

Walking Netball Festival

On Sunday 11th December 2016, over 80 ladies came together to celebrate the success of Walking Netball across the East Region in Netball East's First Walking Netball Festival.

The festival took place at Cambridge University Sports Centre, a fabulous new 2 indoor court venue which was perfect!

There were 9 teams taking part, all from different Walking Netball Sessions within the Region;

- Braintree B52's! – from Alec Hunter School sessions in Braintree, Essex
- Silsoe Scorpions – from Silsoe Community Sports Centre sessions in Silsoe, Bedfordshire
- Hatfield Eagles 1 – from Stanborough School Sessions in Welwyn, Hertfordshire
- Hatfield Eagles 2 – from Stanborough School Sessions in Welwyn, Hertfordshire
- Dereham Dazzlers – from Dereham Leisure Centre Sessions in Dereham, Norfolk
- Suffolk Stars – from Ipswich School Sports Centre Sessions in Ipswich, Suffolk
- Watton Wigglers – from Watton Sports and Social Club in Watton, Norfolk
- Ladies of Leisure – from Avenue Park in Baldock, Hertfordshire
- Chelmsford Walking Netball – from Waterside Farm and Leisure Centre, Essex



The tournament was a round robin, each team playing each other once. Everyone was in such high spirits throughout the day, putting into practice their skills and remembering the new Walking Netball rules.

Netball East ran a raffle and a cake sale to raise money for England Netball's Charity Partner Cancer Research UK. Raffle prizes were donated from Netball East staff, Hertfordshire Mavericks and some of the teams on the day. In total we raised £193.70 for Cancer Research UK. Thanks to everyone who donated!

There were lots of great wiggling and giggling on court and all the teams seemed to be enjoying themselves!

We asked each team why they loved Walking Netball, these were the responses:

"It's great to be able to play Netball again, it so much fun. We spend most of the session laughing." Karen from Hatfield Eagles 2.

"I would never have attempted real netball but Walking netball has given me the confidence to have a go. It's the funniest hour of my week" Emma from Silsoe Scorpions.





"I love walking netball because I am too old to run etc., but still get a buzz being on a court and playing in a team sport." Judy from Suffolk Stars.

"It doesn't matter if your health limits you on what you can do, its somewhere to go that emphasizes the fun element with whatever level of exercise or participation that you are comfortable with." Lyn from Dereham Dazzlers.

"Walking Netball is such an amazing sport and I am so chuffed to be part of it at its inception. Ladies of all ages and skills playing and laughing together is brilliant. One of my ladies is so proud quoting on social media 'I never thought I would be playing and loving Netball at the age of 60'. It's so enjoyable." Sarah from Ladies of Leisure.

"Join walking netball we guarantee you will love it." Linda and Louise from Chelmsford Walking Netball.

After some great fun, the results were in:

- Winners in 1st place were Hatfield Eagles
- 2nd place Runners Up were Chelmsford Walking Netball

We also had an award for 'Spirit of the Day' we gave this award to two teams for completely embracing the spirit of Walking Netball and wiggling and giggling all day. We awarded this to Dereham Dazzlers and Watton Wigglers.

Netball East would like to congratulate all the teams that took part and would like to say a huge thank you to Cambridgeshire University Sports Centre for providing us with such a great venue and all their wonderful support throughout the day! Benecos UK for some fabulous goody bags for every single lady that took part and the netballs they provided for us to use for our matches. The East Regional Management Board for supporting to fund the event and Mavericks Netball for donating some lovely prizes for our raffle. Our fab Walking Netball Hosts for entering teams and continuing to deliver Walking Netball across our region and our volunteers helping on the day and being wonderful umpires.



Ely Netball Club Unsung Hero

Ely Netball Club welcomed James Burrige of the BBC at training this week (7th December), as he interviewed Victoria Cutforth who has been chosen as a regional finalist for the BBC Unsung Hero Award for services to sports volunteering.

A club member nominated Victoria for all her efforts in making Ely Netball Club the success it is today, for welcoming women of all backgrounds to stay fit, healthy and participate in the sport of netball. The Club was established in 2003 and has grown from one team to its current five teams and has recently received funding grants from Skipton Building Society Grassroots Giving, Ridgeons Group Community Fund and the People's Trust Postcode Lottery.

Victoria is instrumental in ensuring all the administration and organising happens allowing the remainder of club members to turn up and get on with the task of playing! Victoria is the club Treasurer, also a Level 1 Coach, delivering regular fun training sessions and is working towards her C qualification umpire award and plays Goal Attack for Ely Team 2 in local Cambridgeshire and District Netball League.

A regional finalist will be selected and will go on to attend the final round at the BBC Sports Personality of the Year on 18th December.

Ely Netball Club continues to welcome new players of all abilities in Ely and surrounding villages. If you are interested in joining Ely Netball Club or offering one-off coaching sessions please contact elynetball@hotmail.co.uk

Norfolk Academy Match Day

As part of the County Academy programme this year, Norfolk has invited different counties to play and gain valuable match day experience. In October half term, Norfolk played host to Essex and Suffolk County Academy squads at Taverham Hall.

Here is the account from Lara Wells, one of the Norfolk County Academy Players;



"The academy match day was a great day full of some brilliant play, fantastic teamwork and the cakes were amazing too! Norfolk took 2 sides to the county match day, with one team playing Essex and the other team playing Suffolk. I was in the team versus Essex at the start of the day. Everyone was excited so we started off a little shaky in the first quarter, however, we kept our heads up and soon maintained our usual standard of



play. At half time, the score was 27-10, but we did not let this get to us and we continued to play as a tight team. Both teams showed resilience in the third quarter, our shooters were popping in goals and there was some great movement all the way down the court. The last quarter was some of our best netball as a team and we managed to keep the score of that quarter neck and neck! Despite the score finishing 54-25, it was a good experience to play other countries as it gave us motivation, areas we do well and areas we need to work on. Thank you to the coaches, umpires, supporters and everyone who brought cakes!"



Trowse Netball Club

Trowse Netball Club was established in March 2012 by Victoria Chubb to encourage adults to have fun playing and competing in the Norwich League. Kim Mackie, our UKCC Level 2 Head Coach, was quickly brought on board from the outset to prepare the ladies for match play. In three seasons the club has performed well under Kim gaining promotion in the competitive summer Norwich League. Since the club's inauguration they now have a qualified Level C Umpire in Emma Spary and a second UKCC Level 2 Coach – Victoria.



The future of England Netball lies in its youth development and to that end both Kim and Victoria agreed to devote Trowse to focussing on junior netball. Both coaches have experience of working with Under 16's. Kim, through her work in the England Netball Performance Pathway and Victoria, as a Primary School Teacher. Since forming a youth club in September 2015, Trowse now have 40 members and are seeking to grow our U11 section.

The club is committed to providing netball for all girls aged 7 – 18. We want the girls to enjoy their netball and progress both as players and as individuals. To compete and enjoy winning including learning how to deal with defeat. It is *expected* that girls joining the club are serious about their netball and would aspire to represent their club at home and away fixtures both in and out of the county in order to further improve and gain wider exposure to other teams from around the country. Hertfordshire is a popular away venue. Locally, Trowse play in the winter and summer outdoor Norwich leagues so competitive games are available all year round.



Training takes place from September to July every Friday indoors at the City of Norwich School (CNS) from 6.30pm – 8pm. As they grow, they hope to start earlier to cater for our U11's. For seven weeks in the summer we use the CNS outdoor courts. They break for the school holidays and half term. *Commitment to training is expected in order to be selected for matches.*

As a small but growing club they are always in need for volunteers especially in the following roles: Affiliations Secretary, Kit Secretary, Fundraising Secretary and Fixtures Secretary. Whether you have an eager daughter aged 7 – 18 who is nuts about netball or would like to volunteer for one of the above roles please DO get in touch!

[Norfolk Back to Netball Festival](#)

During the Autumn Term Norfolk have been running a number of Back to Netball session around the county. On Sunday 11th December 2016 at the UEA Sportspark Norfolk ran a County Back To Netball Festival. It was a great way of finishing of the 10 week sessions. All the players thoroughly enjoyed the festival and definitely see the improvement from week 1 to week 10. All the ladies are keen to continue playing and the sessions are to continue after Christmas.



A big thank you from Jenny Day, Norfolk NDO, for all the help and support she has had over the past year from clubs, coaches, umpires, scorers, Norfolk County Netball Association and volunteers to have a very successful Netball year.

Wishing you all a fantastic Christmas break and look forward to seeing you all in 2017.

Herts Back To Netball Festival

On the 18th December 10 Back to Netball teams from across Hertfordshire County came together to participate in the Back to Netball Versatility Christmas Festival. Whilst teams varied in experience and how long they had been together it was mutually agreed that the festival was a fantastic opportunity to play games, meet other people and celebrate getting back in to Netball.



All teams fully embodied the Christmas spirit with teams turning up in Christmas dress or with festive accessories. This festive spirit was not solely demonstrated by the competitors but was also welcomed by the fantastic volunteers who helped run the day. The prize of a sports water bottle for best fancy dress was won by Herts Hawks who all sported Santa style dresses. Prizes including Benecos netballs and mince pies were also given to the

winners of the quiz, Baldock Panthers and Heath Harriers.

A huge thank you goes to the main sponsor of the event Benecos for providing each participant with a goody bag and netballs to play the games with. These gifts were very well received by all the participants who I am sure will be using the products given to try and placing many more on their Christmas lists!



Due to the format of the day each team played each other once making nine games per team spread across the four hours. The final standings of day saw Warriors emerge as the winners, each receiving a gold medal with tinsel lanyard, Herts Hawks followed in a close second and Redbourn Redkites finished a respectable third.

Janice Cook; Chair of Herts County Netball Association, whose organisation funded the day was in attendance to congratulate everyone who participated and hand out the medals. In her speech she stated her desire for this event to now be a staple of the Herts County calendar.

A huge thank you goes out to the teams, volunteers, sponsors and organisers of the event without whom this would not have been successful. We wish you all a very Merry Christmas!



NEW Back To Netball Coming in January across the East Region:

COUNTY	BACK TO NETBALL SESSION INFORMATION
BEDFORDSHIRE	<p>Inspire - Luton Sports Village, Butterfield Green Road, Luton LU2 8DD Monday 8-9pm, £4 a session, starting 9th January 2017 - All year round *Term Time Only</p> <p>For more information, please contact Sachel Grant – Sachel.Grant@englandnetball.co.uk</p>
BEDFORDSHIRE	<p>Silsoe Community Sports Centre, Silsoe (outside courts) Wednesdays 7.30-8.30pm, £3.50 a session starting 11th January 2017.</p> <p>For more information, please contact Sachel Grant – Sachel.Grant@englandnetball.co.uk</p>
ESSEX	<p>Brightlingsea Sports Centre, Colchester CO7 0QL Thursdays, starting 12/1/17 – 6pm-7pm - £3 a session</p> <p>For more information, please contact Zoe Lynch - Zoe.Lynch@englandnetball.co.uk</p>
ESSEX	<p>Mildmay Sports Centre, Anglia Ruskin University Chelmsford, Essex CM1 1PD Thursdays, starting 2/2/17 – 5 pm- 6pm £4 per session</p> <p>For more information, please contact Zoe Lynch - Zoe.Lynch@englandnetball.co.uk</p>
ESSEX	<p>Essex University, Wivenhoe Park, Colchester CO4 3SQ Tuesday 6pm-7pm - £3 per session- Starting 17/1/17</p> <p>For more information, please contact Zoe Lynch - Zoe.Lynch@englandnetball.co.uk</p>
HERTFORDSHIRE	<p>Barnwell Leisure Centre, Stevenage, SG2 9SW Sundays 11am-12pm - £4, Starting 15th January 2017</p> <p>For more information, please contact Lucy Ponting- Lucy.Ponting@englandnetball.co.uk</p>
HERTFORDSHIRE	<p>William Penn Leisure Centre, Shephards Lane, Mill End, Rickmansworth, WD3 8JN Monday 1.45pm - 2.45pm FREE for 6 weeks! Starting 9th January 2017.</p> <p>For more information, please contact Oliver Buncombe - Oliver.Buncombe@englandnetball.co.uk</p>
HERTFORDSHIRE	<p>Furzfield Centre, Potters Bar, EN63BW Fridays 8-9pm, Starting 13th Jan £3.50</p> <p>For more information, please contact Oliver Buncombe - Oliver.Buncombe@englandnetball.co.uk</p>
NORFOLK	<p>Wymondham Leisure Centre Thursday evening from 8.30 pm to 9.30 pm £5.00 per session Starts 12th January 2017</p> <p>For more information, please contact Jenny Day – Jenny.Day@englandnetball.co.uk</p>
SUFFOLK	<p>Chantry Academy, Ipswich, IP2 9LR Wednesdays 6-7pm £3</p> <p>For more information, please contact Chloe Anderson – Chloe.Anderson@englandnetball.co.uk</p>

NEW Walking Netball Coming in January across the East Region:

COUNTY	WALKING NETBALL SESSION INFORMATION
BEDFORDSHIRE	Silsoe Community Sports Centre, Silsoe (outside courts) Wednesdays 10.30-11.30am, £3.50 a session starting 11th January 2017. For more information, please contact Sachel Grant – Sachel.Grant@englandnetball.co.uk
CAMBRIDGESHIRE	Walking Netball in Cambridge TBC. For more information contact: Janette Bowden - Janette.Bowden@englandnetball.co.uk / 07595 863 974
HERTFORDSHIRE	William Penn Leisure Centre WD38JN Tuesdays 12:30-1:30pm, £2 - Starting 10 th January for 10 weeks For more information, please contact Oliver Buncombe - Oliver.Buncombe@englandnetball.co.uk
HERTFORDSHIRE	Furzeffield Centre, Potters Bar, EN6 3BW Mondays 11.30am-12.30pm Starting 9 th Jan £3.50 For more information, please contact Oliver Buncombe - Oliver.Buncombe@englandnetball.co.uk
NORFOLK	Alive Leisure, Downham Market Mondays 5.30 - 6.30pm, starts 16 th January 2017, Cost FREE Contact Active Norfolk on 01603 732333 For more information, please contact Jenny Day – Jenny.Day@englandnetball.co.uk
SUFFOLK	Newmarket Leisure Centre, Exning Way, Newmarket CB8 0EA Mondays 6-7pm, FREE on 17/10 (£2.50 thereafter) For more information, please contact Chloe Anderson – Chloe.Anderson@englandnetball.co.uk
SUFFOLK	Ipswich School Sports Centre, IP5 1DE Thursdays 10am-11:30am, £5 a session – First session FREE! For more information, please contact Chloe Anderson – Chloe.Anderson@englandnetball.co.uk
SUFFOLK	Moreton Hall Health & Fitness, Club Mt Rd, Bury Saint Edmunds IP32 7BL Thursdays 10am-11am, £3 Affiliated members / £4 Non-affiliated For more information, please contact Chloe Anderson – Chloe.Anderson@englandnetball.co.uk

To find your nearest session, please visit our website: www.netballeast.org.uk/playing/where-to-play/

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UKCC COURSES IN 2017

We are pleased to announce that the National Launch for UKCC Coaching Courses took place on Monday 12th December. The courses below are the courses running in the East Region.

We hope to have more information about some more courses coming very soon!



UKCC Level 1:

2nd April 2017 7th May 2017	Easton College, Easton, Norwich, Norfolk, NR9 5DX
21st May 2017 18th June 2017	Cambridge Regional College, Kings Hedges Road, Cambridge, Cambridgeshire CB4 2QT
30th July 2017 27th August 2017	New Hall School, The Avenue, Boreham, Chelmsford, CM3 3HS
9th September 2017 7th October 2017	Oaklands College, St Albans Campus (Smallford), Hatfield Road, St Albans, Hertfordshire, AL4 0LA

Please click [here](#) for 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

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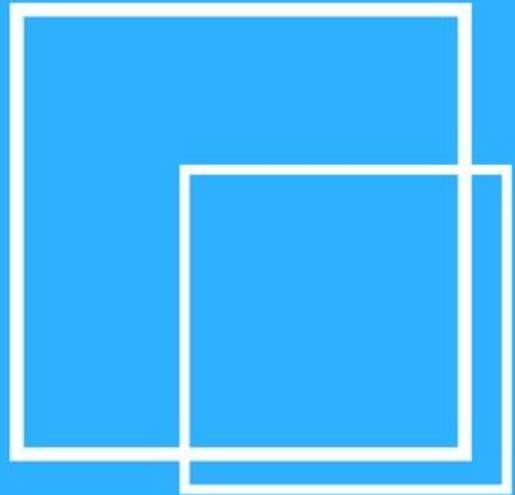
CALLING ALL UMPIRES!

**Umpires required for Regional
Performance Academy Match Days.**

Various dates from now onwards.

C Award and above.

Please email: eastperformance@hotmail.com



The East Regional Performance Academy are looking for umpires to help on Regional Match Days.

If you are a C Award umpire or above and want the chance to umpire for our East Regional Performance Academy Teams, this would be a great opportunity to develop your officiating skills.

For more information, please contact eastperformance@hotmail.com

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MAVERICKS NETBALL CAMPS & MASTERCLASSES 2017

Bedfordshire

10th-12th April - 3 Day Camp
24th-26th July - 3 Day Camp
29th-31st Aug - 3 Day Camp

Cambridgeshire

5th-7th April - 3 Day Camp
26th-28th July - 3 Day Camp

Essex

15th-17th Feb - 3 Day Camp
24th-26th July - 3 Day Camp

Hertfordshire

4th-6th April - 3 Day Camp
13th April - Open Masterclass
31st May- Open Masterclass
31st Jul-2nd Aug - 3 Day Camp
30th Aug-1st Sept- 3 Day Camp

Norfolk

16th-17th Feb - 3 Day Camp
31st May-2nd June - 3 Day Camp
31st Jul-2nd Aug - 3 Day Camp

Suffolk

13th-14th Feb - 2 Day Camp
10th-12th April - 3 Day Camp
31st Jul-2nd Aug - 3 Day Camp

More information and bookings will be open in the New Year.
To register your interest, please email Florrie with your county:

East@englandnetball.co.uk



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Merry Christmas!
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Netball East



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