

Autumn E-Newsletter 2015



[Netball South](#)



[@Netballsouth](#)

WELCOME to the South Region's newsletter. Once again there has been a busy start to the season with all Regional competitions. However, I would wish to remind all teams regarding their responsibilities with regard to completing the necessary paperwork after each game and returning promptly to the respective Regional League organiser. This helps to ensure the smooth running of the Leagues and helps the time commitment of all our volunteers running these leagues.

We say farewell to Kat Valk, our Regional Manager who moves to a new role with England Netball as the Volunteer Manager. A significant role within EN encompassing all aspects of volunteering across the organisation. We wish Kat every success in this role and a huge thank you for her contribution to the South Region. The new Regional Manager is due to take up the post on 16 November. A further announcement will be posted on the website once all the necessary HR procedures and processes have been completed.

The new website is now up and running with a refreshed design. As a Regional Management Board, we are always willing to receive comments on the quality of the site and how we can continue to improve it.

The RMB are still willing to accept individuals on to the Board, particularly those who have marketing skills and legal/HR skills. Similarly, the Technical Support Groups continue to look for volunteers: Coaching, Competition, Officiating and Performance. If you feel that you have the time and you require further information please do get in touch with me via the website.

Bill Alexander

Welcome to the Team



Since our last newsletter we have had a couple of new additions to the Netball Staff Team.

Nicola Young has joined us as the Netball Development Officer for Berkshire and Oxfordshire.



Louise Exton has taken over the role of Netball Development Community Coach for Buckinghamshire and Milton Keynes.

Contact details for both Nicola and Louise are available on the back page of the newsletter and on our website.

South Regional Roadshow

England Netball are currently undergoing a planning period in preparation to submit a Whole Sport Plan bid to Sport England to secure funding for 2017-2021. As part of this process the England Netball CEO and key representatives from the Executive Team will be visiting all regions through Regional Roadshows during November and December 2015.

The Roadshows are designed to provide an opportunity for England Netball to share insight emerging across the Netball landscape, test ideas around emerging themes for the 2017-2021 plans and most importantly gain your input, thoughts and feedback in relation to the new plans.

The South Regional Roadshow will be held:

Date: 22nd November 2015

Time: 1030hrs

Venue: The Village Hotel Urban Resort, Farnborough, GU14 7BF

Please respond to Jenny Obin, South Regional Coordinator, on south@englandnetball.co.uk or 01628 478985 should you wish to attend by Wednesday 11th November 2015



CAPS



Congratulations to the clubs in the South who, following National Assessment in September, gained the following CAPS status:

Ravens Netball Club—New Bronze Club (Hampshire)

Team Matrix Netball Club—New Bronze Club (Oxfordshire)

Mid Sussex Netball Club— Bronze Reaccreditation (Sussex)

Wingrave Netball Club— Silver Upgrade (North Bucks)

This prestigious accreditation is only given to clubs who can demonstrate that they are offering a good quality netball provision within their community.

If you are interested in becoming a CAPS accredited club please contact the regional office: south@englandnetball.co.uk

Walking Netball

The South Bucks Netball Association (supported by England Netball) has created a fantastic weekly opportunity for people to keep active through playing netball at a pace that matches their physical needs. Whether it's for fitness, to socialise, or to simply try something new there is no better time to get stuck in than right now and give Walking Netball a try!

A Walking Netball taster session took place in mid-August at High Wycombe's Kingsmead Netball Centre and was a rip roaring success! The session received brilliant feedback from the participants.

Due to popular demand, Walking Netball sessions will now take place on a weekly basis in High Wycombe. Lead by Coach Jan Harper, the sessions are relaxed, friendly and open to all adults. Come along and give it a go!

Walking Netball Sessions:

Venue: Kingsmead Netball Centre, Fennels Road, HP11 1JB

Day: Mondays

Time: 8.15-9.15pm

Cost: £2

Contact: janharper68@aol.com

Venue: All Catholic School, Weybourne Road, Farnham, GU9 9HF

Day: Thursdays (Last session nov 19th)

Time: 7.30-8.30pm

Cost: £4

Contact: Carey.McCormick@englandnetball.co.uk

Walking Netball Sessions are starting up across the region. New Sessions will be added session here: www.netballsouth.co.uk



United Against Bullies



#ANTIBULLYINGWEEK

16th-20th November 2015

COMPETITION

Open to all EN-affiliated netball clubs with under 18s!

Prizes!!

- * Brand new netball posts as used in International Test matches! kindly donated by Harrod UK
- * A coaching session at your club with an England Netball Squad player!
- * Two runners up will receive a netball signed by the England Netball Squad



Entry details are on the EN website:
www.Englandnetball.co.uk

1926



2016

England Netball's 90th Anniversary Challenge

Join us in our 90 Hour Netball Match as we attempt to break a Guinness World Record for the "Largest Netball Exhibition Match" ever, all in aid of Sport Relief.

Matches will be played on an hourly basis and we are inviting everyone to help us to break the record, so sign up and get involved!

WHERE: Play On Indoor Sports Arena,
Whitechapel, London

WHEN: From 12am Friday 12th February all the way through to 7pm Monday 15th February 2016 (yes, 24 hours a day!!)

COST: £100 per team to enter, 100% of the funds received go towards Sport Relief

**BOOK YOUR SPOT IN ENGLAND
NETBALL'S WORLD RECORD
ATTEMPT WITH SPORT RELIEF
NOW!**



Supporting Partner

More information can be found at englandnetball.co.uk

SUPER SATURDAY

SATURDAY 30TH JANUARY 2016 **GENTING ARENA, BIRMINGHAM**

Buy Tickets: tickets.sky.com/netball

sky TICKETS



2pm
4pm
6pm
8pm

CELTIC DRAGONS
YORKSHIRE JETS
MANCHESTER THUNDER
TEAM BATH

VS
VS
VS
VS

HERTFORDSHIRE MAVERICKS
LOUGHBOROUGH LIGHTNING
TEAM NORTHUMBRIA
SURREY STORM

Regional Leagues

The Regional Leagues are now well under way across all divisions and age groups. See below a summary of current standings for all leagues.

You can see all the fixtures, results and full tables on the Netball South website [here](#)

Division 1

1	Weston Park Blades
2	Sparks
3	Eagles
4	Dreams
5	CD Phoenix
6	SAS
7	Sussex Tigers
8	Rushmoor

Division 2

1	Shooting Stars
2	Sussex Storm
3	Brize Jets
4	Weston Park Blades Two
5	Swan
6	Abbey Hurricanes
7	Woodley
8	Meon

Division 3

1	Trinity Oxford
2	MSN
3	Sussex NRG Pumas
4	Eagles Two
5	Clan
6	Saffrey Panthers Guernsey
7	Wokingham
8	Tongham Tornadoes

U19

1	Royals
2	Weston Park
3	Clan
4	MK Netters
5	Eagles
6	CD Phoenix
7	NRG Juniors
8	Bucks Phoenix

U16

1	MK Netters
2	Eagles
3	Woodley
4	Team Matrix
5	Royals
6	Weston Park Blades
7	Swan
8	MSN

U14

1	Eagles
2	Woodley
3	MK Netters
4	Bucks Phoenix
5	Weston Park
6	Rushmoor
7	Swan
8	MSN

U13

1	Eagles
2	Woodley
3	CD Phoenix
4	Team Matrix
5	Bucks Phoenix
6	Weston Park Blades
7	Swan
8	MK Netters



Back to Netball



If you want to start playing netball again Back to Netball is for you!

You don't need any special kit, just clothes that you feel comfortable exercising in and trainers ideally that lace up. Make sure you bring some water and that you've had a snack a couple of hours before the session.

There are lots of sessions across all the counties in the South Region. Why not take a look and have a go at getting Back to Netball.

Find your nearest back to netball session in the south here:
www.netballsouth.co.uk/backtonetball





Workplace Back to Netball Festival



Blake Morgan crowned Business Netball Champions!

Blake Morgan remained unbeaten to take home the winners' trophies at the first Portsmouth Workplace Back to Netball festival.



Winners—Blake Morgan

The team of solicitors and support staff only dropped points in a draw against fellow solicitors Irwin Mitchell, to be crowned champions in the tournament which saw 10 local businesses and organisations enter.

Roxanne Schubert, organiser of the winning team said; "It was a great event, lots of fun and played in a really friendly atmosphere. The icing on the cake, was winning, but it was great to be involved. Many ladies in our team and others played netball for the first time in many years and absolutely loved it!"

England Netball's local Development Community Coach Debbie Laycock ran the event in partnership with Portsmouth City Councils' Public Health team and said: "We had around 100 ladies

involved in the festival with the emphasis on fun, rather than over competitiveness. Many of the ladies are really enthusiastic about carrying on with their netball now they have a taste for it again and I look forward to welcoming them to Back to Netball sessions in the area, as well as coaching some of the teams to establish themselves properly."



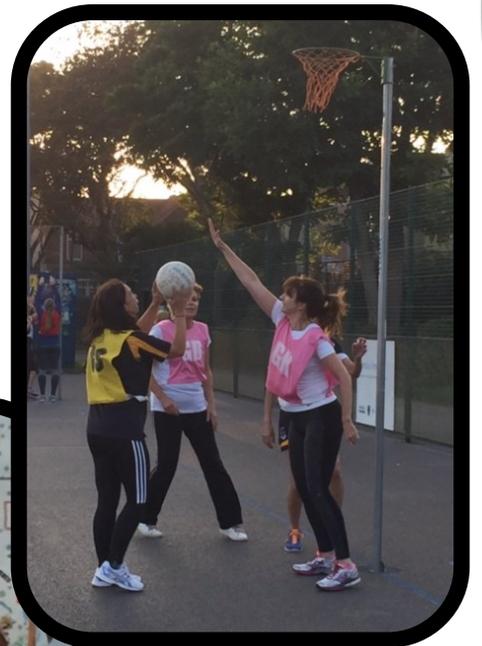
The Mary Roses, ladies who all work at the Mary Rose Trust at Portsmouth Dockyard took home the runners up medals, whilst Portsmouth City Council came third. Teams from St John's College, Corpus Christie School, Fat Face, EIP from Portsmouth City Council and the Cardiac team from QA Hospital also took part.



Runners Up—Mary Rose

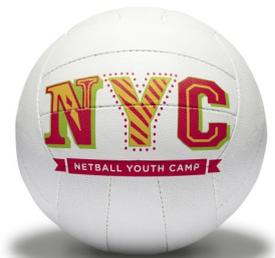
Laycock added: "As always, we cannot run these events successfully without the support of fabulous umpires and officials. Our appreciation also goes to the Public Health team at Portsmouth City Council, especially Matt Birch the Sports Officer. We had some fabulous feedback and hopefully we can organise another workplace-based event in the New Year."

For more information on Back to Netball sessions in your area log on to www.Englandnetball.co.uk. For information on upcoming Workplace Challenge events please log on to www.spothampshireiow.co.uk





Netball Youth Camp Southampton



We had 'Nothing but Netball' at our Netball Youth Camp (NYC) held at Oasis Academy Lordshill in Southampton in August! Plenty of fun, skills and match play was had by all! A masterclass session, followed by a Q&A with Mia Ritchie, England Netball & Bath Superleague player had the participants engaged from the outset!



Netball Youth Camps are non-residential holiday camps, which vary in length at 1, 3 or 5 days. NYC Southampton ran for 5 days, with a focus on each day. Here's what the coaches covered during the camp:

Day 1 Passing/Footwork/Movement/Communication

Day 2 Attacking Principle/Focus. England player - Mia Ritchie attending / masterclass/ Q&A

Day 3 Defence Principals/Focus

Day 4 Tactics/Teamwork

Day 5 Theme day / match play/ World cup

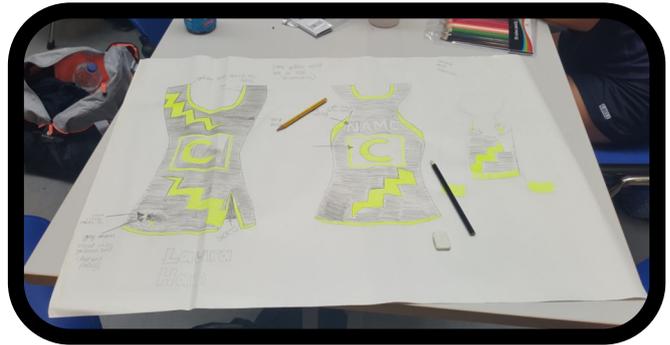
Each day had shooting incorporated towards the end of the day and lots of game play.



Netball Development Officer for Hampshire & IOW` Carey McCormick said “We had such a great group of girls at this NYC. Everyone got stuck in to all the activities, even the non active sessions designed for after lunch.

These included, battleships, design a dress, netball quiz and reflection. At the beginning of the camp we asked participants what they wanted to gain from the camp. Throughout the camp we used their own points and asked for examples of how this was achieved. There was such amazing input from the girls and WOW we saw some brilliant reverse pivots being performed after the attacking principles of creating and penetrating space and skills were taught!

The highlight from the participants themselves was meeting Mia Ritchie which was Inspiring. We asked the participants to give us some feedback using single words only, this is what some of them had to say: Fun, Exciting, Inspiring, Tiring, Interesting, Enjoyable, loved it! Okay, not quite one word but so did we! Thank you for being such an amazing group and we hope to welcome you back next year!





Courses



UKCC Level 1

For more information [click here.](#)



EXCELLENCE IN SPORTS COACHING

UKCC Level 2

For more information [click here.](#)

All courses currently running across the South Region are fully booked. There are still courses available in our neighbouring regions. Please use the links above to see available courses.

Regional Priority for courses running from April to September 2016 will be circulated to regional contacts and club secretaries at the end of November.

CPD Workshops

“These 3-4 hour practical coaching workshops are aimed at providing club coaches and teachers who are regularly planning sessions with a better understanding of specific areas of player and game development, the toolkit required to analyse and correct technique, and fresh ideas for building practices and sessions”

Coming up in the South:



High 5 Workshop

Wycombe High School, Bucks. 25th November 2015, 4.30-7.30pm

[Click here](#) for details and a booking form

Booking closing date: Friday 13th November

Look out for more CPD workshops on the appearing on the Netball South Website soon!

Please [click here](#) to view the England Netball Coaching Courses taking place nationwide.



Courses



Beginners Award

- 17th January 2016, Admiral Lord Nelson School, Portsmouth
- 7th February 2016, Everest Community Academy, Basingstoke

C Award

- 6th December 2015, Everest Community Academy, Basingstoke
- 6th March 2016, Oasis Academy, Southampton

B Award

- 8th November 2015, Wavell School, Farnborough

Match Bench Officials

- 1st December 2015 & 27th February 2016, Wavell School, Farnborough

For more information on officiating courses across the South including contacts and booking details [click here](#).



Please visit the England Netball website for details on beginner, C award and B award umpiring courses across the country as more may be added across the season.

www.Englandnetball.co.uk/make-the-game/officiating/Courses



time to listen for CSOs

TIME TO LISTEN COURSE
Thursday 3rd December 2015
Wavell School, Farnborough
6.30-9.30pm

Contact: South@englandnetball.co.uk / 01628 478985

The Time to Listen Goal for Club Safeguarding Officers - net the training, gain all the confidence and knowledge you need for your role – result: a safe and happy club.

What is Time to Listen?

TTL is a netball-specific workshop written by the CPSU in association with England Netball to support netball Club Safeguarding Officers with club players under 18. The workshop uses easy to follow, practical netball-related examples and case studies to enable you to fully understand your role in the club, and England Netball, and how you can effectively safeguard young people in your care.

TTL is developed by the Child Protection in Sport Unit of the NSPCC

How much does the course cost?

Cost to CSOs – £Zero! You reap the value, England Netball pays the costs.

Please note: EN regrets that it is unable to fund everyone, therefore non-CSOs are very welcome to attend but we have to charge a small administration fee of £30.

What will you learn?

The workshop includes the following topics:

- ✓ The roles and responsibilities of key people in the safeguarding process, and understanding how your role as a Club Safeguarding Officer fits into that;
- ✓ How England Netball supports you, and your club, in safeguarding matters;
- ✓ How England Netball's reporting a concern procedure works – who & how to contact the right people;
- ✓ The importance of an 'Aware Club' – what it is and how you can implement it;
- ✓ How to involve young people in your club;
- ✓ How to develop best practice in your club;
- ✓ How government guidance/legislation relates to your role, and England Netball.

How to attend TTL?

- ✓ *Firstly*, you must attend a Sportscoach UK 'Safeguarding and Protecting Children' course (SPC1), or equivalent, as Time to Listen builds on this prior learning.
 - Contact your Regional Office for details of your nearest course *SPC is also FREE for you to attend if you are a CSO in a club with under 18s.
- ✓ *Secondly*, your Regional Office will give you the details of your nearest TTL course, send you all the details, and get you registered to attend.

What resources will you take away with you to support your role as a Safeguarding Officer ?

Every delegate will receive the following:

- ✓ CSO resource – with key processes, where to find information, helplines, flow charts and wellbeing and equalities information.
- ✓ Be Safe concertina cards
- ✓ CPSU Time to Listen course booklet
- ✓ An attendance certificate

Be Safe



OFFICIAL WELLNESS PARTNER



ENGLAND ROSES v AUSTRALIA



January 20th

7.30pm

Echo Arena, Liverpool

January 22nd

7.30pm

Copper Box Arena, London

January 24th

6.30pm

Copper Box Arena, London



@England_Netball
England Netball

#UNITEINRED



Tickets available here: <http://tickets.sky.com/Netball/International-Netball-Series>

Netball South Summer Camp 2015

(17th - 21st August)



Over forty young netballers and five coaches from the region's Performance Pathway Academies came together for a week of high-intensity training and match-play in August. The Camp theme was 'United' ... working together on and off-court, bonding, co-operating, teamwork and so on. The girls completed a tough daily programme of strength & conditioning, technical and tactical on-court sessions, match-play, pool sessions and evening workshops in the delightful surroundings of Bradfield College near Reading.

There were a few anxious expressions along the way as players faced both mental and physical challenges that often took them outside their comfort zone: the majority had never before experienced this level of training on consecutive days, let alone building a sofa out of balloons and sticky tape, or performing in a Talent Show!

We all enjoyed an entertaining, interactive workshop delivered by Sion Thomas, a sports psychologist, exploring how working together could be the key to success, how listening to what others have to say can provide a bigger, often better, picture to inform decisions. Sion took the girls on a hypothetical journey into the desert ... perish or survive!!!

Thursday was a day of celebration. In the morning, a number of the girls shared their amazing GCSE result, so many A-stars and A's! It was most uplifting and the joy / relief re-energised the whole group who were, by now, beginning to feel the exertions of the previous three days. The Talent Show in the evening proved highly entertaining, especially the nine groups battling for supremacy with lip sync routines to 'Shake it Off' by Taylor Swift ... in a similar vein to various national squads at the Netball World Cup.

The group wanted to turn the 'lip sync battle' into a 'lip sync – united' and, in the space of 45 minutes starting at 7am on Friday morning, choreographed and performed a routine involving all 42 athletes ... watch the video <https://vimeo.com/137003824?ref=tw-share> ... stay with it until the end to catch the cameo roles!

Going with tradition, the Camp culminated with a tournament, organised entirely by the athletes. This was the final opportunity for the girls to practise their new skills, and put their understanding into play. The outcome was a series of competitive matches with some truly excellent play.

We had a de-brief and award ceremony back in the boarding house before the girls departed with new friends, new netball knowledge and skills, and with a life-experience each will be able to draw on in the future.

As a coach it's really pleasing to see the progress each athlete made during the week and how, when the going got tough, everyone pulled together to get through the task. The girls should be proud of their accomplishments during the week; each demonstrated resilience, relentlessness, fearlessness, diversity, and – importantly – unity.

Thanks to Bradfield College for making us feel very welcome; to Netball South for supporting the event; to the coaches who worked from 7am until at least 10pm each day; to the athletes who just worked; and to their parents who had to listen to the 'stories from Camp' in the nightly phone calls and on the journey home.

It's hard work but I love it! It's so rewarding and comments like those below make it all worthwhile.

Elly Moore – Netball South Performance Pathway Coach



Thank you so much for another fantastic Summer Camp. Your attention to detail is something we should all try to copy. It must take you ages to plan and source and buy the medals, smellies, and sweets and the sack bags etc. I come away with so many ideas and how I can improve my coaching and it's just great to see the girls grow as the week progresses.

Just like to say thank you again for the camp last week, I had so much fun and learnt lots!

Thank you so much for the camp, I really enjoyed it and learnt a lot.

I really enjoyed the South Summer Camp and I have learnt so much from it and have already felt my improvement at my club training ... I hope that you had just as good a time that I did – bring on this season!
Many thanks



Are you aged 12-25 or have young people in you club who are? Involved in volunteering? Want to get recognised?

What is Pass on Your Passion?

The 'Pass on your Passion' programme aims to recognise the countless number of young volunteers in netball. It aims to provide you with opportunities, ideas and rewards to help you on your leadership and volunteering journey. No matter what your role in netball, we want you to Get Involved and Get Recognised.

Who is it for?

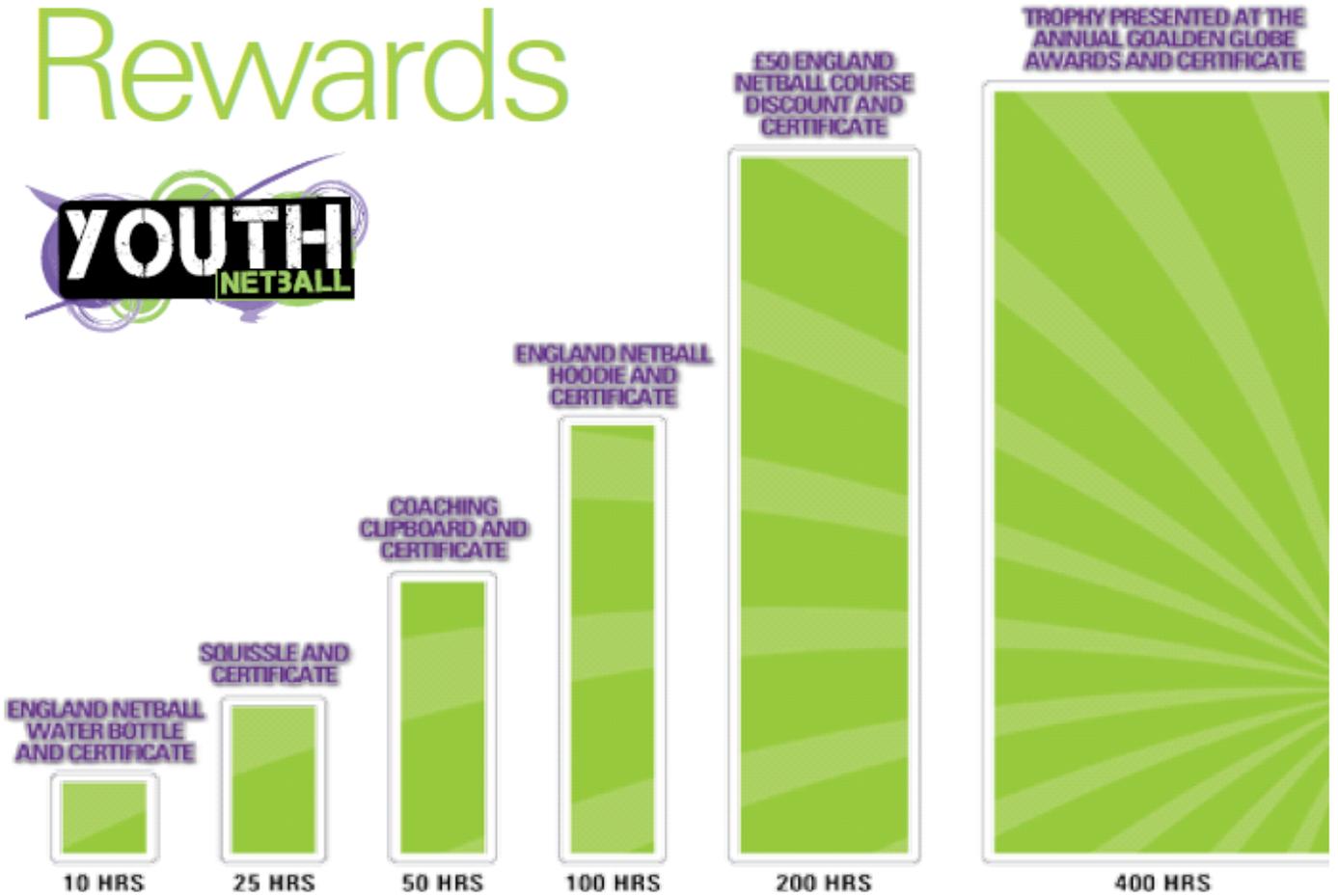
Every young person aged 12-25 that is actively volunteering in netball , whether that's as a coach, official, committee member, event helper, school team helper...the list is endless!

How does it work?

Once you've registered you will receive your volunteer portfolio and logbook. Just log your voluntary netball hours and send back the yellow copy to England Netball to receive your rewards in the post! It's as simple as that! You have 2 years from the date you became a member to complete your hours and claim your rewards.

PLEASE NOTE: Voluntary hours can only be counted from the day you sign up.

Rewards



Benefits!

Not only will you get rewarded for the hours you complete, but just by registering as a member of 'Pass on your Passion' you'll get access to:

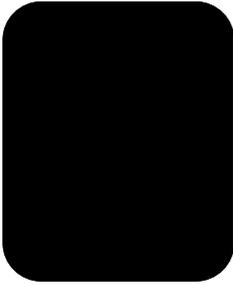
- FREE Regional Training Days where top coaches and officials will be on hand to pass on their knowledge.
- E-newsletters to keep you up to date with the latest information and voluntary opportunities.
- Invitations to volunteer at National and International netball events.

Register NOW!

You can download a [Pass on your Passion Registration Form](#) here



The Netball South Team



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Details TBC on 16th November



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