

High 5's All Round in Essex

New High 5 Tournament Sunday 18th September 2016

Closing Date – Friday 19th August 2016

We will be having a county High 5 Festival for U11 and U10 teams for both clubs and schools to register please email: zoe.lynch@englandnetball.co.uk

Where: Highwoods Sports Centre

Cost: £25



High 5 Summer Games – 30th June 2016

Last Thursday Essex had their Summer Games at Basildon Sporting Village – organised by Active Essex County Sports Partnership). We were fortunate to have Lindsay Keable, England Netball Defender,

attend on the day to cheer the teams on and present the prizes. All of the students were really excited by her presence.

The results were the following:

- 1st - Tyrrells
- 2nd - Our Lady of Ransom
- 3rd - Henham and Ugley



Back To Netball Festival - Chelmsford

Sunday 26th June 2016 - Moulsham High School Chelmsford – we had a phenomenal 20 teams and over 180 ladies attend the Back to Netball Festival on Sunday 26th June. Despite a cloudy start to begin with the festival went ahead with temperatures reaching 24 degrees in the afternoon. A big 'Thank you' to all of the umpires who came along to support on the day and also to all of the volunteers from St John Payne School.

The girls are registered for England Netball's Pass on Your Passion scheme and will be receiving rewards for the hours they put in which were hugely appreciated. After lots of great netball being played, the winners were Dolly Mixtures.



There were a lot of giggles on the court throughout the day and lots of supporters came along to encourage their own teams as well as others. There was a great turnout on the day and we also had helpers from Active Essex and our very own Suffolk NDO – Chloe Anderson on the table in the blazing sunshine. All feedback has been extremely positive and some of the player provided lovely quotes on the day, we can't wait to hold another festival soon.



“Thank you for organising the netball rally on Sunday; my teams had a great time!” Gemma – Ruby Violets

“All my ladies really enjoyed themselves!” Rebecca Gardner – Coastal Storm

“The festival was a great success and the ladies really enjoyed themselves” Kelly Stone – Ongar Ladies – Flappy Birds

Back To Netball Success in Cambridgeshire

Ely Netball Club celebrated its first successful Back to Netball course held at Witchford Village College this summer. The Club welcomed 45 new ladies to the six-week course, coached by Victoria Cutforth and a team of willing volunteers.

A mixed group of ages and abilities attended, including a mother and daughter duo, netball returners and those who were intrigued at trying out a new sport.



The theme throughout the course was enjoyment, laughter and social, as players were coached through the basics and even endured some wet summer weather along the way! But even the rain clouds couldn't disrupt proceedings, with 100% positive feedback received from those who attended.

The weeks of skills and drills culminated in a final tournament followed by obligatory summer Pimms and

lemonade (of course!) to round off the evening.

Ely now looks set to have two new teams join its Club, expanding the Club to five teams in total.

Victoria stated, ‘It's taken a lot of organising and commitment from the Club, but it's been wonderful to see so many happy ladies at the end of each session, especially those discovering their passion for the game.’

If anyone wishes to join this friendly, fun and social Club please contact elynetball@hotmail.co.uk for information.



Summer Back To Netball Festival

On Saturday 16th July, a 100 plus netballers and officials descended on to Hinchingsbrooke to take part in the Summer Back2Netball Festival hosted by Warboys Witches Netball Club in Cambridgeshire. We can add “netballers” to the mad dogs and Englishmen that come out at mid-day sun, playing from 10am – 4pm in soaring temperatures teams from around the area competed for the winner’s trophy.

Four of the eleven teams at the event were made up of Warboys Witches and Ramsey Rockets, all helping to raise the profile of Back2Netball in the local area but also raising money for Witches club charity the “Dallaglio Foundation”. An amazing charity set up by our very own ex England Rugby player Lawrence Dallaglio, it’s a foundation that helps, nurtures and supports children from disadvantaged backgrounds through the medium of sport to provide them with confidence, self-worth and the skills to secure a good education and in turn job prospects, please take a few moments to view their website for more information www.dallagliofoundation.comraising over £500+ for the day.



The day was filled with a massive 766 minutes of brilliant Netball along with lots of wonderful side line cheering from friends, family and children who were kept entertained by the Face painting, hook a duck and range of fete games on the day. Our hosts the HBK Leisure facility were incredible on the day helping with the odd injury and generally making sure the day runs smoothly, their new facility is great and perfect for hosting events such as this.

Our team sponsor Local Buzz Marketing were on hand to provide much needed support throughout the day along with Hereward Team wear and Trophies from Peterborough who sponsored the Trophies. A special mention to our amazing team of Umpires, without you we wouldn't

have been able to run the day so smoothly so a big, big thank you to all of you.



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After a long day on court, the awards took place, with:

- 🏆 Officials Player of the Match going to - Jenny Manning, St Neots Black Cats
- 🏆 Sharp Shooting Winner - Michelle Allpress (Umpire)
- 🏆 Tournament Runners up - Hampton Victors

Last but by no means least...

- 🏆 Tournament Winners – Warboys Witches 1

Thank you to all our players and teams for taking part in the day, Hampton Victors, Hampton Wolves, St Neots Black Cats, Trumpington, Chatteris Foxes, Cliffe Ladies, Peterborough Pumas, Ramsey Rockets 1 & 2 and Warboys Witches 1 & 2.



So, if you're reading this thinking, "I'd like to give that a go" or "should

I get up of this sofa and join in" then the answer is **YES** ... Our sessions are Monday evenings 8-9pm at St Ives Outdoor Centre, first taster is free then £4 pay as you go, we have a Coach on hand every week to run the sessions and a huge amount of support from Umpires and Officials that can answer any questions you may have, we are a lovely friendly bunch and welcome any new players regardless of ability, fitness or experience. What's stopping you??



Follow us on our Facebook page "Warboys Back to Netball Group" or Twitter "@WarboysWitches"

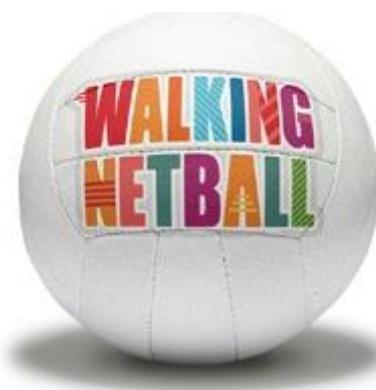
Sally Smith & Natalie Smith
Club Secretary & Club Chair
Warboys Witches Netball Club

New Walking Netball Sessions

Walking Netball has evolved from a growing demand for walking sports. Often, one of netball's strengths is that people never forget playing the sport and the memories as well as the love for the game never leave. Walking Netball is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level.

From those who have dropped out of the sport they love due to serious injury, to those who believed they had hung up their netball trainers many years ago, it really is for everyone.

It can give those who feel isolated an outlet, provide an activity for those who don't deem themselves fit enough to run anymore and offer a stepping stone for those looking for a pathway back into netball.



If you are interested in becoming a Walking Netball Host and delivering Walking Netball sessions, please contact Florrie: East@englandnetball.co.uk / 01462 428336

Sessions in the East:

DAY	TIME	VENUE	CONTACT
THURSDAYS	11AM-12PM	SPORTSPACE BERKHAMSTED, , BERKHAMSTED, HERTS, HP4 3QQ	LUCY PONTING 07834500189 LUCY.PONTING@ENGLANDNETBALL.CO.UK £3.50 PER SESSION
THURSDAYS	1PM-2PM	NORTH HERTS LEISURE CENTRE, LETCHWORTH, HERTS, SG6 2ER	LUCY PONTING 07834500189 LUCY.PONTING@ENGLANDNETBALL.CO.UK
FRIDAYS	10AM-11AM	WATERFARM SPORTS CENTRE, CANVEY ISLAND, ESSEX, SS8 9RA	ZOE LYNCH 07545924991 ZOE.LYNCH@ENGLANDNETBALL.CO.UK
MONDAYS	10AM-11AM	MARINA LEISURE CENTRE, GRT YARMOUTH, NORFOLK, NR30 2ER	NORFOLKWALKINGNETBALL@GMAIL.COM £3 PER SESSION
MONDAYS	1.30PM-3PM	WATTON SPORTS & SOCIAL CLUB, THETFORD, IP25 6EZ	NORFOLKWALKINGNETBALL@GMAIL.COM £3 PER SESSION
TUESDAY 5 TH , 12 TH AND 19 TH JULY 2016	10AM-11AM	BRECKLAND LEISURE CENTRE, THETFORD, IP24 1JD	NORFOLKWALKINGNETBALL@GMAIL.COM £3 PER SESSION

More sessions will be coming across the region in September, keep an eye out!

To locate a session near you, please visit:

www.englandnetball.co.uk/netball-finder/category/walking-netball/



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Coaches
**MAKE
THE
GAME**

UKCC LEVEL 2
COACHING COURSE

When: Sat 1st & Sun 2nd Oct 2016
Sat 29th & Sun 30th Oct 2016
Sat 26th Nov 2016
All five days from 9am-6pm

Where: Bedford College
Cauldwell St,
Bedford
MK42 9AH

Cost: Affiliated EN Member - £360
/ Non Affiliated - £395

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



Volunteers
**MAKE
THE
GAME**



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

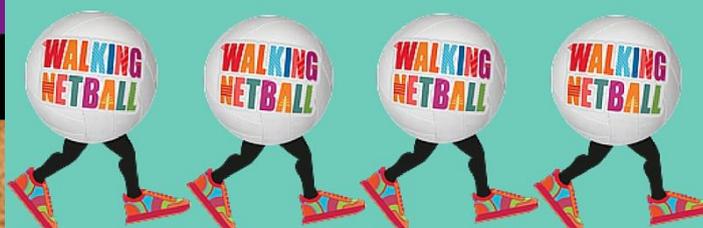


Hertfordshire
Mavericks

Development Squad Trials 2016/17

Sunday 11th September 2016
For year's 7, 8, 9 and 10.

Trial Forms Now Available.
Please Visit Mavericks Official Website.



Would you like to become a
Walking Netball Host in your
area?

For more information please contact Florrie:
01462 428336 / East@englandnetball.co.uk



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SAVE THE DATE!

17-18 SEPTEMBER WORCESTER

MAKE THE GAME



ENGLAND NETBALL

NATIONAL COACHING AND OFFICIATING
CONFERENCE

Coaches

Officials

MAKE
THE
GAME



MAKE
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England Netball's National Coaching & Officiating conference is back at the University of Worcester!

The conference is open to Coaches and Officials and will provide a unique and invaluable learning opportunity to develop in your chosen field.

The final details of the conference are being worked on now, so we will let you know as soon as more information is available so you can book your place!

In the meantime, make sure you keep this date in your diary for what promises to be yet another unmissable event.

IT'S GOOD TO SHARE

