

LIZ ROCHE – NETBALL BIO

Playing

Liz began playing netball as a teenager for Comets Netball Club in the Sittingbourne & District Netball League and played all the way through school including appearances at the National Junior Clubs Championships.

Whilst at school, Liz also played in the youth league at Strood Sports Centre, and for Travail Netball in the Medway League.

After several unsuccessful trials (and learning resilience), Liz was selected for the Kent U18 Squad in 1989, competing in the English Counties League and in 1991 was part of the squad that won the “Alternative U18 Inter-Counties” (arranged due to the official tournament being washed out). She also enjoyed two tours with the Kent Schools Netball Association, to the Midlands and also the Channel Islands.

Attending the University of Leeds, Liz represented the 1st team from 1991-1994, and captained the squad for two years which included 2 Northern Universities Championship wins and reaching the semi-final of the UAU cup.

Liz was awarded full University Colours in 1993, and the Gryphon Sports Award in 1994 following selection for the England Universities Squad. She also played for Leeds Athletic Netball Club in these years.

On returning to Kent, Liz joined Kent County Netball Club in 1994 and has played in various club teams from the 1st to the 4th team (depending on fitness and injury!). As a player she has been part of the team competing in the English National Clubs League, and then Premier League, including winning Division 2 in the 1998-1999 season and being runners-up in Division 1 for the 1999-2000 season. She has also represented the Club in the National Clubs Knockout competition at Wembley and played in a warm-up match against Jamaica (an experience not to be forgotten!).

Selected for the Kent Senior Squad from 1994-2004, competing in Division 1 of the English Counties League for the majority of this time, Liz was also County Captain in the 1999-2000 and 2001-2002 seasons.

In 1999 Liz was selected for the South East Region Senior Squad.

Liz’s favourite playing position is WD (and GK but would have liked to have been a bit taller!) but has played everything except GA/GS for Kent, and GS for Club. Unfortunately, her playing career was cut short by illness in 2013.

Umpiring

Liz qualified as a C award umpire in 1989 and as a B award umpire in 1994. She has umpired at national tournaments and events.

In 2001 she passed the written paper for her A award umpiring but decided to focus more on coaching.

Coaching

Liz's love of coaching was sparked at the youth league at Strood Sports Centre, where she started to help with the coaching of the younger girls in 1989.

Whilst at University, Liz coached the three teams from 1992-1994 as well as playing in the 1st team (see above), with the 2nd team also winning 2 Northern Universities Championships and reaching the final of the UAU Plate.

From 1993-1995 Liz coached at the England Netball Summer Camps.

In 2002 Liz achieved her Level 1 Coach award and set up the Club's junior section, going on to gain her Level 2 Coach award in 2005. Another Kent Life Member, Irene Pearson was Liz's mentor as she gained her coaching experience.

Liz's coaching achievements with KCNC are:

- Coach of 1st team – England Premier League Division 2 & 3
- Assistant coach of Premier team which achieved promotion from Div 3 to Div 2
- Senior 2nd team – Kent champions 2014-15
- Senior 1st-3rd teams – various league titles
- U16 Squad – 5th place at National Clubs Championships finals, London & SE Regional League runners up, Kent league and tournament champions
- U14 Squad – London & SE Regional Champions, 17th place at National Clubs Championships finals, Kent league and tournament champions
- Junior teams – various league titles

Other

Liz was one of the founders of the Kent County Junior Netball League in 2006 and became Chair in 2007. This League provides competition for the County's top youth clubs at U14 & U16 level (and at U18 level in some seasons).

In 2012, Liz was awarded the Needham Rider Salver for services to Kent Youth Netball. She joined the team of Kent Academy Selectors in 2019 and acts as a cover coach for the Academy program.

Liz was thrilled to be awarded Life Membership of Kent Netball in 2018.

Her mum and dad, Norma & David, who are both also Kent Netball Life Members, were (and still are) her biggest supporters and the inspiration behind her netball journey.



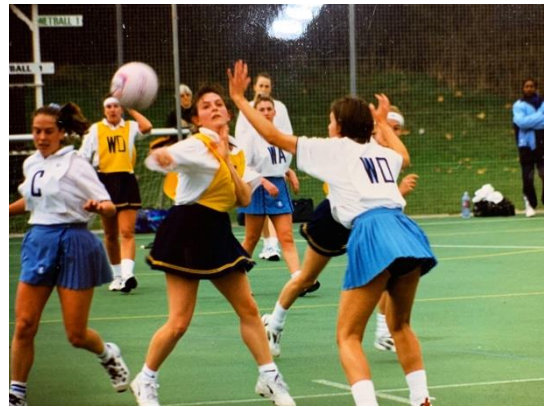
Playing for Comets 1990
[GD bib]



Kent U18 1991
[bright jacket!]



London & SE Regional Squad 1999
[front row, third from left]



InterCounties, Jersey
[WD]



Kent Senior Squad 1995-96
[front row, far right]



Kent Club v Jamaica
[WA]



Playing for Kent Club



With mentor Irene (and Jenny) Pearson



Favourite place = coaching!



At the International Junior Netball Festival