

Pass on Your Passion



Two City Academy Norwich netball enthusiasts are giving back to the sport by volunteering their services at matches, coaching sessions and competitions. Charlie Plant (Year 9) and Courtney Bale (Year 11) are enrolled on the England Netball 'Pass on your Passion' programme, which rewards young people aged 12-25 years old in return for their time. Both pupils are well on their way, with Charlie already accruing over 50 hours of volunteering and Courtney just behind on 34 hours.

Well done and keep up the good work!

Picture below: Courtney umpiring at the Norfolk School Games.



Netball Now – another success

Netball Now has once again been a great success during July and August in Norwich. The sessions took place on Tuesday evenings 7.00 pm to 8.30 pm. Over the 6 weeks 63 players attended the sessions, of which 10 had not played Netball for some time. It was brilliant to see them enjoying the games, and enquiring about joining Netball teams in the area.

It was also great for newly qualified or beginner umpires to gain experience, and others to try their hand at umpiring before the start of the winter league.

One highlight from the sessions, was that a group of ladies from Cromer loved the first session so much, they came every week, and to make their evening complete, popped into McDonalds on their way home as a special treat, as there is no McDonalds in Cromer!

Cambridgeshire 'Elite Summer League 2015'

Within Cambridgeshire County there was no dedicated summer league for County Premier or Regional standard teams. Traditionally these teams have either not played competitive games from the conclusion of the winter league in April, until its restart in September or they have participated in the Cambs District League summer league, which is a "wild card format". It was perceived that these teams were therefore "less ready" for regional leagues than their counterparts from other counties. It was identified that there was a demand from teams at this level to play over the summer, however;

- They either were unable to travel the distances to other leagues
- They did not feel that the "wild card" format suited them
- Or they were not permitted to enter leagues e.g. regional standard

We therefore decide to set up a summer league in Cambs targeted at County Premier and Regional standard teams. It was also hoped to use this league as a development league for umpires who wish to umpire at County Prem League in the winter and as a general opportunity for mentoring, especially for C to B umpires.

We played from one of two venues, Netherhall Village College which facilitated 3 games per evening or Ely which hosted one match, but enabled a team to participate who would not have been able to travel to Netherhall each week. 8 teams entered providing 7 weeks of netball, playing 4 x 12 mins. On the final week all teams travelled to Netherhall to take part in an end of season tournament and presentation evening.

On a positive note we were able to provide a level of competition for teams which hadn't previously been available. We have had positive feedback from teams about the spirit that the competition was played in and the level of competition itself. CoJags were the County's representatives at regional play-offs and were successful in gaining entry into Regional 3. They were positive about the match play that the league provided them in the run up to this tournament.



The intention is that we formally adopt this league into the County which a formal committee and constitution. It will certainly require an increased number of volunteers to ensure that we can correctly manage an increased number of teams, but on the whole we are really pleased with the level of participation, competition and feedback that we had had for its inaugural year.

This year's winners were Regional 2 side Rookies. The Tournament had 2 winners (Top half and Bottom half of the league) with the winners being Rookies and CoJags A. We also had two winners of our "Golden Bib" for player(s) of the season, nominated by the umpires in each game.



Netball Youth Camp hits Hemel Hempstead

In the last week of July 2015, 14 girls aged 9-11 attended a Netball Youth Camp at Hemel Hempstead School, Herts.

The first day got off to a fantastic start with a visit from the England star Sasha Corbin. After a fun warm up with lead coach Sachel Grant and assistant coach Lucy Ponting, the girls undertook some 'Solo Session' style coaching from Sasha.

The group really engaged with the

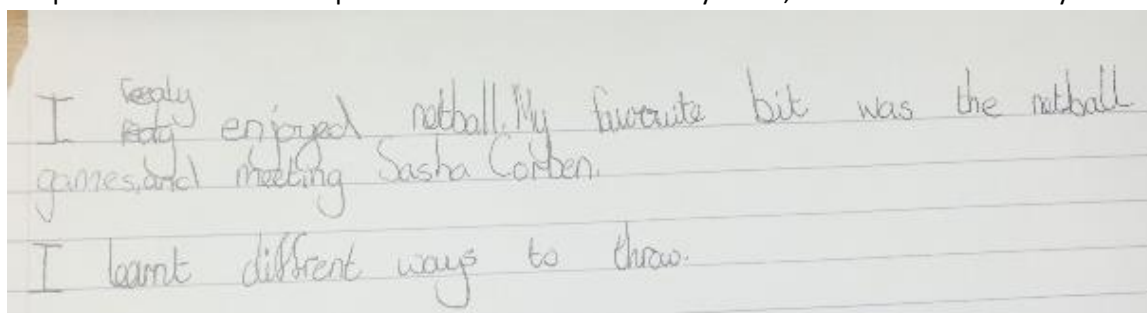
England star who tested their ball handling and footwork skills. They played a High 5 match under the watchful eye of Sasha. The girls had the opportunity to ask the star about her life as an England Netball player, get her autograph, and have their picture taken with her. The day continued with attacking skills, fun games, and drills, followed by matches.

Day two kicked off inside when the group was split in to two teams. 'Amazing Peeps' and 'Legendary Ladies' were the team name choices. Throughout the day there were plenty of opportunities to earn points by winning games, helping the coaches and showing great teamwork. After a morning of challenging games and progressive activities, the teams hit the outside courts to carry on with some shooting drills. This was a favourite from the participants, "I loved playing the shooting games because they were really fun!" said Charlotte aged 9. The day ended with High 5 matches. Amazing Peeps soared in to the lead with 45 points to the Legendary Ladies 38 points.

The final day, saw a chance for the teams to earn as many points as possible. The day started with fun warm up games followed by defending drills, ran by keen defender and coach Sacha. With the sun shining, the groups brushed up on their shooting skills in order to show case them at the afternoons High 5 finale tournament. The afternoon came around quickly and the parents started to arrive to watch the tournament. Both teams knew their rotation, and with the stop watches and scorers at the ready, the games commenced. With close scores and rotation in full swing and excellent Netball skills on show the girls gave 100% and put the quality coaching they had endured over the past 3 days to the test. The parents were very impressed; "I can't believe the improvement in their Netball skills in such a short period of time" Isabel's mum. After every player playing every position the overall scores were added up and the Amazing Peeps walked away with Gold after racking up a whopping 239 points. The presentation was held and the participants got medals as well as some special prizes for Most Improved Player and Team Player of the camp.

Overall the camp was a huge success, "I really enjoyed running this camp, we had a great venue; a fantastic group of girls; inspiring coaches and lots of laughs. I couldn't have asked for much more" Rebecca Gray, Lead Organiser.

One parent described the experience as "The best three days ever, Jessica has loved every minute and can't



wait till next year!"
Debbie,
Jess's
mum.

We Hert Netball Now!

Over the last 6 weeks Rebecca Gray (Herts NDO) and Lucy Ponting (Herts NDCC) have run two Netball Now programmes in Hertfordshire. One at the Priory School, Hitchin, and the other at JFK School, Hemel Hempstead.

Netball Now is a programme allows women from all abilities to turn up Pay and Play. Based on match play, everyone is encouraged to play the position of their choice and play out of position. We were very lucky with the weather, and both session being extremely popular, attracting over 20 participants weekly. Over all the programme attracted 79 participants, 33 of which were new to netball.



Along with the success of the sessions, young umpires were also encouraged to attend, to develop their umpiring skills. Three young volunteers from across Herts attended sessions weekly to help out with umpiring to earn hours for their Pass on Your Passion awards. As well as the young umpires, players were offered the opportunity to umpire parts of the matches, and from this, 5 players are now completing the working towards 'C' umpiring course.

Netball Now gives the opportunity for new netballers to find their favourite positions, meet new players and network with people from other teams. This encourages them to join a club, session or team.

New Junior Clubs in Herts!

Due to the high demand for junior Netball in Herts, we have two new junior clubs starting this September across Hertfordshire. Herts currently has 17 CAPS accredited clubs along with 2 clubs working towards CAPS, however, the waiting lists for junior clubs seem to be extending!

One of the new clubs will be taking place at Queens School, Bushey, starting 15th September. It will run Tuesdays (term time) and have a High 5 session (U11) 5-6pm; junior session (U16) 6-7pm followed by B2N session (16+) 7-8pm.

The other club will run at Gosling Sports Park, Welwyn Garden City. Due to high demand and local clubs struggling to take on new junior members as they haven't got the capacity we have created a new club which is due to start 9th September, High 5 session (U11) 4-5pm and junior session (U16) 5-6pm.

There is a demand for junior netball throughout the County, so more new junior netball session will be launched later in the year. If you know of an area where there are lots of juniors who want to play netball or for more information on the new junior sessions or anything to do with Netball in Hertfordshire please contact Rebecca Gray: Rebecca.Gray@englandnetball.co.uk



MyGame



Dear Coaches,

Netball East are keen to provide additional support to coaches across the Region including:

- Updates on up & coming courses
 - New funding opportunities
 - Bespoke coaching workshops
- New opportunities to coach (e.g. Back 2 Netball)
 - Ideas of coaching drills.

By filling in the survey you will be added to the East Region Coaching Database, receive all the latest coaching info first hand & your County will also be able to provide you with information relevant to you. It is also your opportunity to tell us how we can support you with your coaching. The survey should only take 5 minutes

[Click here to complete the survey](#)



 @NetballEast

 /NetballEast

DATES FOR YOUR DIARY...

UKCC COACHING COURSES

UKCC Level 1

- Framlingham College, Framlingham, Suffolk,
27th September & 18th October 2015
- Oaklands College, St Albans, Hertfordshire,
30th January & 21st February 2016

UKCC Level 2

- Oaklands College, St Albans, Hertfordshire:
19th/20th March, 16th/17th April, 7 15th May

We are currently in the process of planning more UKCC Courses so keep your eyes peeled



HIGH 5 COACHING WORKSHOPS

Tuesday 22nd September 2015
1-4pm
Hinchbrook School, Brampton Road,
Huntingdon, PE29 3BN



Sunday 22nd November 2015
9.30-12.30pm
Cedars School, Mentmore Road, Leighton
Buzzard, LU7 2AE

NEW TIME TO LISTEN COURSES

Great Baddow Millenium Centre, Chelmsford:
Thursday 19th November, 2015. 6.30-9.30pm

Fulbourn Centre, Cambridge:
Monday 22nd February 2016. 6.30-9.30pm
For more information email
east@englandnetball.co.uk

TECHNICAL SKILL COACHING WORKSHOPS

Activate workshop:

Saturday 24th October 2015
9.30-12.30
Cedars School, Mentmore Road, Leighton
Buzzard, LU7 2AE

Sharpshooting workshop:

Saturday 10th October 2015
9.15-12.15
Norwich Sports Park, University of East Anglia,
Norwich, NR4 7TJ

Winning the Ball workshops:

Thursday 15th October 2015
6.30-9.30pm
Abbot's Hill School, Bunkers Lane, Hemel
Hempstead, HP3 8RP

Saturday 21st November 2015
10am-1pm
Stowuplands High School, Church Road,
Stowupland, Stowmarket, Suffolk, IP14 4BQ

OFFICIATING

Beginner Award

Sunday 25th October 2015
Hylands School, Chelmsford, Essex, CM1 3ET
Time: 9-4pm

C Award

Sunday 1st November 2015
Hylands School, Chelmsford, Essex, CM1 3ET
Time 9-4pm

B Award

Saturday 3rd October 2015
University of Bedford, Bedford Campus,
Polhill Avenue, Bedford, MK41 9EA

Further Umpire courses will be confirmed shortly. For more information on how to book please email east@englandnetball.co.uk