



# London and South East Netball Summer 2019 E-Blast



Please share the London and South East e-blast with your club members & contacts so as many people as possible know what is happening within the region! If you don't receive this direct from us and want to be added to our mailing list, email [londonandsoutheast@englandnetball.co.uk](mailto:londonandsoutheast@englandnetball.co.uk)

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## London & South East Regional League Results

Well done to the winners and runners up of the L&SE Regional League:

- Division 1: Winners: New Cambell , Runners Up: Eclipse
- Division 2: Winners: Vibrant , Runners Up: Sabina
- Under 16: Winners: Telstars , Runners Up: Crystal Palace

The LSE Regional League tables and fixtures can be found [HERE](#).

## NetbALL Connected & Membership Updates



The 2019/20 membership year will see a number of changes to the way netball works and it is important that every member knows what this will mean for them! From the start of the next period, you will pay for your England Netball, region and county membership online rather than via your club. This will help you effectively manage your own data and control your engagement with netball to maximise on the benefits available to you.

Preparation is the key to success! It is important that you are able to access the ENgage system to buy your membership. To reduce the risk of any issues it is therefore essential that you CHECK & CHANGE!

[CLICK HERE](#) for what you need to do.

If you don't know your membership number, you can ask your Club Secretary or contact our Customer Services team on [membership@englandnetball.co.uk](mailto:membership@englandnetball.co.uk) or 01509 277850.





## LSE Goalden Globes Awards Evening 2019

On Friday 3rd May, over 40 volunteers from London & South East came together to celebrate and acknowledge netball volunteers in the region. The GGA event was hosted at The Union Jack Club in Waterloo with a 3 course sit down meal followed by the presentation of the awards by Maureen Clark.



Teacher Award  
Cara McCartney



Muriel McNally Award  
Marlene Wander



Young Volunteer  
Lucy Marchant



Sheelagh Redpath  
Officiating Award  
Tracy Burton



Outstanding Club  
Sabina NC



Mary Bulloch Administrator  
Dawn Cox



Grassroots Coach  
Wendy Modeste

Thank you to Maureen Clark who helped organise the event as well as the venue the Union Jack Club for providing such a lovely venue with excellent service. Finally a **BIG** congratulations to all the nominees and winners!

## National GGA Vote OPEN!



Volunteers from across the country will all come together for an afternoon at the 2019 Vitality Goalden Globes on Sunday 14<sup>th</sup> July at St George's Hall in Liverpool to recognise the outstanding contributions they make to our sport.

There's an online vote again for 2019, giving you the opportunity to find out more about the fabulous achievements of all of our nominees and choose who you feel should win each category.

The public vote will be combined with the Vitality Goalden Globe Awards National Panel's assessment – they review all nominations across all categories.

Get voting for the LSE candidates! Voting closes at 5pm on Friday 21st June.

[VOTE HERE](#)



## Summer NYC Camps

### They're back this summer - England Netball Youth Camps!

We're delighted to confirm that we will be running the following camps this summer:

Dartford Tech, Kent – 29<sup>th</sup> – 31<sup>st</sup> July (11-14 years)  
Ashmole Academy, Middlesex – 29<sup>th</sup> – 31<sup>st</sup> July (11-14 years)  
Woodbridge School, Essex Met – 1<sup>st</sup> August (11-14 years)  
Tudor Park Sports, Middlesex – 7<sup>th</sup> – 9<sup>th</sup> August (9-11 years)  
Woodbridge School, Essex Met – 14<sup>th</sup> August (11-14 years)  
Canterbury Christ Church, Kent – 20<sup>th</sup> – 22<sup>nd</sup> August (11-14 years)  
Ashmole Academy, Middlesex – 27<sup>th</sup> – 29<sup>th</sup> August (9-11 years)  
Hazelwood School, Surrey – 27<sup>th</sup> – 29<sup>th</sup> August (11-14 years)

Here's a reminder about the camps:

- Non-residential holiday camps providing 'Nothing but Netball'
- Top quality coaching with England Netball qualified coaches
- Active holiday fun for children

This year England Netball members can again benefit from a 10% sibling discount.

Places are filling up fast – book early to avoid disappointment!

[BOOK HERE NOW](#)

## COURSES

### Coaching Courses

All upcoming UKCC courses in LSE and booking forms can be found [HERE](#).

#### UKCC Level 1 Courses

Cost of course: Affiliated EN Member – £190, Non Affiliated – £230

- 11th August & 8th September 2019, Brunel University, Middlesex UB8 3PH
- 14<sup>th</sup> September & 12<sup>th</sup> October 2019, Rainham Mark Grammar, Kent ME8 7AJ
- 25<sup>th</sup> January & 22<sup>nd</sup> February 2020, The College of Haringey, Enfield and North East London, Middlesex EN3 5HA
- 28<sup>th</sup> March & 25<sup>th</sup> April 2020, Royal Holloway Sports Centre, Surrey TW20 9TR

#### UKCC Level 2 Courses

Cost of course: Affiliated EN Member – £400

- 3rd, 4th & 31st August, 1st & 28th September 2019, Dartford Science & Technology College, Kent DA1 2LY
- 28<sup>th</sup> & 29<sup>th</sup> September, 26<sup>th</sup> & 27<sup>th</sup> October & 24<sup>th</sup> November 2019, The College of Haringey, Enfield and North East London, Middlesex EN3 5HA
- 18<sup>th</sup> & 19<sup>th</sup> January, 15<sup>th</sup> & 16<sup>th</sup> February & 15<sup>th</sup> March 2020, Harris Academy Merton, Surrey CR4 1BP





### Sharp Shooting Workshop

Wednesday 10th July 2019, 6:30 - 9:30pm.

The Leigh Academy, Dartford, Kent DA1 1QE

[BOOK HERE](#)

Booking closes 19<sup>th</sup> June 2019

### Walking Netball Host Training

Saturday 24th August 2019, 10am - 4pm

Poplar Bath Leisure Centre, London, E14 0ED

[BOOK HERE](#)

Booking closes 2<sup>nd</sup> August 2019

## Officiating Courses



Officiating Courses are organised by your County Netball Association. You can find upcoming officiating courses on their websites here:

[Essex Met Courses](#)

[Kent Courses](#)

[Middlesex Courses](#)

[Surrey Courses](#)

You can also see courses planned nationally [HERE](#).

## Time to Listen Courses



A 3-hour course designed for Club Welfare Officers but open to any person with safeguarding responsibilities. This workshop builds on basic safeguarding awareness and focuses on implementation in the club environment. Essential for Safeguarding Officers for CAPS.

Kent Sport

Gravesend, Wednesday 26<sup>th</sup> June 2019, 6:30-9:30pm

[BOOK HERE](#)

Active Surrey

Dorking, Thursday 5<sup>th</sup> September 2019, 7-10pm

[BOOK HERE](#)

## Top Story: Local Net-balling mum attacks her way to goal!



Netballing mum of two Navinda Snell, loses 50lbs and drops 4 dress sizes in just 4 short months after a Christmas present didn't fit and now plays for the North London Netball league.

"I knew I had to change my lifestyle but wasn't quite sure how to as I was already very active. I have always loved netball and played all through school up until I was 20. The age old story, life takes over, work, raising a family. It wasn't until 2014, I was 49 and joined 'Back to Netball.' It was like reconnecting to some lost part of myself and I absolutely loved it. I did however have an issue with my knee and had to play with it strapped to stop the pain. I knew it was related to the excess weight I was carrying"

Navinda wished to lose weight and feel better but felt she was quite healthy and thought all her activity was enough. 'I then saw my aunt at a family party and she looked amazing, I asked her what was she doing and



that's when she said she attended WW (the new Weight watchers) workshops so I made the decision to join. In January 2018 I walked into my workshop'.

Once on her WW journey Navinda started to realise that her eating habits needed to change. Navinda continues, "I was nervous walking in and was horrified when I stepped on the scales, it was however the jolt I needed and I lost 8lbs in my first week and that was that I never looked back. The plan is so flexible, it allows you to be completely in charge and decide how you wish to spend your points, the list of zero foods ensures you are never hungry and nudges you to make healthy choices."

Navinda feels since losing the excess weight she has gained her smile back and has become more confident in her life in many ways including shopping and this summer she wore shorts for the first time in a long time. "I don't feel dowdy anymore and I am happy with myself, I like me! Also I no longer have to strap my knees when I play netball, how amazing is that!. I play for a team called Sparks based in Highgate we play in the North London Netball league over in Broomfield Park Palmers green N13. This league has been running for 69 years, we play every other Saturday through the winter with the summer league starting back in May. When I first returned to netball I played GS, now my fitness level has increased so much, I can now play GA, WA an even C."

"WW has given me control in my life and Netball gives me my sanity. With WW I no longer wake up in the night and eat biscuits anymore. With my love for Netball I burn off all my energy, I play competitively and I still go to my 'Back to Netball' session every week, so some weeks I play 3 times a week. Now my kids are grown up it's my time and I choose to play Netball, I love the atmosphere the friends and everyone involved , if I could go and play more I would, my friends think I'm a crazy Netball lady, nothing gets in the way, I arrange everything around my Netball."

If you are thinking on joining WW her advice to anyone, "Go there with an open mind and be ready to listen. Everything that is available is there to help you all the books and the app. I use my app all the time it really helps you understand what's on the supermarket shelves. And then there is your wellness coach, Stella has helped me so much and is so inspirational and has time for everyone. You never know you might find your equivalent to my love of Netball!"



### **Last Chance for Vitality Netball World Cup Tickets**

Don't forget to become a part of the action at the Vitality Netball World Cup in Liverpool in July 2019.

Tickets are still available [HERE](#)

### **NWC experience packages:**

England netball still have some Netball World Cup Experience packages available for Clubs and Schools. If you are interested click [HERE](#).



## Make the Game LIVERpool – tickets on sale!

Make the Game LIVERpool Coaching and Officiating Conference offers you the chance to unite with coaches and umpires from across the globe as part of a jam-packed educational programme.

This not-to-be-missed event is an opportunity to further develop your skills as a coach or an umpire and enhance your Vitality Netball World Cup experience.

- Tuesday 16<sup>th</sup> July 2019, 10am – 5pm, Exhibition Centre Liverpool, ACC Liverpool – [book now!](#)
- Friday 19<sup>th</sup> July 2019, 10am – 5pm, Exhibition Centre Liverpool, ACC Liverpool – [book now!](#)

More information can be found [HERE](#).



## The Biggest Summer of Netball

This summer something incredibly special will happen. The Vitality Netball World Cup and summer netball will align (just like an eclipse) and with it create the Biggest Summer of Netball!

We're encouraging clubs to have a presence during and just after the Vitality Netball World Cup so that those that are inspired and start to look for somewhere to play, can find you. It might be as simple as hosting an open day for all your members to bring their friends and family along to watch the Vitality Roses on TV alongside a few activities and information about how they can join, or you might use this unique moment in netball's time to start a brand new section of your club to involve even more people in our sport. Anything that encourages participation will all contribute to making it the Biggest Summer of Netball.

If your club is running some kind of activity, in particular anything you're doing on the Biggest Netball Open Day or Biggest Netball Open week, we'd love to help you promote it and add it to our website.

To make sure we know about your session and can therefore promote it please [complete this quick form](#).

To help you there are a number of resources available [HERE](#).





## Staff Contacts

To keep up to date with everything that is going on in the region, don't forget to follow us on social media – see below:

### England Netball London and South East Regional Team Who we are and what we do...



**Network Support Manager (NSM)**  
provides national, partnership area, project and partnership network support to achieve key outcomes and the 'Your Game, Your Way' strategy.

**Alice Moger; Network Support Manager - East & LSE**  
Alice.Moger@englandnetball.co.uk

**The Regional Coordinator (RCO)** is the key point of contact for regional enquiries and distributing information to Members. They support the County Committees, Regional Management Board and England Netball Regional Staff. They are also responsible for planning and co-ordinating education and training courses and administering regional programmes and events.



**Emma Thomson; London & South East Regional Coordinator**

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[londonsenetball](https://www.instagram.com/londonsenetball)



**Netball Development Officers (NDOs)** work closely with the netballers and partners in the County to develop and deliver a local plan for netball. They focus on: developing netball for children and young people; helping clubs gain CAPS accreditation; organising back to netball groups and festivals; and promoting and organising suitable development opportunities for coaches, officials and volunteers. They also contribute to the planning and organisation of regional events.



**Kirsty ; NDO Essex Met**

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**Netball Development Community Coaches (NDCCs)** are responsible for developing, marketing and coaching the Back to Netball and Walking Netball programmes. They are also responsible for developing local netball infrastructures to ensure sustained participation in the sport.



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