

WALKING NETBALL FRIENDLY

Baldock Walking Netballers based in North Hertfordshire, welcomed the Silsoe Scorpions Walking Netball group from Bedfordshire to Avenue Park at the start of August for a Walking Netball friendly fixture. After a few warm-up practices from their fantastic host Sarah King, the 2 teams joined the court. The Silsoe Scorpions started strongly but Baldock put up a friendly battle and the score at half time was Silsoe 10 - 6 Baldock. In the second half, Silsoe continued to play confidently with some superb shooting and the final score was 19 - 6.



It was a fantastic afternoon, showing some great Walking Netball skills and great to see encouragement from both teams. If you are interested in joining our Walking Netball groups in the East Region, or know anyone who might be, contact your local Netball Development Officer!

MAVERICKS FAST 5 SQUAD ANNOUNCEMENT

Mavericks are delighted to announce our squad line-up for the British Fast 5 All-Stars tournament at The O2 on September 23rd.

SQUAD:

- Lindsay Keable
- Razia Quashie
- Zara Everitt
- Rose Morgan-Smith
- Michelle Drayne
- Camilla Buchanan
- Sophie Drakeford-Lewis
- Kalifa McCollin

All Stars

- Loreen Ngwira (Malawi)
- Sharo Kaiche (Malawi)

The British Fast5 All-Stars Championship will see the eight five-player sides competing in a double elimination group stage for a spot in the semi-finals. The eventual winners will take home £25,000 from a £100,000 prize fund.



Introducing exciting new innovations such as a double-point Power Play, 5-point line and 12-minute matches, the British Fast5 All-Stars brings netball back to The O2.

A section of the Arena has been reserved for Mavericks fans and you can only access these tickets by using our dedicated ticket link [here](#)

Tickets for the British Fast5 All-Stars Championship are available now from and start from just £20 with group tickets available priced from £60 for four adults. VIP Courtside tickets are available for £150 from www.fast5allstars.com

CAMBRIDGE NETBALL NOW



Janette Bowden, Cambridgeshire NDO held a new Netball Now in Impington near Cambridge where the Cambs and District Netball League play, linking the summer to the winter league. This year a pilot of 3 weeks but 2 hour sessions were a success!

At least 14 players each week enabling good netball matches.

For more updates on Netball in Cambridge, please contact Janette Bowden: Janette.Bowden@englandnetball.co.uk

SACHEL GRANT – MAVERICKS PATHWAY HEAD COACH

Mavericks are delighted to announce the appointment of Sachel Grant as Head Coach of the new Mavericks Pathway. Sachel, a long-time member of the Mavericks and East regional coaching families having been an assistant coach of both the Mavericks NPL and East Regional Performance Academy, will take up this new role from September 2017.



The Mavericks Pathway will be in place to ensure talented young players in the region from the age of 11 upwards have a clear pathway of development all the way through to both the VNSL and England. This begins with Mini Mavericks at U13, leading through local County & Satellite Academies to the Mavericks Futures Academies (6 sites across the region) to Young Mavericks U17, Young Mavericks U19, Mavericks U21 and Mavericks VNSL.

Screening for Mini Mavericks takes place in September and details on Futures Academy screening will be announced shortly.

In this newly created role, Sachel will be responsible for leading and developing the Mavericks Performance Pathway Programme, preparing players both on and off the court for performance competitions, along with the Director of Netball, Pathway Advisory Group and England Netball Pathway Head Coach.

She will also work closely with the Futures Academy Coaches to help ensure a smooth pathway for all Mavericks players and ensure talent identification is carried out to assist with England Netball trials. Finally, Sachel will also be Head Coach of the U21 Mavericks Competition Squad.

Mavericks Director of Netball Kathryn Ratnapala had this to say about Sachel's appointment: "Mavericks are delighted to have Sachel Grant join us as Performance Pathway Coach, having been involved in Mavericks for a number of years now, she understands the Franchise and the needs for the area. Sachel is an infectious personality, she has drive, ambition and vision for the future."

Sachel has extensive experience of pathway netball in the Mavericks regions having previously held roles as the North Bucks Academy coach, South Bucks County Coach, East Regional Performance Academy Assistant coach alongside her roles as Mavericks NPL U19 assistant coach and technical coach.

Sachel commented on her new role "I am extremely excited to be part of this new chapter with Hertfordshire Mavericks. Mavericks have always had a wealth of talented athletes and coaches. I look forward to being part of the athlete's journey in reaching their full potential. I also look forward to working with the various coaches and wider network.'

Netball East would like to congratulate Sachel on her appointment and thank her for all her hard work within the East Region and Bedfordshire as Netball Development Officer. We wish her all the best for her future with Mavericks.

For more updates on Hertfordshire Mavericks, please visit their website: www.mavericksnetball.co.uk

COACHING OPPORTUNITIES – ELY NETBALL CLUB

Ely Netball Club is looking to add to their coaching team!

We are a friendly and thriving adult only (16+) club with six adult teams, competing in Divisions 2, 4 and 5 of CDNL, as well as our non-competitive social players.

We would welcome to hear from anyone who is currently Level 1 or 2 UKCC qualified AND/OR anyone who is working towards Level 1 or Level 2 and would like to gain some additional practical experience. We are happy to be joined for flexible one-off sessions or a long-term arrangement.

We train on Wednesday evenings at Witchford Village College outdoor courts from 7.30pm-9pm. We pay qualified coaches £30 per one and half hour session.

If you are interested please contact elynetball@hotmail.co.uk

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MyGame

It's a bit of an office romance:

WE JUST

LOVE

PLAYING NETBALL

“

We go straight from work, encourage each other to go and don't want to let each other down - teamwork - that's got to be good for the workplace too surely!

”



“

It's a great team building exercise, bringing different parts of the business together. It has improved relations in the office too.

”

“

It is fun and going regularly means that we get to know the people we already spend a lot of time working with in a far more informal setting.

”

Netball is a great way for colleagues to team build, get active and have some fun after their working day!

We are now looking for groups of colleagues at schools, or other places of work within Hertfordshire who might be interested in the opportunity to participate in sessions led by a qualified coach in a friendly and relaxed environment. The sessions are aimed at beginners, with an emphasis on having fun whilst learning the basic skills, positions and rules

The longer term aim is to arrange some friendly fixtures between the different groups, and perhaps a casual league.

Please contact us if your workplace are interested or would like some more information. The sessions are for males and females aged 16+.

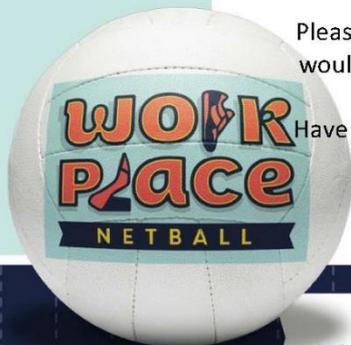
Have your colleagues got what it takes to be the best in the business?

lucy.ponting@englandnetball.co.uk
07834 500189

“

Our netball sessions have been awesome! Not only has it brought us together as a team and we've got to know people we don't normally work with, we get a real sense of achievement from it. Sessions are fun and even team mates who don't class themselves as 'sporty' are getting involved.

”



MAKE WORK PLAY
englandnetball.co.uk/Workplace



Netball East



@NetballEast



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UKCC COURSES IN 2017

Level 1:

Cost of course:

Affiliated EN Member – £150

Non Affiliated – £180

Cedars Coaching Academy, Cedars Upper School, Mentmore Road, Leighton Buzzard, Beds, LU7 2AE
Saturday 20th January 2018 9am-6pm and
Saturday 24th February 2018 9am-6pm

For a booking form please [click here>](#)

Level 2:

Cost of course:

Affiliated EN Member – £360

Non Affiliated – £395

Watford Leisure Centre Woodside, Horseshoe Lane, Watford, Hertfordshire, WD25 7HH
Saturday 6th January 2018 & Sunday 7th January 2018 9am-6pm
Saturday 3rd February 2018 & Sunday 4th February 2018 9am-6pm and
4th March 2018 from 9am-6pm

For a booking form, please [click here>](#)



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

Funding

Netball East supports their affiliated members by providing UKCC course subsidies and mentoring opportunities to help develop coaches across the region.

Grants can be given towards UKCC level 1, 2 and the level 2 upgrade. Netball East is working with its county associations to provide a package for coaches, which should provide, in most cases, up to 75% of the cost of a course from the combined sources.

Netball East UKCC Grant Scheme Application Forms are available to [Download Here >>](#)

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