NETBALL SUMMER FEVER

Welcome to the August ‘18 edition of the Netball East Digi-News. This edition covers all the activity that has taken place over the summer and provides updates on future activities.

To kick start, England Netball hosted Netball Youth Camps over the summer. In total 3 camps were delivered in the East region, Cambridge, Ipswich and Norwich.

Cambridge Netball Youth Camp:

One of the camp was held at Neale Wade Academy in March town Cambridgeshire, delivered by Janette Bowden the Cambridgeshire NDO and Andrea Eggleton who is also the Head Coach at Rookies NC in Cambridgeshire. 12 fantastic girls enrolled on the 3 day camp. The days were split into warm up games, team work activities and netball skill sessions, finishing each day with a 4x quarter match. There was a quiz each day over lunch which the girls achieved extremely high scores. Janette commented ‘we had a lot of fun and, we even managed a 'baby shark' video to show the parents. Over lunch each day we did a quiz in which the girls marked extremely high.

At the end of the third day there was a presentation with medals, trophy's and cupcakes and invited the parents to watch this. Annabel Roddy from Wasps attended the whole of the last day and assisted with the final presentations. The girls gave very positive feedback. A fantastic 3 days was had by all!

One of the parents feedback 'my daughter who has just finished year 6 was quite reluctant to attend the camp as it is 11-16 yrs but 3 of her friends also agreed to come along'. She has had the best 3 days EVER, in her words and was very sad that it had finished. She has learnt lots of new skills and has made some new friends. She is currently not in a Club but is now desperate to join one.

Ipswich Netball Youth Camp:

While we normally worry about the rain at Netball Youth Camps, we had the heat wave to contend with at the Ipswich Netball Youth Camp held at Ipswich School Sports Centre on the 25th, 26th and 27th July. The heat was almost unbearable and we had to take LOTS of water and shade breaks throughout the day but the girls were brilliant and were really sensible applying sun cream, wearing hats, keeping hydrated and not pushing it too hard! The water guns helped too!
Led by the Suffolk and Essex Netball Development Officer’s, Chloe and Louise, the girls were also visited on the first day by an up and coming Roses player – Hali Adio who joined us from North London. Hali was brilliant and introduced some new skills and drills with the girls, concentrating on moving on to the ball and gaining ground. We then went inside to cool down and Hali talked to us about her netball journey so far and her plans for the future and emphasised to the girls the importance of never giving up and always keep trying. There were lots of questions for Hali then she kindly signed the girls’ NYC t-shirts and notepads before disappearing off to the NPL Tournament in Nottingham.

The next two days continued in the heat but we managed to get through many skills such as a blind folded pin the position on the court game of killer, circuits challenge while being sprayed with water guns and XXX which involved standing still while trying to lob the ball from one end third into the other, which the girls enjoyed as it involved minimal amounts of getting even sweatier!

The camp finished in the inside court with games of the girls choosing and a short tournament with parents coming to watch what the girls had learnt and hopefully seeing an improvement! By 3pm on the Friday it was safe to say we were all absolutely shattered but we had a brilliant few days and look forward to next year’s!

More Netball Youth Camps are planned for the October school holidays. For more information, please visit: http://englandnetball.co.uk/

**SUFFOLK FAST FIVE LEAGUE**

Having seen a lot of the professional Fast Fives games online and via England Netball’s social media and inspired by a work charity event, I decided to try out a local Fast Fives League in Ipswich this summer. We had 6 teams enter, most of which consisted of league players and their partners who were somewhat less experienced! The umpires, myself included, found the rules very different and difficult to adapt our habits to but we got there in the end. Although we did have to be quite firm with what was deemed as “contact” and explain that verbal abuse to the umpire was not acceptable in netball, the less experienced players were quick to learn the rules and by the last week, they had mastered footwork, offside and even foot wholly within the centre circle!
The experienced players enjoyed being able to shoot from outside the circle, with several double pointers made, as well as rolling subs and other rules that the traditional game doesn’t allow for. Unfortunately we did have a few injuries, some of which had to involve surgery and a full leg cast, which was obviously not ideal, however participants remained committed and we enjoyed mainly warm sunshine for all the 6 weeks of fixtures.

Congratulations to the winners – Gipping, who were undefeated throughout. The League will be back again next summer but perhaps we will return to the traditional 7’s game and run it as a mixed league. If you are interested in entering a team, please get in touch – chloe.anderson@englandnetball.co.uk

Fast Fives Winners – Gipping

**NETBALL IN CAMBRIDGESHIRE**

**Remembering our friend - 'Sarah's 7’**

On 30th June 2018, teams in Cambridge gathered together and gave tribute to one of their own with a remembrance tournament, the 'Sarah Oldham Memorial Tournament'. Sarah sadly passed away last December. Sarah was a keen netballer, a player for Ladybirds NC and was also a level 2 coach and umpire. Sarah was very passionate about the development of the juniors within the club.

It was a great event with 13 teams entered. Comberton Netball club won the Cup and 'Sarah's 7' won the plate. Sarah’s 7 was a team made up from her close friends, which included the Cambridgeshire NDO.

It was a happy but very emotional day. Around £800 was raised in Sarah’s memory and will go to her beloved clubs junior development, something close to Sarah’s heart.
The East Regional Assembly and Goalden Globe presentations took place on Saturday 14th July 2018 at Felsted School in Essex. Nominees and guests joined Netball East where everyone came together to share and celebrate the occasion. The East RMB were present on the day and the Goalden Globe awards were presented by Gary Burgess and Jackie Mizon. The East competition awards were presented by Maggie Jackson and Michelle Drayne.

The Awards took place with an afternoon tea and per secco event. It was a lovely afternoon celebrating the amazing volunteers and achievements of those within the East region. Congratulations to all our winners who will now go forward to be nominated for the England Netball National Goalden Globes 2018 which will be held on 15th September 2018.

The East Goalden Globe winners are:

- **Officiating Award** – Phyllis Charles - “Absolutely and totally shocked. I would like to thank Jo Brewster for the nomination. Netball means so much to me, it’s a family.”

- **Outstanding Club of the year Award** – Tring tornadoes

- **Coach award** - Rebecca Bradshaw – “I would like to dedicate this award to Sarah Oldham, I received this award because of her.”

- **Chris Harpham / Young Volunteer Award** – Jenni List – “Really pleased to have been nominated and to win this award. I love everything I have been doing over the past few years and I am looking forward to my future in netball.”

- **Muriel McNally Award** – Mandy Hales – “Really pleased to have been nominated and over the moon to have won.”

- **Mary Bulloch Administrator Award** – Karen Cartwright – “Absolute honour to have won and completely shocked, but I’m doing something I love and enjoy seeing people grow and gain confidence through netball.”

- **Unsung Hero Award** – Jackie Webb - “Absolute honour to be nominated, when you enjoy something so much it makes it easy to do.”

- **Teacher Award** – Laura Townsend – "Thrilled to have won the award, I have so enjoyed seeing all the girls throughout the school and club grow as people, players, coaches and umpires.”
CONGRATULATIONS AND SUCCESSES

The afternoon also included celebrating the East competition successes. Presenting these awards were Maggie Jackson, Michelle Drayne, Jan burke and June Griffith.

- Division 3 winners: Hertford Hornets
- Division 2 winners: Omega NC
- Division 1 winners: Turnford

Congratulations also go to: Turnford U16s who are this years National U16 club champions.

And Berkhamstead School U14s who are the new National schools 14 champions

CAPS

Congratulations to Abbey Flyers Nomads NC on achieving their Silver CAPs re-accreditation.

NETBALL EAST UPDATES

The East Regional Assembly took place on Saturday 14th July 2018 at Felsted School in Essex. The day saw Cheryl Danson step down as the East Regional Char after 10 years in this role as a volunteer. Brain Worrell led the speech giving everyone an insight into the length of service Cheryl has dedicated and given to netball over the years in many varying capacities. Brain thanked her on behalf of the East region and presented her with a small token gift to show our appreciation. Cheryl does not plan on going far as she is still involved in netball working in an officiating capacity with IFNA amongst other projects.

The East also said goodbye to June Snellin, who has led the officiating ship in the region for many years as the East Officiating Lead and also to Chris Laundy, who has been involved as the East Performance Lead and Head Scout for as long as we can remember.

CONGRATULATIONS

Cheryl Danson, Chris Laundy and June Snellin who were made East Honorary Life Members. The East region would like to thank all and wish them well in their new adventures.
The day also saw new appointments to the East Regional Management Board. Congratulations and welcome go to the following:

- Paul Clark – East Regional Chair
- Sally Smith – Communications TSG lead
- Bernadette Palmer – Officiating TSG lead
- Simon King – Coaching TSG lead
- Yvonne Adshead – Regional Programme lead

Netball East would also like to thank Jan Burke who has agreed to stay on as the Competitions TSG lead in the interim period whilst the East continue to look to recruit for this position.

WELCOME – EAST ESSEX AND THURROCK NDO

Earlier this year saw Louise Davey appointed to the role of Essex NDO. The post is now full time thanks to continued support from East Essex CNA and increased support from England Netball. Louise is a committed Essex netballer, having founded and been chair and coach of her club, Tendering Netball Club. She has worked as a Junior Golf Coach and Development Officer at Frinton Golf Club, as well as working as a coach for Tendering District Council and a number of local schools delivering netball to juniors, Back to Netballers and Walking Netballers.

Louise Davey commented ‘I am thrilled to have joined the East team recently as Essex’s Netball Development officer. Since joining England Netball I have thoroughly enjoyed my time and hope to continue helping and developing the netball in Essex at all ages and abilities!’

WEDDING BELLS FOR OUR LUCY

Congratulations to Lucy Pointing our Hertfordshire NDCC who married Robbie Prestedge on Saturday 17th August 2018 at The Great Barn, Aynho in Oxfordshire. The day started with great weather and was shared and celebrated with family and friends, followed by a hog roast and garden party the following day! Lucy commented ‘It was a perfect day filled with smiles, love and laughter, and lots of happy tears!’ The happy couple then jetted off to Crete / Greece for their two week honeymoon. Netball East wish Mr and Mrs Prestedge all the very best with their new adventures together.

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**COACHING COURSES**

**UKCC Level 1:**
Cost of course:
Affiliated EN Member – £190  
Non Affiliated – £230

| Cedars Coaching Academy, Cedars Upper School, Mentmore Road, Leighton Buzzard, Beds, LU7 2AE  
| Saturday 26th January 2019 9am-6pm and  
| Saturday 23rd February 2019 9am-6pm  
| Further courses planned in Cambridge and Suffolk which will be advertised very soon. |

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

**UKCC Level 2:**
Cost of course:
Affiliated EN Member – £400

| Goffs Academy, Goff’s Lane, Cheshunt, Waltham Cross, Hertfordshire, EN7 5QW  
| Saturday 12th January 2019 & Sunday 13th January 2019, 9am-6pm and  
| Saturday 9th February 2019 & Sunday 10th February 2019, 9am-6pm and  
| Saturday 10th March 2019  
| Further courses will be advertised very soon. |

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, Helena Russo can be contacted on 01509 277886. 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 Helena once the payment has been made, she will then check our bank account. For our bank details, please contact Nasem: East@englandnetball.co.uk

**ENGLAND NETBALL COACHING WORKSHOPS**

**High 5**

- Thursday 4th October, 1 pm to 4pm, Comberton Village College, West, Street, Comberton, Cambridge, CB23 7DU  
- Tuesday 13th November, 4pm-7pm Inspire Suffolk, Lindbergh Road, Ipswich IP3 9QX

For more information or a booking form, please email the East Regional office: east@englandnetball.co.uk

Further CPD workshops planned for 2018-19, for further information, please visit [www.netballeast.org.uk](http://www.netballeast.org.uk) or contact the East Regional office: east@englandnetball.co.uk
OFFICIATING COURSES
Further courses planned for 2018-19, for further information, please visit www.netballeast.org.uk or contact the East Regional office: 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 >>

WALKING NETBALL TOURNAMENT
A great opportunity for competition for all your Walking Netball participants across the region. To get involved in this fun, relaxed and friendly tournament, please contact Jo Brewster on: Joanne.Brewster@englndnetball.co.uk

Let’s get that wiggle on!

Netball East working in partnership with

For more information and updates on benecosMavericks and their new coming season, please visit their website: www.mavericksnetball.co.uk

Follow us on Twitter, Facebook and Instagram!