



Suffolk Netball Newsletter

Out with the cold in with the woo

Issue 10: March 2015

Social Media



Suffolk Netball

Suffolk Netball:
www.suffolknetball.co.uk

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Vacancies

Suffolk Netball Association are currently looking for members for our Technical Groups covering Coaching, Competition, Marketing and Volunteers, Secretary and also a Treasurer. If you are interested please contact

donna.finch@englandnetball.co.uk

or

suffolknetballassociation@sky.com

Suffolk Coach Development

Over the past year Suffolk Netball have supported a number of Players and Parents to join the coaching pathway. From April 2013 to March 2015 Suffolk Netball has welcomed 34 new UKCC Level 1 assistant coaches and 20 New UKCC Level 2 Head Coaches.

Some of these coaches have benefitted from funding through Suffolk Netball and Suffolk Sport. In total over £785 has been issued to Suffolk Netballers to gain coaching qualifications.

Running along side England Netball UKCC coaching courses and funding is Suffolk Netball Mentor programme. Suffolk's mentor's responsibility is solely to guide, advise, discuss and support your progress. They are there to help you develop your own style of delivery and communication techniques. A mentor should be able to question and challenge a coach to stimulate the coach in the right way forward and not impose "the right way" this also offers opportunities to attend Sports coach UK general coach development workshops often without charge.

If you are thinking of attending a coaching course and want to know more about what it involves, Suffolk Netball and Suffolk Sports are going to run a Step into Coaching workshop in May/June this will be a practical workshop highlighting the requirements of a UKCC coach, with an aim to improve your confidence and get you booked onto a level 2 course in September 2015

If you feel ready and just want to start coaching book yourself onto one of the UKCC coaching courses being held in Suffolk in 2015.

Level 1 Assistant Coach course will be held at Framlingham College, Framlingham over three weekends on Sunday 27th September and the assessment day Sunday 18th October 2015.

Level 2 Head coach course will be held at Abbey Croft Leisure Centre, Bury St Edmunds over three weekends on Saturday & Sunday 12th & 13th September, Saturday & Sunday 10th & 11th October and the Assessment day 8th November 2015.

If you are interested in either of these course please visit England Netball Website for your booking form and application process.

For further details contact

donna.finch@englandnetball.co.uk
Tel 07540126597

or

Alexa Burlow alexaburlow@hotmail.com



Suffolk Netball



Coach Mentor Programme



Regional Round National School

Saturday 31st January saw the Regional Round of National Schools Tournament at Stanborough School, Stanford Le Hope, Essex take place on what was a very cold day.

Suffolk was represented by County Upper (U14), Culford (U16), Ipswich High (U14, U16, U19) and Woodbridge (U19).

County Upper U14 had a difficult day, but had a good draw against Stephen Perse School.

Ipswich High U14 had some really close games and were unfortunate not to get a win during the day.

Culford U16 won 2 games, drew 1 and lost 3 ending up 5th in their group

Ipswich High U16 won 3 games, drew 1 and lost 2 ending up in 4th in their group and being the best placed Suffolk team on the day

Ipswich High U19 had a challenging day against some tough opposition winning 1 game and losing 2 very narrowly

Woodbridge U19 won 2 games and lost 4 ending up 5th in their group.

The eventual winners were Goffs School (U14), Great Baddow (U16) and Broxbourne (U19).

Congratulations to the Suffolk Schools for representing the county in a polite and professional manner.



Regional League Update

Christchurch Ladies

The 2014/15 East Region Open League season is drawing to an end and, as always, matches have been exciting and challenging in Division 2. Although we have not achieved the aims we set ourselves at the beginning (to gain a higher position in the league table) our squad members have been totally committed and can be congratulated for the way they have coped with constant changes created by long-term injuries to key players and work schedules – but that's netball!

We continue to enjoy meeting and playing against clubs in Bedfordshire, Cambridgeshire, Essex, Hertfordshire and Norfolk.

The East Region Open League is very well administered and we must also acknowledge the dedication of all the umpires who also travel many miles.

Ipswich 1

We are heading into the tail end of the Regional League season with just 1 more game to go as I write this report.

Currently we are in second position and our final fixture will determine our final position.

We have had mixed results winning 12, drawing 1 and losing 4, the losses being by the odd goal.

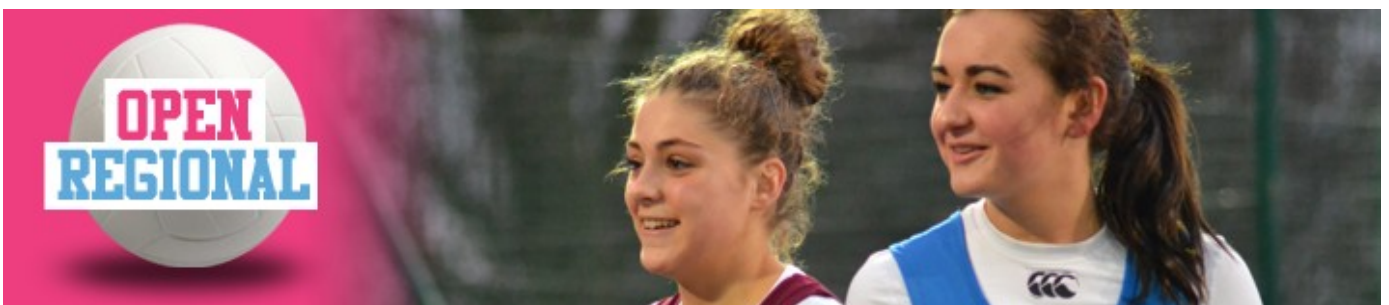
Ipswich 2

We are heading in to the tail end of the Regional League season with just 3 more games to go as I write this report.

This has been Ipswich 2's first full season in the newly formed Regional League Division 3 and it has been an interesting season.

We started off the season with 2 wins, single goal loss to Norfolk United followed by another good win and a narrow loss to Hereward Harriers. Unfortunately we then went on to lose the next 3 games but finished off before Christmas with another win. After Christmas another good win against bottom of the table Grangers, but a run of losses has seen us slip a few places down the table. A win against Hereward Harriers in mid Feb has helped. A narrow defeat to Hertford Hornets on the last day of February was pleasing as the squad were only able to travel to Hertford with 7 players.

Hopefully at least 2 more wins in the next 3 games will keep us in the Division for next year.





Coaching and Officiating



UKCC Coaching Courses

Level 1

11th April & 9th May 2015 - UEA , Norwich
 16th May & 13th June 2015 - Bottisham, Cambridge
 27th Sept & 18th Oct 2015 - Framlingham College, Suffolk

Level 2

12th & 13th Sept, 10th & 11th Oct & 8th Nov 2015 -
 Abbeycroft Leisure, Bury St Edmunds

Officiating

Beginner Umpire Award : TBC - Suffolk Netball to Schedule

C Award : TBC -Suffolk Netball to schedule

B Award : 16th May 2015 - 9.30-am 4.30pm - Maidenhall SC, Ipswich

A Award : TBC - England Netball to schedule

Match Bench Officials : TBC - England Netball to schedule

For further information on upcoming courses, workshops and events go to

<http://www.suffolknetsball.co.uk/sna/index.cfm/events1/>

As the new Academy season gets underway we would like to remind all coaches and teachers you are welcome to pop in to any of the Academy sessions either on a Wednesday evening (County Sessions) or Saturday morning (Satellite and Development sessions). This will assist you when nominating potential athletes for trials as it will expand your knowledge of the programme and the level of commitment required from those taking part. If you would like to come along and have a look at the sessions please contact the coaching team on snaperformance@sky.com and we hope to see some of you soon.

Technical Skills Workshop

Winning the Ball - TBC July 2015 -Stowupland HS -6.30-9.30pm
 H5 Workshop -TBC October -Sudbury TBC -4.00pm-7.00pm
 H5 Workshop - TBC October- Inspire Suffolk Ipswich - 9.30am -1 .30pm
Remember £12.50 each workshop for Suffolk Affiliated members

View an activate
workshop:

[http://
www.youtube.com/watch?
v=i1rZhHtqNf4](http://www.youtube.com/watch?v=i1rZhHtqNf4)

H5 Festival 2015

Come and join Suffolk Netball on Sunday
 14th May 2015 at Mid Suffolk Leisure
 Centre, Stowmarket for the third annual
 Suffolk H5 clubs Festival.



Suffolk Netball welcomes any club, school or community team to join in a fun friendly H5 festival. The aim of the festival is to give u11 the opportunity to put all their learnt increasing playing opportunities the matches in previous years have been highly competitive and demonstrated a high standard of H5 netball.

Registration starts at 10am and matches commence at 10.30am till 12.30pm with presentations by 1pm

There is lots of space outside the courts for supporters to cheer the teams on.

Which teams supporters will be the noisiest in 2015?.

If you think your club , team or school may be interested then more details and an application form can be obtained on Suffolk Netball Website or contact Donna Finch donna.finch@englandnetball.co.uk

Suffolk Show 2015

The Suffolk Show for 2015 is themed around promoting 'An Active Life' for all. It will be disseminated into four themed zones promoting how sport and physical activity has relevance across **ALL** ages.

With this change to the format of the Show for 2015 Suffolk Netball is looking for youth volunteers to come along to the show on Wednesday 27th and Thursday 28th May 2015 at Trinity Park Ipswich to help support Suffolk Netball lead Netball sessions for work places and talk to potential new netballers.

If you are currently a young volunteer registered with England Netball's Pass on Your Passion and would be interested in volunteering at the Suffolk Show - get in touch with Tracey Butcher now **tracey-butchner100@talktalk.net**. A team of young volunteers will be needed for this event and one of them could be you!



Netball Now

Back for a third year Netball Now is on a Wednesday evening at Westbourne Academy 7pm to 8.30pm

£3.00 for Affiliated Members and students with Active Student Union Cards, £4.00 for non members.

Loyalty Cards are back this year so attend 5 out of the 6 sessions and get the last session free.

Aspiring or qualified Umpires welcome to come along and practice, games are only 10 minutes and not scored so hopefully the right environment to gain confidence before the season starts.

For more information go to Suffolk Netball Website and Facebook Page

Netball Youth Camp

Netball Youth Camps give junior players the chance to get together with their friends and take to the court in the holidays!

Suffolk's 2015 camp will be running from 3rd to 5th August 2015, catering for girls between the ages of 11-16. There will be plenty of fun, skills and match play as our coaches give expert tips to help improve play!

The camps are non-residential holiday camps providing 'Nothing but Netball'; not only will there be top quality coaching and fun Netball activities but there is even an opportunity to meet and be inspired by an England player.

If you are a junior Netball lover (or the parent of one!) this is an unmissable holiday activity.

Bookings are NOW OPEN! Visit www.netballevents.co.uk to book your place now!

B2N Festival

Mid Suffolk Leisure Centre, Stowmarket will be the venue hosting the 2015 B2N Festival on Sunday 19th April.

Due to the limited official B2N sessions running, this year the festival has been opened up to include work teams and groups of friends who have a knowledge of Netball and are not affiliated league member

Registration is 10am and matches commence at 10.30am till 12.30pm with presentations by 1pm.

If you think your club, team or friends may be interested then more details and an application form can be obtained on

Suffolk Netball Website or contact Donna Finch donna.finch@englandnetball.co.uk

Keep in touch and up to date with events within Netball

England Netball

www.englandnetball.co.uk

Netball East

www.teambedsandluton.co.uk/microsites/netball-east

Suffolk Netball

www.suffolknetball.co.uk

West Suffolk Netball League



Linked websites

www.suffolksport.com

Sport England

www.sportengland.org/funding/



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