. A big well done to all the girls and an even bigger thank you to Sam May.



If you are interested in Mavericks Camps and Masterclasses, please take a look at Mavericks website:
www.mavericksnetball.co.uk/



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Netball from Norfolk to Canada

Kristin Angus was part of Norfolk county academy squad last season. During the season her parents relocated to Canada and Kristin stayed in England to finish her GCSEs and then re-joined her parents over the summer holidays. Here is her account of playing netball in Canada.

I spent this summer in Canada and while everyone at home was participating in preseason training, I joined at netball club in Toronto.

With the hope to keep up my fitness over the summer. I expected the team to be play basic netball the kind we played in primary school in the UK.

However I was surprised when I turned up and saw 3 Caribbean guys training a squad of 14. One team was very advanced; this team included Tiffany Wolfe who was a Jamaican and Canadian international player and other girls who have represented Ontario.

Before I joined I thought that the training would be purely for fitness and I couldn't learn anything from a country where most have never heard of Netball, but each session began with sprint coaching and included advanced drills. At my first session I met another girl from England, it was nice to have some sense of home but we were completely out shone by the other girls, their speed, power and knowledge of the game was such a high standard.



I was lucky enough to make the first team, train with them twice a week and play a match on a Sunday. Every week we had to draw out our own court with chalk in a local middle school playground, it was different to having a court marked out inside in a sports facility. All the players and coaches made me feel welcome and I really enjoyed the new experience.

Kristen did brilliantly in her GCSEs and has decided to stay in Canada with her family and finish her schooling over there. We wish her and her family well and good luck with playing netball in Canada.

For everything Netball in Norfolk, please contact Jenny Day,
Norfolk Netball Development Officer:

Jenny.Day@englandnetball.co.uk / 07854 089822





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



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