



# REGIONAL

ROUND-UP MAGAZINE

# GARY BURGESS WANTS YOU

## Make the Game LIVErpool

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





## STRENGTH AND CONDITIONING WORKSHOP

North East Netball held their first coaching workshop of 2019 in March. Delivered by Claire Topham from Gateshead College focusing on strength and conditioning. Players and coaches from across all four counties attended the course, learning a range of fantastic exercises to prevent injury, landing skills and how to develop jumping ability to implement in their clubs and academies. To join our mailing list and receive direct information relating to coaching courses in the north east region contact [coachingnortheastnetball@gmail.com](mailto:coachingnortheastnetball@gmail.com). Further courses to be released shortly.

ALL 11 YEAR OLDS AND UNDER WELCOME

*Mini's  
Netball  
Skills*

SATURDAY 23RD MARCH | 9:30AM- 1:30PM  
ST MARY'S CATHOLIC SCHOOL, LONGBENTON  
£15.00 PER CHILD

TO BOOK EMAIL: [LEAH.KENNEDY@ENGLANDNETBALL.CO.UK](mailto:LEAH.KENNEDY@ENGLANDNETBALL.CO.UK)



# NORTH EAST

## U17 & U19 SQUAD UPDATES

### Lily's Call-up

Congrats to Durham Palatinates player Lily Foster who made her debut for NPL U19 against Loughborough as a late replacement. Coach Leah Kennedy commented "This is a great achievement for Lily at 14 who shows the work ethic all players should inspire to have".

### Final Fixtures

The season has been a challenge but every individual has progressed and seen improvements in their game! The final fixtures, home to Severn Stars and away to Team Bath. Follow all the action on twitter @EastPathway

### SnC Intro

Welcome to the North East netball family Martin Nugent Elite Performance, who will be supporting the squads with strength and conditioning. Martin has worked with numerous elite athletes and held a educational screening and introductory session on March 14th.

### Looking Ahead

The future for the North East regional squads is exciting! Keep an eye out on social media as information regarding trials for the NPL Tournament in July and 2019-2020 season will be announced very soon!





**SAVE THE DATE**

**18 05 19**  
**SAT**

**REGIONAL ROAD SHOW - 10-1PM SPORT  
CENTRAL**

**MAX 2 PEOPLE FROM EACH CLUB  
REQUIRED TO ATTEND**

You may be aware that the membership process will be changing ahead of the 2019/20 season. A National Working Group has been pulled together to work through all the changes going ahead, which includes two of our own: Rachel Cassidy and Jo Macleod. If you'd like to know more about the changes happening, please visit the FAQs page:

<https://www.englandnetball.co.uk/membership/exciting-changes-england-netball-membership-2019/>

Your county and club secretaries will be receiving emails direct from England Netball and will be updating you with the changes that'll be affecting each county as we get nearer to the launch of the new system. Find out more in person on the 18th May when England Netball staff comes to the region to update us on all the new and exciting things happening in 2019/2020.

# ALLSTARS HONOURED

## FOR COMMITMENT TO NETBALL

Two sharp shooters in the North East netballing world have been honoured for their dedication to promoting the sport.

Both women are from the Allstars Netball Club in Hartlepool.

Carole Watson is the first recipient of a new gong – the Commitment to Netball Award. She was nominated by her club because she has volunteered since the Allstars were formed more than 15 years ago and she never misses a match. The club describes her as having a tremendous passion for netball and as an absolute star.

Club coach, Vicky Riley, has received the Lily McGurk award for Services to Netball.

‘The achievements of the club wouldn’t have been possible without Vicky’s passion and commitment to achieve her overall aim to make netball available to all regardless of age or ability.’ - Nomination statement

Vicky is also a mentor with Tees Valley Sport, and one of the few women chosen to be part of the region’s ‘Pass on Your Passion’ project.”.

Sharon Scott, from the North East Netball Board, who awarded the trophies during a celebration ceremony in Hartlepool, said both recipients were stand-out winners.

Sharon, who is also an experienced national coach, said of the Allstars: ‘They were a small club that has grown in stature through the years. What sets them apart is their wide age range, from six to early seventies, and that they encourage anyone to take part. They’re friendly and many players socialise outside the club.’

While the A Team is very competitive, there is also a walking netball team for older women who want to improve their fitness, while making new friends. One woman was too afraid to leave the house before she joined.

Stephanie Atkins, from Middlesbrough, is an enthusiastic supporter of the Allstars. Like many women, she played netball at school, but stopped in 1996, when she was 16. She started playing again two years ago. Vicky trained her team at the Rainbow Centre in Coulby Newham, and then Stephanie came over to Hartlepool.



She loves the camaraderie and the friendliness of the club and their commitment to promoting the sport regionally.

The club are also focused on recruiting younger players because Allstars believe that netball helps girls build vital teamwork and social skills. They have developed ties with local organisations and sponsors who have helped them to expand their teams and training programmes.

Their motto is Labor omnia vincit vi et animo, which translated from Latin means ‘Work conquers all with heart and soul’. It’s fitting for a group which celebrates friendship, fitness and teamwork for women and girls of all ages.

If you are interested in learning more about the Allstars, you can find them on  
Facebook: Allstars Netball Club  
Twitter: @allstars\_club  
or by contacting Vicky Riley mobile 07954572135 email vickyriley80@hotmail.co.uk

# EASTER NETBALL CAMP

**FOR AGES 11-16**

**10th & 11th April, 10am - 1pm  
Stanley Louisa Centre**

**Delivered by UKCC Level 2 Coaches  
For more information and to request a booking form please  
email [stanleystormnc@gmail.com](mailto:stanleystormnc@gmail.com)**

**£10.00 PER PERSON**  
Discounts for sibling groups.

STANLEY  
**STORM**  
NETBALL CLUB





## A TRUE DEDICATION

# MARGARET ARNOTT

Margaret Arnott has retired from umpiring netball after about 30 years. She started, 40 years ago being Netball Development Officer, helping to promote netball in the Northumberland County.

She was then a big part of Astley netball club playing, umpiring and volunteering on Astley's committee which has been running for over 40 years.

Margaret played GA and GS and only retired from that about 6 years ago but carried on umpiring. She always helped with Astley junior club umpiring when they were stuck and will be a big miss to Astley and the County as a whole.

# GRANGETOWNS

## BRIGHT NEW STARS

Grangetown Netball Club's senior squad are currently flying high in Premier League 1. But the talented team, the highest ranked in the North East region, aren't the only ones making an impact at their home club based near Middlesbrough.

Way down at the other end of the age and experience spectrum, Grangetown's newest section is also roaring and is busy inspiring what the club hopes will be its stars of the future.

Led by coach Sharon Colmer, the Tiggers are Grangetown's tiniest players and range in age from a tender four to seven years old.

The emphasis is very much on fun for the 30 youngsters who attend the dedicated sessions every week. They learn the basics of the game through fun and games - valuable skills the youngsters can grow and develop.

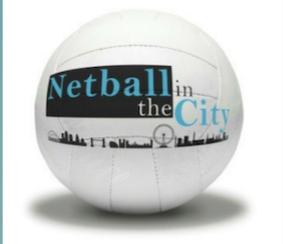
"We teach through fun and games - starting with things like movement and balance, ball skills and passing and catching and learning how to land," says Sharon.

"From the building blocks of the game we can then move on from there and from Tiggers, the girls can then move on to our Primary section and progress through the club.



"The kids are a dream to teach, because they are young it is easier for them to learn and they soak up everything we teach them. The effort they put in to every session is clear to see and it is lovely to be able to teach the fantastic sport of netball to them."

Grangetown's youngest sections recently held their annual awards presentation where the young Tiggers were honoured for their efforts with special medals. For some it will hopefully be the first of many as they start their netball journey.



Tons  
of  
Laughter

Active  
Workplace

Team  
Bonding

Social

# NETBALL IN THE CITY MIXED TOURNAMENT

Prove your workplace is the best in our Netball In The City Mixed Tournament. Get together a team of colleagues (max 10 players per team) and compete against other workplace teams from your area!

Friday 29th March,  
6:00pm – 9:00pm Tournament  
9:00pm – 11:00pm Presentation in Hospitality Suite  
Newcastle Eagles Community Arena, NE4 7ST  
£100 per team, Entry deadline 22/03/2019

Max 2 Males on  
court per team  
at one time

# JUNIOR CLUBS TOURNAMENT

England Netball North East recently hosted the annual Half Term Junior Clubs Tournament at Newton Aycliffe Leisure Centre. Teams represented from across the region in some friendly but competitive matches. The tournament gives clubs the opportunity to gain match play against teams from across the North East region before the start of Spring leagues commencing. The day is often a first opportunity for our club's new U11 athletes to play together in their teams, in a competitive match environment- there was some fantastic talent shown! Thank you to all teams who entered.





Northumberland  
**Netball Association**

# **U12'S, U14'S AND U16'S JUNIOR NETBALL TOURNAMENT.**

£15 per team (Price may change depending on entries)

Sunday 7th  
April 2019

10am till 1pm

Cramlington  
Sporting Club  
(NE23 6BN)

U12, U14,  
U16

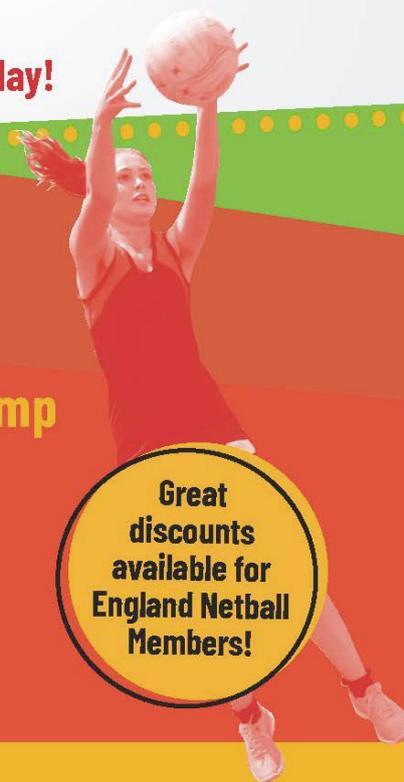
ENTER NOW

[NCNA@hotmail.  
co.uk](mailto:NCNA@hotmail.co.uk)



**Love Netball?  
Book a place on our  
Netball Youth Camp today!**

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## Durham Netball Youth Camp

**When:** 9th April 2019  
**Venue:** Framwellgate School, DH1 5BQ  
**Price:** £40 (10am - 3pm)

**Great discounts  
available for  
England Netball  
Members!**

## Newcastle Netball Youth Camp

**When:** 16th April 2019  
**Venue:** St Mary's School, NE7 7PE  
**Price:** £40 (10am - 3pm)

**Great discounts  
available for  
England Netball  
Members!**

**Book now at [englandnetball.co.uk/NYC](http://englandnetball.co.uk/NYC)**

**Book now at [englandnetball.co.uk/NYC](http://englandnetball.co.uk/NYC)**



**DURHAM PALATINATES JUNIOR  
NETBALL CLUB  
ANNUAL TOURNAMENT - SUNDAY 30<sup>th</sup> June 2019  
Harton Technology College, South Shields  
U11 – High 5 – U12/U13/U14/U15/U16 – 7 A-SIDE  
Entries close 17<sup>th</sup> May 2019**

For more information or to enter a team contact [tdpalatinatesnetballclub@gmail.com](mailto:tdpalatinatesnetballclub@gmail.com)

# COACHING WORKSHOP

THE RMB COACHING TSG ARE WORKING HARD TO  
CONFIRM THE NEXT COACHING WORKSHOP...WITH  
TAMSIN GREENWAY...MORE INFO TO FOLLOW  
#WATCHTHISSPACE

# RISING STARS

**NORTH EAST CELEBRATES INTERNATIONAL SUCCESS**



**Ella Bowen**  
England U17 & VC

The first few months of 2019, have been very successful for the North East. Four players recently competed at Netball Europe U17 Championships with former North East pathway coach Vicky Burgess coaching the England side. A further three athletes are recognised for their selection in international and national squads.



**Carla Mcknight**  
Scotland U17



**Kaia Harte**  
Ireland U17



**Vicky Burgess**  
England U17 Coach



**Emma Grant**  
Scotland U17



**Hannah Raine**  
England U21 Nets



**Claudia Heath**  
English Universities



**Alex Taal**  
English Universities

You can do the gym thing, or you can play netball. Machines or people? Easy choice.

### Find your way Back To Netball

[www.englandnetball.co.uk/Back-to-Netball](http://www.englandnetball.co.uk/Back-to-Netball)

New for 2019!



**Cardinal Hume  
Catholic School,  
Gateshead**

**Tuesday's**

**7-8pm**

**£4**

**Newton Aycliffe  
Leisure Centre**

**Monday's**

**7.30-8.30pm**

**£3**

**Farrington  
Community  
Academy**

**Monday's**

**6-7pm**

**£3**

**For more information contact:**

**[Fiona.holden@englandnetball.co.uk](mailto:Fiona.holden@englandnetball.co.uk) 07545 924 995**

Vitality



## Volunteer Opportunities



### England Netball Disciplinary Panel Members

- Do you have the ability to think and act independently, giving people a fair chance to put across their views?
- Are you able to make reasonable assessments of different versions of events?
- Are you interested in using your skills to solve problems and promote good standards of behaviour in netball?

We are looking for volunteers to join our Disciplinary Panel Register, to sit on Investigation/Disciplinary/Appeal Panels to hear cases under England Netball's Disciplinary Procedures at County, Regional and National level. We need chairs, with experience of managing meetings and ensuring proper procedures are followed and panel members who are able to bring their experience to panel meetings.

These roles provide a great opportunity to build on and develop skills which are of value in a number of walks of life. Whether looking to use a lifetime of experience or to grow your CV, these are important roles which will be key to ensuring the game of netball grows and operates on strong principles and that the standards of behaviour which we set are seen to be upheld without fear or favour.

Volunteers will be required to undertake training before they can join the Disciplinary Panel Register. Training on the principles of good decision making and England Netball's Disciplinary procedures will be delivered from February to May 2019.

To express an interest in these roles and to receive further details regarding the training sessions please contact Martin Lindsey, Governance Manager on [martin.lindsey@englandnetball.co.uk](mailto:martin.lindsey@englandnetball.co.uk).

NORTH EAST REGIONAL AWARDS &  
GOLDEN GLOBES

# CELEBRATING THE NORTH EAST'S VOLUNTEERS

SATURDAY 11TH MAY AT THE NEWCASTLE  
EAGLES COMMUNITY ARENA, 7PM.

TICKETS £10 MUST BE BOUGHT BY MAY 3RD  
EMAIL [COMMS.NENETBALL@GMAIL.COM](mailto:COMMS.NENETBALL@GMAIL.COM) TO  
BOOK

You know all of those volunteers who give up all that time to make netball run smoothly? Why not show your appreciation by nominating them for one of our North East awards.

All of the categories will be available on our website [www.northeastnetball.co.uk](http://www.northeastnetball.co.uk), and all you need to do is give a qualifying statement for why the nomination is so deserving. Email this to [comms.nenetball@gmail.com](mailto:comms.nenetball@gmail.com). Closing date for nominations is 15th April.

Not only is there awards for individuals, but we also have team awards. So if you think your club has made significant progress this year, put them forward.

We'll be celebrating all of our winners at our annual North East netball celebration, which will be held on Saturday 11th May at the Newcastle Eagles Community Arena. Don't forget to buy your tickets before the 3rd May. Tickets cost £10 and will include a hot buffet meal.

## WALKING NETBALL HAS TAKEN OFF AT THE BEACON OF LIGHT!

**WHILE FIRMLY KEEPING AT LEAST ONE FOOT GROUNDED ON THE FLOOR**

Walking Netball has evolved from a growing demand for walking sports. Often, one of netball's strengths is that people never forget playing the sport and the memories as well as the love for the game never leave.

This is certainly the case for the ladies of Sunderland, who have taken to the court to get back involved in the sport which they all loved to play at school. Join us for a wiggle and a giggle on court and a cuppa in the café afterward.

Wednesday's 10am-11am at The Beacon of Light, Sunderland. Only £3.00! For more information contact [Fiona.holden@englandnetball.co.uk](mailto:Fiona.holden@englandnetball.co.uk)



MyName

# Desire to Inspire?

*Sophie Helen Jo*



There's always more to learn to continue on your coaching journey.

**Join the Netball Family**  
[www.englandnetball.co.uk/coaching](http://www.englandnetball.co.uk/coaching)

**UKCC Level 1 Coaching Course Tyne and Wear**

**Venue:** St Mary's Catholic School, Newcastle, NE7 7PE  
**Dates:** 1<sup>st</sup> September & 6<sup>th</sup> October 2019  
**Time:** 9am – 6pm on all days  
**Cost:** Affiliated Members £190 Non Affiliated £230

Perfect for those over 16 years old who have a sound knowledge and experience of the game of netball and an understanding of the rules. After you are qualified you will be able to assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision.

To Book and for further details visit  
<https://www.englandnetball.co.uk/coaching/ukcc-coaching-courses/>

