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Kent Netball Newsletter January 2013

Kent netball



New Face of Umpiring

After many years of valued service, Sara Mills stepped down as Kent Netball's Umpiring Secretary. Sara joined the Kent Netball Committee 12 years ago and since then has successfully managed all the county's umpiring needs, from organising courses & tests, to setting up mentoring and training, all whilst following England's officiating strategy – phew! In 2005 she was presented the Joyce Crust Award, for her outstanding contribution to the development of netball. Many thanks to Sara for all her time and effort over the years. We hope to see her on the netball circuit again soon.

Kent Netball welcomes Caroline Duggan as Sara's replacement. Caroline has a wealth of experience in umpiring, starting in 2002 and passing her A Award only 8 years later! She is also a C Award Tester. Caroline now umpires at national level taking her all over the country, but you can still find her umpiring at her local league in Maidstone. Of her role Caroline says "Umpiring has been my passion for many years and now I'm Umpiring Secretary I hope to be able to help guide and support others!"



Volunteer Awards

2012 saw the launch of Kent Netball's new volunteer awards. With over 4,000 affiliated members Kent Netball knew there was a huge amount of work being carried out by a large volunteer workforce. It was time to see these volunteers rewarded and recognised..

For a number of years the county association has been presenting three trophies, all donated by life members, that recognise the contributions made by individuals and organisations. This year Kent Netball added a further four awards to the existing categories and made all the awards open to nominations by their members.

The Awards were announced at Kent's AGM in September and the winners were:

- Joyce Crust Award - **Margaret Ansted**, Canterbury Netball League services to netball in Kent
- Needham Rider Award – **Shirley Ellis**, Otford NC services to Kent youth netball
- Marge Millar Award - **Folkestone Town NC** services to netball in Kent by an organisation
- Coaches Award - **Tessa Jones**, Malling Netball Maidens NC outstanding contribution to their club/organisation/community
- Officials Award - **Alison Bissett**, Malling & Maidstone Netball league outstanding contribution to officiating in netball
- Young Netball Volunteer - **Justine McAvoy**, Medway Junior League outstanding contribution to the development of netball in Kent by a young person
- Young Netballer Award - **Freya Thompson**, Telstars NC awarded by the Kent Talent Group for achievement in the Excel pathway
- Life Member - **Sara Mills**

Congratulations to all the winners on their awards!

As reported in the edition 12 of this newsletter, Shirley Ellis also went on to win the LSE Regional Muriel McNally Award, for her contribution to the development of netball at grassroots level for over 10 years. The remaining winners will be nominated for the Regional Awards this coming April.

To nominate your volunteers for the Kent Netball 2013 Awards please visit
www.kentnetball.co.uk

Club Competition>>>

Premier League

We're over half way in the England Netball Premier League and Kent's top clubs are finding the season tough going.

Newly promoted Telstars are currently sitting in 7th place in Premier League 2. But with 8 fixtures to go they are only 3 points off 3rd place. Meanwhile injury plagued KCNC are in 10th place with only 1 win so far .

In Premier League 3, Comets are in 8th place with only Wyvern and Lawn beneath them. With the remaining fixtures, the club will be looking to ensure they move out of the bottom 3 places to avoid the Premier League play-off.

Full results and tables are listed at www.Englandnetball.co.uk/competitions

L&SE Regional League

At this half way stage, London club Academy sit at the top of Division 1, only 3 points ahead of Wealden in 2nd. Vibrant, with 2 wins from 7, are in 6th place. This promises to be a tough division this season as only 5 points currently separate the top 4.

Meanwhile in Division 2, newly promoted Crystal Palace are having a great start to their Regional debut. Having lost only 1 game, they are sitting in 2nd place, 3 points behind leaders Poly.

Comets are in 3rd place whilst Raiders continue to have another difficult season in 8th place, having lost all their games so far. Like Comets in PL3, they will be looking for good points from the remaining fixtures to avoid automatic relegation from the league.

KCNC in the premier league



In this season's U16 Regional League Telstars are joined by Eclipse and Wealden. Eclipse have got off to a flying start with 6 wins from 6. Their top spot is being hotly challenged by Telstars who are in 2nd place and only 4 points behind. Wealden are some way off the pace and are in 7th with only 1 win.

Good luck to all our Regional clubs for the rest of the season. Full league tables can be found at www.londonandsoutheastnetball.co.uk



County league action

Kent's county leagues are well under way and seeing some high quality, competitive netball. With the opportunity to compete for a Regional place on offer the last half of the season is going to be an exciting one!

Senior County League

With only 3 fixtures remaining Wealden currently sit top of the table with 6 wins from 7. Telstars and Eclipse are hot on their heels, with Telstars only 1 point behind, Eclipse 5 points and both clubs with a game in hand. With Wealden unable to progress to the Regional Play-offs, due to squad already participating, its all to play for. It could come down to the penultimate fixture clash between Telstars and Eclipse

Junior County League

In the U19 section Sabina are proving tough to beat with 5 wins from 5 and some dominant scorelines along the way.

In the U16 section newcomers Eclipse top the table having been unbeaten so far. With a massive 605 goals scored so far, and only 175 against, they are the team to beat. Telstars, the winners of the last 3 U16 titles, are 14 points adrift of top spot and look to be battling with KCNC for second place.

The U14 section is a much tighter affair with only 13 points separating the top 5 teams and 8 matches still to play. Last season's winners Wealden are in contention in 2nd place, just 5 points behind leaders CFX, with Telstars in 3rd place. Its all to play for in the latter half of the season and it could be anybody's title.

For the full Results Tables, and all of the fixtures for the the County League visit the County Competition page of www.kentnetball.co.uk

Top Marks!

Congratulations to **Eclipse** who recently achieved their Silver CAPS award. The club formed last summer with a small group of players, and most importantly a dedicated team of coaches and volunteers! They quickly gained the Bronze award and in November went on to gain the Silver Award. This is a huge achievement for the club and a reflection of all their hard work.



CAPS is England Netball's clubmark scheme. The aim of CAPS is to help clubs provide a safe and quality environment for young players, and to support the club's development and achieve their full potential. If your club has junior players and you would like to achieve the award then you can register for FREE on the Clubs' page of www.Englandnetball.co.uk.

Action from the U14 league



Want to Become a Coach ?

UKCC Courses for 2013 have been released and there are a number of courses in the London & South East Region....

UKCC Level 1

2, 3 February & 3 March	University of East London, London E16 (fully booked)
23, 24 March & 28 April	Christ Church University, Canterbury (limited places)
22, 23 June & 14 July	Surrey Sports Park , Guildford

UKCC Level 2

26 January to 24 March	Croydon Sports Club, Croydon (fully booked)
15 June to 11 August	Brunel University, Uxbridge

UKCC Level 2 Conversion

This course is aimed at existing, active coaches who hold the England Netball old Level 2 Award

8, 26 June & 27 July	Rush Croft Sports College, Chingford, London E4
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Find details of these and other courses across the country, on the **Coaching** page of www.Englandnetball.co.uk

Join the **Kent Coaches Register**, a support tool for all sports coaches. Receive top tips and ideas you can use in your coaching, network and share best practice with other coaches, and access support to help you on your coaching journey. Register at www.kentsportcoaching.org. If you'd like to be kept up to date with the latest coaching opportunities contact Natalie on natalieb2@Englandnetball.co.uk

Coaching Skills >>>

England Netball London & South East are running a new **Step into Coaching** workshop. This is a new workshop to introduce new and beginner coaches, teachers and parents to the rules of netball and the fundamental skills required. It will also cover what to include in a warm-up, and how to develop and progress practices.

Two pilot courses are currently running:

- 10th March, Rushcroft Sports Village, Chingford
- 20th March, Warlingham School, Surrey

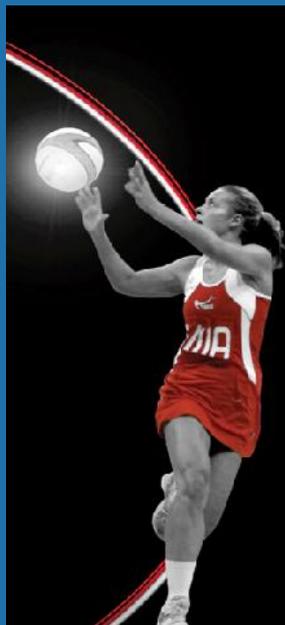
For more details visit www.londonandsoutheastnetball.co.uk

Are you already coaching and want to add some new skill ideas to your club practices or school lessons? Then maybe this coaching workshop is for you....

- **On The Move: Essential Movement Skills for Netball**
- **Sunday 10th February, 10am to 1.00pm**
- **Northfleet School for Girls, Northfleet**

The course will introduce the coach to the essential movement skills required for effective performance in netball. Specific tasks will enable the coach to identify the coaching points, common errors and corrective measures associated with the movement skills. The workshop will examine practice design and outline how to progress a movement skill practice with specific emphasis on making progressions game related throughout.

Booking forms can be found on the Courses page of www.kentnetball.co.uk. For more information contact Natalie on 07786 191562 or natalieb2@Englandnetball.co.uk



Coaching Bursary?

England Netball have released a new Back to Netball Coach recruitment campaign, which provides £10,000 of funding available to support women through their coaching qualifications.

Are you a coach or player looking to introduce netball to a group of enthusiastic women? Perhaps you're a Back to Netballer that would like to get involved in coaching? Then this funding is for you. In return, coaches will need to deliver 10 voluntary Back to Netball sessions.

To register your interest, email: iwanttobeabacktonetballcoach@Englandnetball.co.uk. The funding is available until 31st March or until its gone - register your interest NOW to ensure that you do not miss out!

Sports Coach UK have published a funding guide for coaches. Have a look for funding to support your coach education and development www.sportcoachuk.org

New Year New Coach

In December the L&SE Regional Excel Coach, Emma Blackmore, left her role at England Netball. Emma worked in the Region delivering the Excel programme and coach training and education. We will still see Emma in netball in her role as Coach of Surrey Storm NTL, and wish her the best of luck in her new career.

Part of Emma's role was to deliver the Regional Academy programme. This week **Janet Lettman** has been given the Interim Regional Head Coach role. Janet is vastly experienced having been Regional Assistant Coach, and coaching at club and county level. She is also a County Selector and coach mentor. Congratulations Janet !

Officiating>>

New kids on the block

Kent welcomes its next generation of umpires - Rhianna Smith, Shannon Murray & Paige Money – all recently gaining their C Award qualification.

Rhianna, who is 18, umpires at Malling and Maidstone Netball league. She has worked hard with her Mentors to achieve her C award and is now looking forward to progressing her umpiring career.

Shannon & Paige from KCNC are both only 14 years old! Both have been working hard towards their award practicing at club training, umpiring for KCNC juniors in the Rising Stars League, and volunteering time at the Medway Junior League.

Congratulations to all the girls and we look forward to seeing them officiate an England international in the future!!.



Shannon

Paige

Rhianna

Kent Netball run a mentoring scheme for C Award Umpires who wish to progress to the B Award. If you would like be part of the scheme contact Kent's Umpiring Secretary, Caroline, on cduggan@kentnetball.co.uk

Pick up a whistle!

Umpiring courses currently running in Kent are.....

Beginner Award

17 March	Leigh Technology Academy Dartford
30 June	Hugh Christie College Tonbridge

C Course

1 April	North School, Ashford
7 July	Holmesdale Technology College Snodland

For full details, frequently asked questions and booking forms visit the Umpiring page of www.kentnetball.co.uk

Already qualified? Perhaps you'd like to train as Tutor to deliver the ever-increasing demand for courses. Or maybe qualify as an Umpire Tester to help us increase our number of qualified umpires.

For details or further information on becoming an Umpire Tutor / Tester contact Caroline cduggan@kentnetball.co.uk



Competition time!

England Netball London & South East are running a competition for primary schools within the Region.

Skills Award Starter Packs are up for grabs to 3 lucky schools. The Skills Award is progressive award scheme that can be used to motivate your players to practice and improve their basic skills, and reward them for their efforts.

All you need to do is complete the simple entry form to be in with a chance of winning. Details and entry can be found at www.londonandsoutheastnetball.co.uk

Primary schools must be affiliated to enter. Affiliation is currently FREE! Visit www.englandnetball.co.uk/membership

School Finals

On 1st December, Kent Netball held their first School Finals Day. This new fixture in the county's school tournament programme was introduced this year to mirror the Regional and National Finals.

The programme for the day saw the top U14, U16 and U19 teams compete for the Regional places up for grabs. As in previous years, Kent Netball had held the qualifying rounds for these age groups. Instead of just 2 winning teams, 8 qualified through to provide the competition for the Finals Day. The day also meant that the county could provide neutral umpires to officiate the day, a move much appreciated by teachers who could now concentrate on their coaching.

Each team took part in a round robin format within their own age group, providing very competitive matches and netball of a high standard. Our winners and runners-up, and qualifying for the L&SE Regional tournament, are:

- U19 Sevenoaks School / Benenden
- U16 Tunbridge Wells Grammar / Sevenoaks School
- U14 Tonbridge Grammar / Invicta Grammar

Congratulations and good luck to our winners. Many thanks for the schools in their support for this new format, and to the umpires for braving the cold!



Tonbridge U14 squad



Tunbridge Wells U16 squad



Sevenoaks U19 squad

Excel Pathway



Over the last few months Kent's talented netballers have been putting themselves through the trial process to gain a place on the England Netball Excel pathway....



Kent U17 Trials

In the summer Kent Netball held their trials for the 2012/13 Academy programme. 200 young players attended the initial trial day and competition for progression to the next round was tough. Following a further 2 rounds of selection 40 players were selected for the U14 Satellite Academy, whilst 30 were selected for the U17 Academy. In November Kent Netball selectors were out in force at the County Junior Selectors

and, after a trial invitation, a further 8 players were selected into the programme. All the Academy players are now half way through their Academy training and gearing up for the Regional Talent Festival in March. A full list of selected players can be found on the Talent page of

www.kentnetball.co.uk

From the County Academy players progress to the Regional Academy and this season Kent have the following players in the programme:

- Eleanor Durr
- Nicole Flynn
- Nicole Humphrys
- Ellie Lawrence
- Rochelle McKay-Pryce
- Lucy McMenemy
- Leah Melvin
- Laura Morton
- Imogen Spark
- Laura True
- Asha Williams

The following players were selected for NTL squads this season:

Surrey Storm

- Olivia Emanus
- Katie Harris
- Hayley Pring

Mavericks

- Maddie Ellison
- Sally Fisher
- Nicole Humphrys

Congratulations to all the players selected into the Excel Pathway this season.

Satellite Day

On Sunday 9th December, Kent's Satellite Academy athletes were treated to a day's coaching with Superleague players from Surrey Storm.

Tamsin Greenway, Natalie Seaton, Kat Ainsworth and Alex Sinclair all came to the new Osterberg Sports Centre at NWK College and gave the girls a day of specialised coaching. Sessions of defensive and attacking play, and SAQ, followed by conditioned match play were well received by all the girls. The athletes then had the chance to ask Natalie, Alex, Kat and Tamsin questions about their training and playing experiences.

Storm coach Tamsin said how important it was to meet these players: "It is great to

be able to get out to see them. Hopefully we have inspired them to continue with their training and reach their full potential."

It was a tiring but great day for all the girls. And we hope to see some of them take the court for Storm in the future!



Superleague

The 2013 Superleague season kicks off in February and promises to be another exciting season.

Competing for Surrey Storm this year will be Amanda Davis and Katie Harris. After her call-up to the seniors last season, Amanda is now hoping to be a regular shooting partner to Rachel Dunn. Joining her in the shooting circle will be Katie, moving up from last year's NTL squad. Both players travelled to the World Premier Club Challenge (WPCC) in November, getting the chance to play against some of the world's best players.

Another Kent player gracing the Superleague court this season will be Fran Desmond. Fran, from Telstars, was part of Surrey Storm last season but will be wearing the dress of Loughborough Lightning for 2013.

Keep up to date with all the Superleague action on Sky Sports

Young Player of the Year

Congratulations go to Freya Thompson who was awarded Kent Netball's Young Player of the Year Award for 2012.

Last year was a busy one for Freya in her netball career. Already in the Regional Academy and Surrey Storm NTL squad, she was nominated for England screening in March. Selected for the England U19 squad, Freya was immediately named in the squad of 12 that competed in the annual European Championship competition. In November Freya was named in the senior Surrey Storm long-squad, and selected for the WPCC squad.

Freya has worked extremely hard, putting in long hours at training and in the gym. Her achievements are thoroughly deserved. Congratulations to Freya on a great year!

Back to Netball >>>

Back to Netball (B2N) won Sport Project in the National Lottery Awards in November. The inspirational project collected the coveted title at a star-studded awards ceremony broadcasted on BBC One

Over 25,000 women gone Back to Netball since the initiative was launched in 2010, and it has helped to change lives across the country. England Netball is proud to have spearheaded an initiative that has had such a positive impact on thousands of women across the country.

A huge acknowledgement goes to the workforce who deliver sessions every week. Without the incredible team of coaches, and the remarkable support from local authorities, facilities, and County Sports Partnership's this achievement would not have been possible. Katy Ritchie, National Development Manager who leads the scheme, said "Winning National Lottery Sports Project of the Year 2012 is a dream come true. So many people have been involved in the success of Back to Netball and the award represents four years of hard work. Back to Netball coaches have inspired women across the country to return to the sport and it proves that there is a real thirst for traditional female sport out there."

National Lottery players raise over £30 million every week for good causes across the UK. This money is changing the lives of people in communities across the UK. The National Lottery Awards are the annual search to find the UK's favourite Lottery-funded projects. Over 500 schemes were nominated and the winner in each category was decided by public vote.



Sir Chris Hoy presents the trophy to back to netballers



Back to Canterbury

Back to Netball is taking place across the county and Canterbury is no exception. Here the initiative is delivered by the Canterbury & District Netball League in partnership with Canterbury City Council and England Netball



The sessions started four years ago and there are currently over 450 ladies on the register. The group is a diverse mix ranging from ladies in their sixties to 16 year olds who love netball but don't get the chance to play at school. Since its inception the group has formed 3 teams which now compete in the Canterbury and District league.

Their success has meant the group has been in a great position to apply for funding to aid sustainability. For the 2012-13 season a successful funding bid to the CO-OP has provided equipment for the sessions, as well as support for coaching and venues.

The sessions run every Wednesday evening at the Junior Kings School and are delivered by coach Liliane Widdows. Although the weekly sessions demand a lot of time and commitment from Liliane she prefers it this way as this she finds that this suits the ladies the best. Many can't commit to every week so they know that if they miss a couple of weeks the sessions are still running when they are able to return.

Speaking to her participants Liliane finds one of their biggest hurdles is that they have lost their confidence "When ladies contact me about attending the session they normally tell me how much they used to enjoy netball at school, but now they are out of shape and too old. I tell them they are never too old to play". Liliane says of her group "I coach a lot of netball from primary school to university and club netball and I can honestly say that teaching the back to ladies is my favourite. I love to see their transformation. They lose weight, learn a new skill, regain their confidence and make new friends".

To enquire about the Canterbury B2N sessions contact Liliane on 07730 859269

For details of B2N sessions across Kent visit the B2N page of www.kentnetball.co.uk or www.englandnetball.co.uk/my-game/back-to-netball

Back to netball in...

Bexley... New Back to Netball sessions have recently started in Bexley. The sessions run on Thursday nights, 7.30pm at The Harris Academy, Falconwood.

If you want to get back into the sport, or want to try it for the first time then come along.

Bromley Back to Netball coach needed.....inspired by Liliane's story? Want to share your love of netball?

We'd love to set up a B2N group in the Bromley area but need a qualified netball coach to deliver the sessions. Can you help?

Funding is available to support the delivery of these sessions.

If you are interested in either the Bexley or Bromley B2N scheme then contact Natalie 07786 191562

