

The Oldest and the Youngest

You can't say the Luton, Dunstable & District Netball League is not inclusive as players young and old compete across its divisions in South Bedfordshire. One their players, Julia Sandifer, has been involved for a remarkable 47 years and the Leighton Buzzard Comets' Wing Attack is the league's longest-serving player, having first competed in it aged 14. Leighton Buzzard Comets, who play in Division One, can also boast the league's oldest player in the ever youthful 71-year-old Barbara Walsham. Michelle Rooney, chair of the league said *"It is heart-warming to watch Comets playing each weekend, as well as being great netballers and role models for all teams, they are great friends and regularly show that experience can outwit youth"*.



Meanwhile, in Division Two, there is a player who is 57 years Walsham's junior, 14-year-old Charley Plummer. Charley plays Wing Attack for Black Tornadoes and is the leagues youngest player. Leighton Buzzard and Tornadoes are two CAPS accredited clubs who have both had great success in the Luton, Dunstable & District Netball League over the 60 years the league has been running. To find out more about this warm and welcoming league please visit the web site <http://www.lddnetball.co.uk>

Coach focus

23 year old netball coach Kellie Hair is from Houghton Regis in Bedfordshire.

Although Kellie did play netball at school, her first sporting passion was football, playing for Luton girls team and at county level while she was at school. However a bad ankle injury meant that she had to give up football and so she found herself joining Luton Panthers.

Since then she's never looked back and became involved with Luton Community Netball as captain and helping coach and plan training sessions. At 21, Kellie took her Level 2 coaching qualification.

After completing a degree in international management Kellie decided that business wasn't for her and that she'd like to become a specialist PE teacher and will start a PGCE in Primary PE Education next year at Bedford University.

In preparation for her course, Kellie has taught at local primary and secondary schools and also coaches our Team Beds and Luton ladies Get Back Into Netball sessions at Van Dyke Upper School and Robert Bloomfield Middle School.



Coaching children is Kellie's passion. She has a young niece and three nephews and loves to practice and develop her coaching sessions using their feedback. Kellie also has experience of one-to-one coaching of children with special needs, with the aim of getting them back into mainstream PE lessons.

Kellie says: "I love the way that young kids have a real appreciation of your skills as a coach and are creative in the way that they do drills and play games. There's no limits with them and it's very rewarding for the coach."

Kellie currently plays for Luton Panthers as centre, wing attack or wing defence. "As a player, I understand the game, and also the frustrations and emotions involved in the game and use this experience to improve my coaching sessions." Kellie has ambitions to take her Level 3 coaching certificate when she has more experience under her belt.

Cranfield Netball Club

Cranfield Netball Club is based in Cranfield, Bedfordshire. The small village club was launched in 1999 with 9 players can now boast 13 teams in total, although we are a village club we are actually not that small, with 7 adult teams, 2 youth teams and 4 junior teams totalling approximately 130 players!

Alison Brightman was chair of the club until she recently retired and along with Cathie Carter and Paula Beddoe who formed the club 16 years ago. Alison is very proud of what the club has achieved this year and actually every year since it's launch, the teams have produced some remarkable results. Some of the Achievements since the onset are:- 2008 Cranfield Nomads finished in 6th Place in the U19 National Clubs Competition; Cranfield Nomads, Swallows and Raiders all were Bedfordshire U14 and U16 County Champions reaching the Regional Clubs Rounds and last year Cranfield Ravens reached the U14 RCL round.



Individual Performances

National Goalden Globe Attendees

- * Cranfield Netball Club, Outstanding Club Award
- * Natalie Carter, Young Netball Volunteer Award
- * Sam Brightman and Laura Bygraves joint Netball Volunteer Award Nomination
- * Cathie Carter, Coach Award and Muriel McNally Award Nominations

* Bethany Dix, who started playing with Cranfield when she was 9 years old, still plays for Cranfield Cavaliers in the Bedford Premier League. Bethany also plays for the Mavericks Youth Squad and this year was also selected to represent England as part of the new NETS U18 squad. She travelled to Australia with the squad in September and they won the U18 World title, beating the Aussies on their home turf so she has a gold medal, but not only that, she was voted U18 player of the whole Tournament and player of the Final, this is such an amazing achievement for Beth.



* Natalie Carter - Nationally was the youngest B award umpire when she was only 18. She went on to play for Loughborough Lightning and the English Universities Squad, she is an active level 2 coach now playing, umpiring and coaching in Singapore.

* Sam Brightman is an England Netball Performance Pathway Coach based at Loughborough University and is completing her Level 3 Coaching award, she also coaches the Swiss National Squad and is assistant coach to Loughborough Lightning NPL squad. Sam has previously played for Mavericks and Loughborough Lightning Youth along with the English Universities Squad.

* Danielle Lay and Georgia Richardson also played for Loughborough NPL and Danielle is currently involved with Team Northumbria.

* Alison Brightman has since past her 25 years of service to England Netball through volunteering, coaching, umpiring and development.

* Cranfield NC have a vast range of expertise in all areas of officiating and Fran Wade secretary of the Club is currently Bedfordshire's Official of the Year.

* Cranfield NC also have a Regional adult Team who play in the 2nd Division of the East Region League, and are currently this season sitting 2nd in the table.

Cranfield work extremely hard to encourage youngsters and adults to volunteer within the club and encourage them to take Umpiring and coaching awards and have mentoring opportunities for buddies, coaches and umpires at all levels. The club have supported all of the above and many more through the whole process and will continue to do the same with other youngsters and volunteers as they come through the Club. A quote from Alison – *“What’s that saying “you reap what you sow” and I believe sowing the educational seed in our youngsters is very important, in fact as a Club I think it’s probably one of the most important aspects of what we do. It is great that we encourage the girls to play and keep physically active , and we hope that physical activity (netball hopefully) will become a lifelong habit that they keep , but the up skilling of the youngsters is a real string in their bows as they venture out into the world.”*

The new chair is now Johnny Cochrane. Alison is now honorary President of the club.

They are sponsored by Shelton Trophies and JR Trolleys.

Long may the success of Cranfield Netball Club continue to develop and grow.



1926



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

2016



More information can be found at englandnetball.co.uk



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COACHING WORKSHOPS

DATE	TIME	WORKSHOP	VENUE	COACHES	INFORMATION
Tuesday 15th December 2015	18.30 - 21.30	Decision Making Under Pressure & Fatigue part 1	Oaklands College, Hatfield Road, St Albans, AL4 0JA	Maggie Jackson, Sam Bird, & Mel Mansfield	<p>Opportunity to observe a Senior NSL training session and focus on</p> <ul style="list-style-type: none"> * What is pressure & how does the coach increase pressure on the individual, unit and/or squad * As an individual, unit /squad - What breaks down when the level of physical/mental intensity increases * How does the coach ensure pressure is appropriate for the individual & learning can take place
Saturday 6th February 2016	10.00 - 15.00 16.00 -	Managing a Bench * Match Ticket to Mavericks v Lightning included *	St Albans School Sports Centre, St Albans, AL3 4HB	Maggie Jackson & Sam Meade	Looking at preparation for a match, how coaches prepare for feeding back during and after the match and how coaches work with other support team members. There is also an opportunity to observe the NSL match versus Loughborough Lightning and gain an insight into thinking of a NSL coach.
Monday 11th January 2016	18.00 - 21.00	Decision Making Under Pressure & Fatigue part 2	Comberton Leisure, Cambridgeshire, CB23 7DU	Maggie Jackson & Sam Meade	<p>Opportunity to observe a Regional Academy training session and focus on</p> <ul style="list-style-type: none"> * A key part of the game and what and how "pressure" can be demanded through the structure of the session, the organisation of the players and the delivery by the coach so there is progress made by the individual, unit and/or the group.
Thursday 11th February 2016	18.30 - 21.30		Braintree College, Church Lane, Essex, CM7 5SN		
Wednesday 16th March 2016	18.30 - 21.30		Oaklands College, Hatfield Road, St Albans, AL4 0JA		
Saturday 11th June 2016	10.00 - 13.00	Improving your coaching of C/WA/GA	Cambridge Regional College, Cambridgeshire, CB4 2QT	Karen Atkinson Collette Thompson	<p>Opportunity to observe 3 experienced coaches working with Regional Academy players to develop the role of the Centre, Goal Attack and the Wing Attack.</p> <ul style="list-style-type: none"> * The centre players will focus on a) making an appropriate accurate centre pass and b) to read when and where to move in relation to the other players (thinking 2 passes ahead) when moving from a centre pass and from out of the defending third when the centre is caught deep . * The Wing Attack will focus on a) on & around the circle edge b) ability to lose their opponent when in a small space * The Goal Attack will focus on a) situations to ensure the circle defence have to make decisions b) how to lose their Goal Defence in the attacking third of the court.

FOR MORE INFORMATION CONTACT

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Fabulous prizes to be won in Anti-Bullying Competition 2015



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

Harrod UK

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

Do your young players enjoy teamwork, achievement and fun? If so, they'll love this competition – it's a fantastic opportunity for everyone to join together, devise a fun fund-raiser to support the Anti-Bullying Alliance charity, raise your club profile - and win a fantastic prize for doing so!

Prizes: England Netball have got 2 great top prizes your team could win:

An international star from the England Netball Squad will come to your club and deliver a coaching session to the winning team!

Two runner-up teams will win a netball signed by the England Netball Squad!

Closing Date for your entry: Friday 4th December 2015

For more information and how to enter please visit:

<http://www.englandnetball.co.uk/news-and-media/latest-news/fabulous-prizes-to-be-won-in-anti-bullying-competition-2015- id02c43ff1-9442-422f-8176-040dc8b3e9bf>

MyGame



Dear Coaches,
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Netball East are keen to provide additional support to coaches across the Region including:

- Updates on up & coming courses
 - New funding opportunities
 - Bespoke coaching workshops
- New opportunities to coach (e.g. Back 2 Netball)
 - Ideas of coaching drills.

By filling in the survey you will be added to the East Region Coaching Database, receive all the latest coaching info first hand & your County will also be able to provide you with information relevant to you. It is also your opportunity to tell us how we can support you with your coaching. The survey should only take 5 minutes

[Click here to complete the survey](#)



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DATES FOR THE DIARY...

UKCC COACHING COURSES

UKCC Level 1

- Oaklands College, St Albans, Hertfordshire,
30th January & 21st February 2016

UKCC Level 2

- Oaklands College, St Albans, Hertfordshire:
19th/20th March, 16th/17th April, 15th May
2016

We are currently in the process of planning more UKCC Courses for the 2016/17 period. We will have a 2 week priority period in December for all East region members to book on East Region courses, so keep your eyes peeled for more information.

OFFICIATING

Beginner, Working Towards C Award:

Saturday 28th November 2015 9-4
Lynn Grove Academy, Lynn Grove, Gorleston-on-Sea, Great Yarmouth, NR31 8AP

C Award

Sunday 29th November 2015 9-4
Bury Leisure Centre, Beetons Way,
Bury St Edmunds, IP33 3YE

Further Umpire course will be confirmed shortly. For more information on how to book, please email east@englandnetball.co.uk



HIGH 5 COACHING WORKSHOPS

17th February 2016 3-6pm
Queens School, Bushey

TIME TO LISTEN COURSES

Fulbourn Centre, Cambridge:
Monday 22nd February 2016. 6.30-9.30pm

For more information and booking form email east@englandnetball.co.uk

TECHNICAL SKILL COACHING WORKSHOPS

Activate workshop:

3rd March 2016 6-9pm
Stanground Academy, Peterborough Road,
Peterborough, PE7 3BY

For more information about all technical skill workshops that can be run across the region please visit www.englandnetball.co.uk/make-the-game/coaching/Coach-Workshops

To register your interest or request specific Technical Skill workshops to be run in your area, email your details to east@englandnetball.co.uk.

COACHING DATABASE

<https://www.surveymonkey.com/r/BC8VHMB>
To register your interest on coaching courses or to be added to our coaching database to find out the latest information about courses & funding opportunities - email your details to east@englandnetball.co.uk