

# SABINA NETBALL NEWS

JULY 2016

YOUR QUARTERLY NEWSLETTER FROM SABINA NETBALL CLUB



Welcome to our newsletter. This is where you'll find the latest news from the club.

## 1ST TEAM END OF SEASON REPORT

I would like to first off start by saying I am extremely proud of all the teams accomplishments this season. Everyone worked so hard and it is evident in the outcome!! WELL DONE LADIES!!

Being captain of the 1st team playing our 1st game in the 1st division was honestly a little nerve racking. Being very aware this was Sabina's 1st time in division 1, I felt like 'all eyes were on us' and we had something to prove more than most. However in true Sabina style, not being phased by the hard oppositions and competition we faced, we played our own games this season and we gave them a show. Great demonstrations of spectacular netball from start to finish leaving our mark game after game.

A highlight of this fantastic energy I felt was displayed during one of our greatest games of the season (despite the loss), was when we faced Eclipse first time round. Our cohesive play down the court, support given to our shooters as they took first time shots and the non-stop hassle from defence was beautiful to see. We had the support of our 2nd team players play up with us against a regional team and I was a proud captain to see the girls rise to the challenge. It was a really close game with the score margin running back and forth of who was on top. Unfortunately we lost a few centre passes with in the last 5mins allowing them capitalise and giving them the final win.

Despite the energised games on Saturdays though, there were unfortunately occasions I found it was difficult to get our team out for training; therefore making it hard to come up with strategies and tactical play based on the opposition for the following weekend matches. Although communication of absences between players was better, going forward I think this would need to be looked at.

As a team I feel we were more positive and supportive of one another on and off court. I had a personal goal of keeping our team out of relegation positions by the time we got to the end of the season and without conscious thought these girls worked their butts off; and I'm so pleased we all managed to pull together to make this



come true. It felt like a breath of fresh air to see these girls every week play with such conviction, determination and drive. At times, we were up against hard oppositions but we kept our fighting spirit until the final whistle each and every time.

On behalf of the 1st team I'd like to thank the supporters and scorers that were on the side-lines match in match out and had given up their time to watch and cheer; as well as the players from the other teams that helped out and played up completing our squad and playing their hearts out to secure us second season in division 1. GREAT JOB TO YOU ALL!!

## 2ND TEAM END OF SEASON REPORT

Seconds have had a really good year! Beginning of season we had squad movements so we started with some first players and some thirds playing up.

We've got some great shooters, and our average is really increasing. In the last few games we had a good finish with 50+ score.

It was so great to win this year on a high - we fought so hard and really pulled together as a team - so proud of you guys. I feel like we all want it - and really come together as friends as well as team mates.

I think with a new season ahead, we can definitely work on our fitness, as the last quarter seems to be where we're getting tired. We're also not going into the game with our heads on - think the first quarter is where we warm up! So need to work on this in training - we can win again next year - let's keep it up!

Huge thank you to all coaches, captains and umpires and those that support every week. SO much time and effort goes into Sabina that goes on. Thank you!

## 3RD TEAM END OF SEASON REPORT

The third team have had an extremely successful first season in Division 7. We immediately took

on the challenge of being promoted by winning our first game, starting the season off with a bang. Not only did we win but we looked great in our new kit doing it!

This season we had a nice influx of new and junior players which has helped to strengthen the team. Meaning that halfway through the season we were in a strong position in the league and promotion once again was within our grasp. This was realised, during the second half of the season, by our determination and hard work. Whether it was sunny (rarely!), raining or there was an icy chill we would be at Bromley playing our best.



Personally I think the best thing about the third team is the versatility that we have within our squad. Everyone is willing to try a different position and put in the hard work to help us win. At times we lacked shooters or defensive players but everyone was willing to step in to give it a go, and I think some even surprised themselves at how well they did!

It has been a great season with a fun group of girls. And to get promoted into division 6, the result of the hard work as a team, was the icing on the cake ☺. Watch out Division 6!





#### 4TH TEAM END OF SEASON REPORT

The Fourth Squad was mainly made up of Back to Netball adults and Under 16s.

It had a large increase in new players from all age groups at the beginning of the season. This included around 6 new adults as well as 6 new under 16. These new members plus availability for the existing U16 made up the squad.

They however suffered from injuries and in some cases lack of availability from the new seniors which made maintaining a core of a set team impossible.

The first part of the season saw the squad win the majority of their games, however once movement of some members started and some of the new members not able to commit, so the pressure increased to those that remained in the squad.

All was very flexibility and we had players out of position in some games, I believe there was one game that we did not have a shooter and had to use our Goal Keeper as the shooter, which actually saw some new talent in new positions.

There were some very close games and a few that could have won had the application on court was maintained.

Overall to finish third in the division was excellent due to the number of challenges this squad had and the inconsistency of the squad.

This squad also did not have a captain and one had to be appointed each week, which did not help with mentoring or pulling the players together on court or even at training.

I am hoping the new season will see us receiving the commitment from new and old members to cement this squad so they too can be promoted.

Well done and thanks for the effort of all who participated in that squad. *Marlene*

#### U16 END OF SEASON REPORT

The under 16 season has been quite an enjoyable one both Saturday's and Sunday's. Starting with Saturday's if I recall correctly we went the whole season undefeated, quite an achievement; Saturday's to me went necessarily times of concentrating on play but times used to strengthen teamwork and bonding which I think has happened. Many of you seeing the strength of the under 16s grown as a team over the past season and it is very much positive. In terms of Sunday's I believe for a majority of the season we played well finishing mid table. Although we played well considering our range of age and experience in the squad I think we could have finished within the

top 3 considering the matches we lost against the top teams were minimal. Coming to achievement in the squad I am very proud of the girls many of them now on the England Pathway whether that be County Academy, Regional Academy or Regional Performance Academy. Clearly showing how far some of these girls have come over the past year. It being my last season as an under 16, FINALLY, I am proud to say have spent it with such talented players and I look forward to seeing in the commencing season where they take their netball.

#### A NOTE FROM MEL MBIRZA

What can I say about this season? It has been one of my most challenging and pushed seasons as I went from the comforts and unstoppable third team rising higher and higher to ending the season in the dreading and ferocious first team who's play and expertise are well beyond me.

I've had to grow mentally and physically to be able to compete, even step on the court as there's been games I've been knocked down, cried afterwards and even thought about giving up but I've had to build myself up to play the type of game I am capable of, the type of game my coaches see in me. On the other hand there has also been games were I've been elated, ran home to tell my mum how wicked I played and just been over the moon. That wouldn't have happened if my coaches, teammates, friends and family hadn't have had faith in me and mostly if I hadn't had faith in myself.

I remember in January getting the email that I was going to be part of the first team, I was so ecstatic but also scared as it meant that I would be playing division 1! However I wouldn't give it up for the world, I've really enjoyed this season, those Saturday mornings, Sunday mornings to the countryside (that's what I call it when there's no buses and fields for miles) and even the little fitness bits we'd do in the gym on training day when the other teams were playing. We've had some difficult games, games we should have won and ones were we've pulled it out of the bag to triumph and I've had fun, tears and laughter.

The first team have rocked this season and really held ourselves up for first time division 1 team. I very much look forward to next season!!!

#### BUTLINS 2016

What an amazing weekend!!!

The weather was kind, the hotel was nice and the netball was skillfull.

After being unbeaten over the 2 days, the Seniors decided to let someone else win in the semi-finals. Hehe.

U16s however made us proud. They stepped up and matured over the course of the weekend. Only losing 1 game by 1 goal, they went on to the final to play against the same oppoistion and won by 5 goals.

#### MARLENE THANKS YOU

A big thank you to all coaches, umpires, parents and you as members for the time and devotion that you have given to the club this season.

We are always looking for people to get involved in the Club and it is an ideal way to get involved in a specific area of interest in officiating, coaching, administration and events.

The changes required to monitor each members' performance as well as the club's has created more work for me and the coaches. However the benefits of this are that we and the squads are working closer together. The changes have meant that some of our athletes have been able to access performance academies at an earlier age and start on the England pathway.

Concern has been around the split site and the lack of visibility of our younger members and parents seeing the full spectre of the club and its members, also the lack of opportunity for the younger members to play the older age group.

This has resulted in a change of day for training to bring the club together on one night, to help take the pressure off the coaches, but also helps with education of members who want to take the first step to coaching or officiating.

The club continue to work with all external agencies and the governing bodies to help promote, and develop the club even further and our plan open day on the 16th July is one of these activity.

Funding is always source to help maintain standards whilst keeping membership fee low, but sponsorship is needed.

We are revamping our website, which will be a valuable tool to attract sponsorship and hopefully new members, so please bear with us whilst this is being developed.

Performance from all squads has been successful once again, and the hard work has paid off for all players in all competition across the various age groups and leagues.

Feedback is always welcome and is use to forward plan.

The club will continue to put plans in place to develop and raise its profile and celebrate achievements with its members and supporters.

Don't forget to attend the Presentation in November.

Offer your services on match day and bring along at least one new person who can commit to the club this season.

Thanks again for last season and more of the same for what's lay ahead. *Marlene*



## Komal's adventures

### Conservation Work in Madagascar

Some of you may have noticed that the thirds team lost their GK for a few months late last year. That's because in November 2015 I volunteered as an Expedition Medic for Blue Ventures in Madagascar for 6 weeks.

Working as a General Practitioner in Greenwich has been challenging and rewarding, but after three years I wanted a new challenge and to learn something new while doing something good for the environment.

Blue Ventures develops locally led marine conservation. They work in places where the ocean is vital to local cultures and economies, and are committed to protecting marine biodiversity in ways that benefit coastal people.

The position of Volunteer Expedition Medic involved providing health care to all the staff and volunteers as well as emergency medical treatment and overseeing Medivac (Medical evacuations) if the need arises. The role also required maintenance of medical supplies, introductory lectures and briefings for our expedition team and the enforcement of on-site health and safety measures.

I was based in a small village called Andavadoake, in the south west coast of Madagascar. It was along drive and took five days from the capital city Tana over unmade roads and sanddunes.

I lived in a small hut with a hammock overlooking the Mozambique Channel with no electricity and only salt water showers. Our diet was limited and we ate fish and beans every day.

When I wasn't busy with my medical work I was a volunteer and assisted Blue Ventures international team of marine biologists, field scientists and sociologists surveying one of the most spectacular ecosystems of the Indian Ocean.

During the first two weeks the field scientists took us through a well structured and intensive science training, which provides you with the necessary skills and knowledge to carry out research dives. The training involves numerous snorkelling and diving excursions as well as informal lectures, small group discussions and practical exercises on coral and fish species identification.

I developed my diving skills and am now a qualified PADI rescue diver having completed. I have learnt how to identify 150 different tropical fish species and conduct scientific surveys, as well as learn about a new culture, that of the Vezo people.

This has been one of the best experiences of my life. I learnt new things, visited the most beautiful places met some wonderful people. If you want to challenge yourself and have an adventure I would highly recommend volunteering with Blue ventures.

[www.blueventures.org](http://www.blueventures.org)

### Studying Tropical Medicine

Following on from my trip to Madagascar I took on some further education (6 years at medical school just wasn't enough!) I was lucky enough to get a place to study for the

Diploma in Tropical Medicine and Hygiene at the prestigious London School of Hygiene and Tropical Medicine in January 2016.

The Diploma in Tropical Medicine & Hygiene (DTM&H) is an intensive, three-month, full-time course in tropical medicine and public health for doctors.

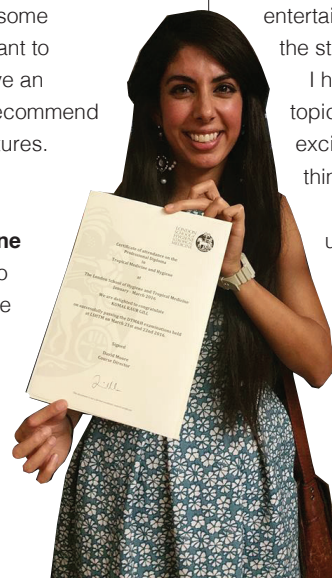
The course combined practical laboratory work, which involved learning how to diagnosis different types of malaria under a microscope, a series of lectures and seminars from international lectures, who often flew in from Ethiopia and Peru to speak to us especially. We learnt about incredible tropical infections, like Lymphatic Filiriasis which can make your legs look like elephant legs, and worms like Loa Loa that get inside you and can be seen wiggling across your eye ball.

The diversity of the students and staff on the course was exceptional; staff came from 45 different countries and students from as far as Gambia and Kiribati. This provided an entertaining and rich environment for all the students to learn.

I had the best time learning new topical things and meeting interesting exciting people who are doing good things in the world.

Maybe your thinking about universities and careers. Do you like to travel and all things tropical? Have a look at what the London School of Tropical Medicine could offer you! I Would definitely recommend it.

[www.lshtm.ac.uk](http://www.lshtm.ac.uk)  
[blueventures.org](http://blueventures.org)



# INTERVIEW

*We asked a professional netballer the questions you wanted to hear*



## Lindsay Keable (GK, Mavericks)

### **Tell us a little about how you started playing netball and your career so far?**

I Started playing netball at the age of 7, (20 years now!!) and I began my life at a WA. I unfortunately broke my arm at 10 and still wanted to join in, so my coach made me place my arm inside my jumper (so i didn't hit anyone with my cast) and put me back at GK. I played GK better with one arm then I did at WA so I stayed and I suppose thats how i became a defender. My career took a while to progress as I was 16 when i first got into county and first played for my school team (who won school nationals) this was where i was picked up by selectors and ask to go to a trial for regional talent (nowadays its Satellite and county and regional performance).

This is where I got given a training diary and shown what was expected of a England Netballer.

At 17 I was lucky enough to be selected at a national screening day and made my way into the u19 England Squad with 20 other young ladies. From this group of girls 12 were selected for FENA (europeans) and i got my first cap for England u19.

From there I stayed in the system continued to train and played in World youth Champs

2009 in the cook island were we came 4th overall.

In 2010 I was successfully selected into the national squad were I received my first national cap against jamaica in april 2010. Since my first outing I have now received 11 caps.

### **What players have inspired your game?**

Geva Mentor has always been an inspiration and Amanda Newton who is one the BEST defenders who has ever played!!

### **Apart from any height advantages, what traits do you think make a good defender?**

I am hard working and can read the game well -I manage to watch the opposition and challenge for interceptions or flys

### **Who has been a difficult player to defend against and why?**

Jenel Fowler Reed - Jamaican shooter - because she is 6ft 5 and has an arm span of 6ft 8!! its very hard to mark someone who is taller!

### **Name three areas you work on every training session:**

Fitness - to make sure we can last a whole match at high intensity

Accuracy - whether that is in passing, shooting or intercepting - all important to stop the opposing team winning the ball

Game planning - making sure as a team we are all on the same plan

### **What advice would you'd give to a player who is thinking of taking up netball for the first time?**

Netball is a great sport and has a position for everyone! have a go at all position to find the one that suits you the most

### **With the recent news that England are going professional, what impact do you think this will have on the game and the team?**

I think it will be a great to have the athletes focus on netball and not have to worry about working so they can do everything in their power to be the best they can be.

### **If your team are down in a game, how do you pick yourself and your team back up?**

We normally try and hook in with our closet team mate and cheer when we do something well!

### **Are there any players coming**

### **up from the youth squads that you're particularly looking out for?**

George fisher and Vicky olysoa have got great potential! definitely faces of the future!!!

### **What do you like to do away from the court?**

I am a RE teacher (secondary school) and have a beagle puppy that needs lots of attention!

### **And finally, what's been your most memorable netball moment?**

Representing England for the first time and receiving my first cap Winning Super league with Hertfordshire mavericks in 2011

## FACT BOX

JOINED MAVERICKS:2011  
TWITTER:@lindsaylonglegs  
SPONSOR:Commercial:  
Benecos Community: Priory  
Netball Club  
MY FAVOURITE...  
FOOD: Chocolate  
FILM: Dirty Dancing  
CELEB: Ryan Reynolds

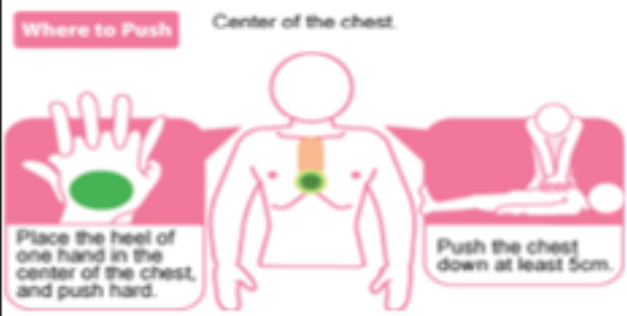
*Learn what to do in an emergency, from resident paramedic Harriett*

## ADULT BASIC LIFE SUPPORT

Would you know what to do if a loved one, a colleague or even a stranger went into cardiac arrest in front of you? If CPR (Cardiopulmonary Resuscitation) is started straightaway, it could quadruple the chance of the person surviving! Despite this, currently only 40% of victims receive CPR before the ambulance arrives. The quicker you act, the more chance of the person surviving.

Luckily these days, the Resus Guidelines have said that just doing compressions is still effective, and better than no attempt at CPR at all (so none of this mouth-to-mouth business). The goal is to keep pumping the blood around the body, and most importantly to the brain.

The table below shows what to do if an adult person collapses in front of you. I know it's easy for me to say, but try not to panic too much. If the person is in cardiac arrest, there isn't much harm you can do to them. Just remember DR ABC!

<b>Danger</b>	<p><b>Safety is paramount.</b> -Make sure there is no danger to you, any bystanders &amp; the patient.</p>
<b>Response</b>	<p><b>Check the person for a response.</b> -Lightly shake their shoulders, asking loudly 'are you alright? Can you hear me?'. -If at this point they respond, see if they would like your help, if not continue checking the person.</p>
<b>Airway</b>	<p><b>Open the airway.</b> -Lay the person on their back -Slightly tilt their head back using your fingertips on their forehead and under their chin, and then open the mouth</p>
<b>Breathing</b>	<p><b>Look, listen and feel for normal breathing for 10 seconds.</b> -The victim may not breath at all or if the person is barely breathing, or taking infrequent noisy gasps, this is not normal and may also indicate a cardiac arrest</p>
<b>CALL 999</b>	
<b>Circulation</b>	<div style="display: flex; align-items: center;"> <div style="flex: 1;"> <p style="background-color: #e91e63; color: white; padding: 2px; font-weight: bold;">Where to Push</p>  <p style="font-size: small;">Center of the chest.</p> <p style="font-size: x-small;">Place the heel of one hand in the center of the chest, and push hard.</p> <p style="font-size: x-small;">Push the chest down at least 5cm.</p> </div> <div style="flex: 2; padding-left: 20px;"> <p><b>Start chest compressions.</b> -This is the scary part. Just remember, this is helping to save the patient, and they won't feel it. -Start compressions as the image shows, and try to keep at 100-120 beats per minute. The best (although slightly morbid) song for this is 'Stayin Alive' by the Bee Gee's.</p> <p>-Keep doing compressions until the ambulance crew turns up – they may ask you to carry on for a bit if you are happy to, while they sort out the airway and other important bits – or stop if the person wakes up!</p> </div> </div>

When you phone 999, use your speaker phone if you can. The call takers give CPR instructions over the phone. Try and keep calm on the phone; the call taker will be asking lots of questions that may not seem important at the time, but as soon as they have an address (or the closest you can give) they will send the ambulance.

For more info, search Resus Guidelines, and check out 'Heartstart' which offer free basic life support courses!

## SENIOR RESULTS **SATURDAY LEAGUE 2015-2016**

### SABINA 1 DIVISION 1

Team	Played	Won	Drawn	Lost	Points	Goal Avg
<b>Telstars 1</b>	14	14	0	0	70	1.786
<b>KCNC 1</b>	14	10	0	4	58	1.432
<b>Vibrant</b>	14	8	0	6	52	1.045
<b>Eclipse 1</b>	14	7	0	7	50	1.095
<b>Sabina 1</b>	14	6	0	8	44	0.745
<b>Telstars 2</b>	14	4	0	9	40	0.879
<b>Crystal Palace 1</b>	14	1	0	13	26	0.678
<b>Raiders 1</b>	14	5	0	8	26	0.672

### SABINA 2 DIVISION 5

Team	Played	Won	Drawn	Lost	Points	Goal Avg
<b>Eclipse 2</b>	14	14	0	0	70	1.627
<b>Sabina 2</b>	14	11	0	3	61	1.328
<b>Harmony 1</b>	14	9	1	4	58	1.306
<b>KCNC 3</b>	14	7	1	6	49	0.943
<b>OBA 2</b>	14	5	2	7	47	0.968
<b>Nexus</b>	14	5	0	9	41	0.83
<b>Telstars 4</b>	14	3	0	11	31	0.758
<b>Raiders 2</b>	14	0	0	14	17	0.499

### SABINA 3 DIVISION 7

Team	Played	Won	Drawn	Lost	Points	Goal Avg
<b>Hornets 2</b>	14	10	0	2	64	1.542
<b>Sabina 3</b>	14	11	0	3	61	1.448
<b>Aqua 1</b>	14	5	1	6	52	1.203
<b>Trinity 1</b>	14	6	0	8	46	0.996
<b>Istead 3</b>	14	5	1	8	42	0.981
<b>Wealden 4</b>	14	7	0	6	41	0.911
<b>All Saints</b>	14	7	0	5	40	1.164
<b>Raiders 3</b>	14	0	0	13	6	0.368

### SABINA 4 DIVISION 11

Team	Played	Won	Drawn	Lost	Points	Goal Avg
<b>London Lionhearts</b>	12	12	0	0	60	1.869
<b>Eclipse 5</b>	12	9	0	3	51	1.544
<b>Sabina 4</b>	12	5	1	5	44	1.143
<b>White Lotus 1</b>	12	4	1	4	37	0.97
<b>Club Langley 2</b>	12	2	1	8	28	0.64
<b>Telstars 6</b>	12	1	2	8	24	0.557
<b>Lee NT 3</b>	12	1	1	6	4	0.559

# SENIOR RESULTS SUMMER LEAGUE 2016

## Division 1

Team	Played	Won	Drawn	Lost	Points	Goal Avg
<b>Telstars 1</b>	7	7	0	0	35	1.688
<b>Sabina 1</b>	7	5	0	1	32	1.359
<b>Eclipse 2</b>	7	4	0	3	24	1.055
<b>Eclipse 1</b>	7	2	0	4	23	1.074
<b>Hornets 1</b>	7	4	0	3	22	0.944
<b>X's</b>	7	2	0	3	14	0.841
<b>Raiders 1</b>	7	0	0	7	10	0.54
<b>Istead 1</b>	7	1	0	4	3	0.663

## JUNIOR RESULTS RISING STARS NETBALL LEAGUE



### U12 TABLE

#	Team	PI	HW	HD	HL	AD	AW	AL	W	D	L	F	A	Diff	Pts	Adj
1.	<b>Beacons Yellow</b>	10	10	0	0	0	0	0	10	0	0	348	40	308	50	0
2.	<b>Raiders Cubs</b>	10	2	0	1	0	6	1	8	0	2	193	106	87	40	0
3.	<b>Breakaways White</b>	10	6	0	1	0	1	2	7	0	3	206	133	73	37	2
4.	<b>Club Langley Blue</b>	10	4	0	3	0	0	3	4	0	6	117	162	-45	23	3
5.	<b>Telstars Red</b>	8	0	0	0	0	4	4	4	0	4	80	112	-32	21	1
6.	<b>Hornets Pink</b>	8	2	0	2	0	1	3	3	0	5	78	142	-64	17	2
7.	<b>Hornets Blue</b>	8	1	0	2	0	1	4	2	0	6	38	187	-149	10	0
8.	<b>Sabina White</b>	8	1	0	0	0	0	7	1	0	7	26	94	-68	7	2
9.	<b>Eclipse Gold</b>	8	1	0	4	0	0	3	1	0	7	45	155	-110	7	2

### U16 TABLE

#	Team	PI	HW	HD	HL	AD	AW	AL	W	D	L	F	A	Diff	Pts	Adj
1.	<b>Sabina Red</b>	8	2	0	0	0	6	0	8	0	0	149	49	100	40	0
2.	<b>Breakaways Gold</b>	8	2	0	1	0	4	1	6	0	2	188	66	122	33	3
3.	<b>Beacons Black</b>	8	2	0	4	0	2	0	4	0	4	108	142	-34	20	0
4.	<b>Wealden Black</b>	8	0	0	3	1	1	3	1	1	6	78	140	-62	9	1
5.	<b>Club Langley White</b>	8	0	1	5	0	0	2	0	1	7	34	160	-126	5	2

## happy news

*Weddings, marathons, babies - we have been a busy bunch!*



**W**e have been busy this year! With two weddings, a baby on the way, a marathon completed, Umpiring achievements - it's been quite a busy year!

Huge congratulations to the new Mrs Daniella Gray-Witter on her marriage - it was a lovely day and think the pictures just show how much fun the bride had! She has had a busy year with achieving

her umpiring B Award. Go Dani!

Other congrats go to our old coach Sharon, on her wedding to Gary. Want to wish you all the very best of happiness in the future - no babies just yet please we've got a tough season ahead!

Also big congrats to Nicola - who completed the London Marathon this year in a very impressive time. Well done to you - showed such an amazing

achievement and determination.

Just as this newsletter is going to print - news just in: Louisa had a baby girl! Sophie Bridget Patricia Barry, a healthy 7lb 1oz! (Already recruiting for the future!) A HUGE congrats from us all!

If you have anything you're very proud of and want to share - why not email us and get it in the next newsletter?



## DON'T FORGET

New time structure to allow further development for internal young coaches and umpires as well as creating young leaders.

Call out Club now train on THURSDAYS - New Day, New Times, New Season

5.30PM to 7PM  
Age 7 up to 12 (under 12s)

6.30PM to 7.45PM  
Age 12 to 14 (under 14) girls in performance programme who will 7.45 to 9.30

7.45PM to 9.30PM  
Age 14 to 16 (under 16) apart from girls in performance programme who will be 8pm to 10pm

8PM to 10PM  
Age 16 and seniors

## LONDON YOUTH SQUAD

London Youth Games – club members represented Lewisham.

### U14

Chennel Johnson=Powell  
Lauryn Sy  
Natalie Angel  
Phoenix Fatodu

### U19

Carlene Cole  
Olivia Tchine  
Mya Wander  
Melissa Mabriza

Our girls made us very proud at London Youth Games at Crystal Palace last weekend – shame we did not get more club members supporting as some great netball was played.

· U14 team finished 9 out of 36 boroughs (only missing out by going into quarter finals by one game)

· U19 was clearly the stronger team, but had a

nightmare against the team who eventually won the tournament (Redbridge), loss to them by one goal 16-14 (came back from 7 goals down in the first half) eventually finish second in their group, but loss out on the finals as only the one from each group could play – we complain, so there will be semi-finals next year.

· A win next year 90% of these girls are still able to play



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## RECRUITING NOW for SEASON 2017 ALL AGES AND ABILITIES

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### Competitions played in

Bexley Monday Summer League  
NWKL Adult Winter/Summer League  
Kent County Junior League  
Kent Count Senior League  
Rising Star Junior League

### MANY TOURS

Butlins/ Kent/ Fast Net/ NWKL Kent  
Netball - Competition County  
Rising Star  
<http://risingstarsnetball.pitchero.com/>

### GET IN TOUCH

#### Marlene Wander

Club Chairman/Manager  
07985 219542/ 01322 553931  
18 Rye Close, Bexley, DA5 1PX marlene.  
wander@barclays.com  
marlenewand@aol.com

#### Candice Laidley

Club Secretary  
07930 155899  
candicejts@hotmail.co.uk  
sabinanetball.clubbuzz.co.uk

Facebook: facebook.com/sabina.netball  
Twitter: @Sabina\_Netball

## Achievements

Every season we have nominate players for the **Jack Petchey** award. This is a great honour and such a good achievement for the club. This years winners are; Carlene Cole, Olivia Tchine and Phoenix Fatodu. Well done to you all.

Two more members have been successful this season - surprises to be had at the awards evening on 19th November

Call out Performance achievement of juniors gaining places in **Kent and Regional Academies** at really high levels

- Carlene Cole
- Olivia Tchine
- Chennel Johnson=Powell
- Lauryn Sy

A number of these girls were **scouted by England** selector over the weekend and have been asked to attend workshop days for further assessment.

Olivia, Carlene, Mya, Melissa, Phoenix

Good luck to these girls on their performance pathway.

## DATES FOR YOUR DIARY

### Wednesday 13th July

Club AGM in LEE to incorporate Rules update and registration for season 2017.

### Saturday 16th July

Sabina Open Match and Recruitment Day  
10am – 4pm, Prendergast School, indoors, Adelaide Avenue, London SE4 1LE

### 11 August

First session back  
**Saturday 19th November**  
Awards Evening, Tenembee

**Friday 9th/10th December**  
Christmas Do tbc

### Saturday 24th June 2017

Rising Stars Tournament

**Saturday league commence on the 3rd September** with its Beginning of season rally at Bromley High School.

### Senior County Sunday League dates.

Home games will be at Bromley High School - all club members should reserve date; if not playing should support the club.

### 2016

25th September  
9th October  
6th November

20th November  
11th December

### 2017

8th January  
22nd January  
5th February  
26th February  
19th March  
2nd April (reserve date)

We need your help - volunteer today!

**Kit** – have you ordered your dress or hoodie – are you ready for the new season?  
· tracksuit will be available this season  
· club bags can be issue now following payment of £20.00