



# Good Start to the Season

**Dear Didsbury Netball Club members old and new!**

**Welcome** to our 2017 Christmas / 2018 New Year Newsletter. What a great start to the season in September, especially the junior section! New places were filled very quickly at our Monday session and lots of new members meant an increase in teams playing on Sunday at Reddish. We even have our YR3 players playing on Sundays along with our YR4's.

**We** had an excellent turn out at the Team Managers meeting at the end of September. All but one of our fourteen teams were represented showing again the commitment of our parent volunteers without whom we would be unable to provide match play for so many girls. The meeting was an opportunity for Team Managers to represent not only their own thoughts and views but also those of parents.

Issues under discussion included:

- Training: frequency and numbers
- Player availability and rotation for matches
- Recruitment and retention of players

- Movement between teams/ squad review (Year 7 and above)

- Team names

**All** the above issues have been passed on to the DNC committee and are being addressed.

**Training** remains a major challenge for our club – all would like more frequent training in smaller groups. To do this, we need to have more level 2 coaches (it is an England Netball stipulation and condition of our affiliation that we are required to have a level 2 coach at each training session). Level 2 coaches are in short supply and our attempts to recruit have not yet proved successful. Currently we have one coach running three sessions per week and another running two sessions. Both of these coaches are volunteers who have full time jobs. In order to achieve more frequent training in smaller groups, we need more level 2 coaches. If you have a good knowledge of netball and are interested in becoming one of our coaches please consider either a Level One or Level Two course (details are on the newsletter). If you wish to discuss these courses then please contact either myself or have a chat

with Clare or Bernadette at training both of whom will be happy to explain more about the course. Didsbury Netball Club will reimburse the course fee.

**Thanks** for your continued support of the team managers and the club as a whole – we are always looking for volunteers to help with a range of roles so please let us know if you are able to do so.

**Have** a wonderful Christmas and happy New Year, and we will see you when training recommences on Thursday 4th January & Monday 8th January 2018

*Debbie Whitworth*

Chairperson, Didsbury Netball Club



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### Why not stay in touch



# Warm Up, Cool Down

Once the mince pies and chocolates have been eaten and the New Year starts it's time to get back in to shape as we start the second half of the season.

As we start back to training all netballers must remember that warming up and cooling down at the end of the

session is essential to ensure that your body is ready for the netball ahead, helping to improve your performance but most importantly helping to prevent any injuries.

In preparation for a netball game, warm up exercises including dynamic stretches focusing on fingers, wrists, shoulders, neck, back, hips, knees and ankles are recommended. This should help encourage blood to flow directly to the areas of your body that need energy so you perform at your optimum whilst playing, this should reduce fatigue on the court.

When warming up for Netball you should be sure to include some of the exercises specific to netball such as; short sprints, shuttle runs, quick changes of direction, shooting drills and defensive exercises with a partner.

A good cool-down should consist of:

**Light aerobic exercise:** This low-intensity exercise should last for 5-15 minutes and include activity such as slow jogging to a walk

**Hydration:** As soon as the cool-down starts, hydration should begin. Rehydrating is important to replace fluids that have been lost during the game/training.

Static stretching and low level dynamic stretches: Stretching after exercise may reduce the risk of injuries happening and may promote flexibility.

## Warm up stretches

### Squats

Keep your trunk upright and place feet shoulder width apart. Stick your bottom out and bend at hips and knees. Keep knees in line with feet, and heels on ground. Do five.

### Lunge Walks

Keep your trunk upright and place feet shoulder width apart. Lunge forward. Keep knee in line with foot. Your toes should stay in front of your knee. Do five each leg.

### Bent Over Upper Body Rotation

Keep your back straight. Bend the knees as you transfer weight. Reach with your arm to the opposite foot. Do five each side.

### Stretch Up

Reach up high, keeping one knee bent. Keep back straight and pull in abdominals. Do five each side.

## Cool-down stretches

### Long Calf Muscle

Place hands on wall with one leg to rear. Keep the rear leg locked straight and foot flat. Turn rear foot slightly inwards. Bend front leg taking stretch through rear calf.

### Short Calf Muscle

Place hands on wall taking weight through rear leg. Turn rear foot slightly inwards and keep heel flat. Bend rear knee forward over rear foot.

### Front Thigh

Pull heel towards buttock. Keep back straight and knees together in line with hip and ankle.

### Hamstring

Kneel on one leg with other leg out in front with the foot flexed. Keep back straight and bend forward at the hips to feel the stretch down the back of the leg.

# Warm Up Session with Sasha Corbin

How about a master class session on warm ups with Sasha Corbin, England WA / C player.

Sasha has a number of master class videos so if you find the warm up one interesting and useful for your netball training why not check them out, just click on the following

<https://www.englandnetball.co.uk/youth-zone/masterclass-videos/>



# How NOT to do It!

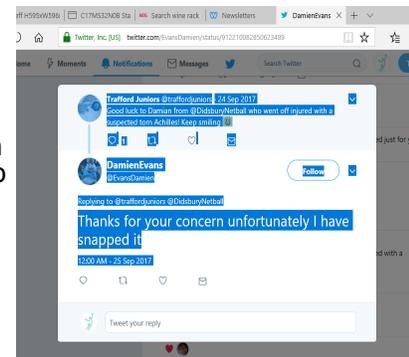


Unfortunately towards the end of September Piranhas Team Manger Damien Evans was persuaded after the Piranhas game against Trafford to take to the court.

Although Damien does manage from the side line during the game he wasn't warmed up enough to prevent injury and ended up with a snapped

Achilles resulting in an operation and his leg in a cast for 6 weeks.

Damien is well on the way to recovery but did cause concern at the time that Trafford had to send a tweet!



## Interested in Coaching?

For many netballers in England, their coach is the individual that empowers them to fulfill their potential, inspiring them to carry on playing and enjoy the sport, long after they have left school or Uni. Having the passion, enthusiasm and willingness to learn are qualities needed by any coach.

You may be a parent who wants to help at their child's local school or club, or maybe you have been playing for a while and want to explore a different way of getting involved in the sport. Whatever your reason for getting into coaching, we at Didsbury Netball can help you to find the right training to progress your knowledge and understanding and give you the confidence to realise your coaching ambitions.

England Netball offers a range of courses to support coaches taking

their qualifications. Didsbury Netball are also keen to have extra pairs of hands to help out with junior and senior coaching sessions, so why not offer to help with your club to get a taste of coaching.

Advertised on the back page of the newsletter is the nearest course being run (places available) so if it is something that you are interested in please speak to Debbie or any of the coaches about the Level 2 course or if maybe the Level 1 course if you are not sure.

Coaches are in great demand and hard to find so it is with this in mind that Didsbury Netball are looking to recruit coaches to help move the Club forward and also to ensure that the girls get the most out of their netball.

Didsbury Netball will also help towards any costs that are incurred whilst obtaining your certificate.



## Fancy Umpiring?

There are 2 choices for Umpiring courses, Into officiating (previously called Beginners umpiring) and the C Award course, then you can progress to a level B.

If you have attended an Into, Beginners or YUA? then you are more than welcome to attend a C award course. If not, we advise that you attend an Into course prior to attending a C award. You also need to be

affiliated to England Netball in order to go on an umpiring course. Due to demand for officiating courses priority is now given to those who are affiliated to the county in which the course is being held, as your county umpiring secretary is the person who takes over after you attend the course.

Again as Club umpires have left for Uni we as a Club are short of umpires. If it is something that is of interest to you then please

speak to Debbie or the coaches and we can give you more details and keep a look out for the next available courses, place still available for the one advertised on the back page. If we have enough interest we could even look at hosting a course.

Who knows, once qualified you could even volunteer your services at Disneyland Paris netball tournaments and get paid for doing something you enjoy.



Course	Aim	Outcome	Eligibility & Experience
<b>Into officiating Course</b> <b>£40</b> <a href="#">Details</a>	To introduce fundamentals of umpiring Netball at an inexperienced level whether at school or club.	<ul style="list-style-type: none"> <li>To gain basic knowledge of rules.</li> <li>Can identify obvious infringements of rules.</li> <li>Apply correct use of terminology, and correct positioning.</li> <li>Ability to umpire at the local league matches.</li> </ul>	<ul style="list-style-type: none"> <li>Minimum age – 13 years old.</li> <li><b>England Netball affiliated.</b></li> </ul>
<b>Netball Europe C</b> <b>Umpire Award - £45</b> <a href="#">Details</a>	To prepare umpires with the knowledge of the rules and umpire competencies to umpire at adult club level.	<ul style="list-style-type: none"> <li>To be able to apply the rules and control the game by penalising correctly obvious infringements.</li> <li>Correct use of voice, whistle and terminology, positioning and movement, keeping a scorecard.</li> <li>Ability to umpire nationwide.</li> </ul>	<ul style="list-style-type: none"> <li>Minimum age – 14 years old.</li> <li>Attended an Into officiating course, YUA or beginners umpiring course.</li> <li>Experience and knowledge of umpiring at school and/or league level.</li> <li><b>England Netball affiliated.</b></li> <li>Must pass a C Test (to apply for when confident enough after some practising).</li> </ul>

# DIDSBURY NETBALL CLUB

# tournaments

If you have any thing you want to get out to the members of the Club get in touch and we can put it in the newsletter or for a quicker publication/response why not go on our new Facebook and/or Twitter account.....sign up today!

Anything you want to send through just use the email address below and leave the rest to us. We will endeavor to include your item in the next newsletter

[deborahwhitworth@ntlworld.com](mailto:deborahwhitworth@ntlworld.com)

As the new year starts Clubs will soon be advertising their netball tournaments or festivals. Festivals and Tournaments are great ways to have fun with your team mates and get some more match play practice both during the season and over the summer.

They can come in many shapes and sizes from weekends away or one off days, but whatever type of festival or tournament you get involved in you are guaranteed to have fun.

Your Team manager will keep you informed of tournaments or festival that they think you may like to play in or why not look for some yourself. If you can't get a team together there is always the option of entering as a year group

We're on the web,  
[didsburynetballclub.co.uk](http://didsburynetballclub.co.uk)



## Up Coming Courses



### UKCC Level 2

**DATE:** 3rd & 4th March, 14th & 15th April and 13th May 2018

**TIME:**

**VENUE:** Manchester Metropolitan University, Crewe

Closing Date: 2nd February 2018

[Click for more info on how to book](#)



### C Award

**C award Course Ref. No: 2225**

**Date:** Saturday 17th March 2018

**Time:** 10am - 4pm

**Venue:** UCEA. Ellesmere Port, CH65 6EA

**Cost:** £45 \*must be affiliated to EN in order to attend \*Priority will be given

**to those affiliated to Cheshire**

Link to the online booking form: <https://webservices11.wufoo.eu/forms/c-award-officiating-course-17318/>



### Into Officiating Award

**Date:** Saturday 3rd February 2018

**Time:** 10am - 4pm

**Venue:** Manchester Metropolitan University, Crewe

**Cost:** £40

Link to the online booking form:  
<https://www.englandnetball.co.uk/app/uploads/2017/12/Officiating-Course-Booking-Form-2017-1-3.doc>