



# Welcome 2020

**2020** and although just coming to the end of March what a start to the year.

The newsletter to keep all Didsbury Netball members up to date with the Club, membership, courses and what would be the start of the tournament season is on it's third version as the world is changing at a fast pace.

**Due** to Covid-19, coronavirus Didsbury Netball Club took the decision to cancel all netball training from 16th March in order to keep all players and parents safe. By the end of the week all schools were forced to closed. Monday 23rd March the Government announced that emergency Coronavirus legislation is to be brought in and we are in lock-down

**Didsbury** will of course keep you all updated regarding netball and when we shall be returning to training. Before we had to suspend training the coaches were in the process at looking at all players in preparation for the squad reviews for the Summer League which will/should start just after Easter. Coaches look at all players to ensure that they are playing in the right team for their ability, development and most of their progression and enjoyment. Coaches are always on hand should you wish to speak to them regarding

your daughter's netball.

In the meantime Didsbury Netball Club Committee hope all parents, players and loved one's stay safe and healthy at this

## How to stick together, by staying apart



**Stay at home**  
no unnecessary journeys  
or social contact



Only leave home for  
**essential shopping**  
or **medical needs**



**Or one form of exercise**  
per day



**Or travelling to work if**  
**absolutely necessary**



**Public gatherings of**  
**more than two people are banned -**  
excluding people you live with



**Police can fine you**  
if you don't follow the rules

BBC

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## Why not stay in touch



# Didsbury Netball Membership

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As the Government daily put measures in place to slow the spread of the virus, including working from home, closure of business etc. this puts a strain on us all. We're all having to face this challenging and uncertain time as best we can.

Apart from Didsbury Netball taking measures early on and suspending netball training and games, Didsbury Netball Club committee have agreed to help alleviate any financial pressure that many of our members will be feeling.

All parents should have received an email stating that monthly subs are to be cancelled until such a time that training resumes. Once it does we will email out to all the account details for you to reinstate payments prior to training commencing.

Please ensure that you cancel with your bank the monthly payments as this is not something we can do. We will not be able to reimburse any payments taken from April onwards.

We will keep you all updated as to when we can all get back to training and playing, even if it's only for a few weeks as the season draws to an end.

A big thank you to those who offered to continue with their payments or asked if the suspension would impact on anyone.

## Didsbury Training in Isolation

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As we are all forced into isolation what as a netballer can you do to keep fit, improve your skills and alleviate boredom?

If you've got a ball, find a wall and there are any number of wall and ball skills you can work on.

Left hand. Right hand. Balance on one leg. Jump up. Spin around. How many in 30 seconds? Throw and catch with eyes closed. Add a target.'

Strength training is a really important part of a netball training program, and you don't always need weight – bodyweight workouts shouldn't be underestimated. 'Squats, lunges, rear foot elevated split squats, single-leg hamstring bridges, pogo jumps, single-leg calf raises, plank, side planks.

Get on YouTube, Super League netballer Sasha Corbin runs a channel called Solo Sessions, which is all about sport-specific workouts you can do alone, both outside and in the gym. But her latest update is a quarantine special edition that aims to lift your spirits and your heart-rate from your living room. Here are some exercises you can do from home if you're self-isolating



<https://youtu.be/h3fkOOxZur0>

Also many elite players share their training hints and tips on social media – so keep your eye on Instagram and YouTube for training tips. Sport England is also collating an incredible resource of home workouts to help support the sports community during this period. They're asking people to share their workouts on social media using #StayInWorkOut – so search for this if you're in need of inspiration.

## With Sadness.....

Didsbury Netball Club pass on the very sad news that a former parent and Team Manager Pat McDonald passed away on Friday 28th February after a very long illness.

Pat was with Didsbury for a number of years and took on the role of Team Manager for the original Didsbury Eels teams in which her daughter Anna played.

Pat was a larger than life, a lovely warm lady who will be missed by many.

Her funeral took place at St. Cath's Friday 13th March with donation to St Ann's Hospice.

Our, thoughts, prayers and deepest sympathy to Anna and her family at this sad time.



Pat in her role as Team Manager pictured with her team, Didsbury Eels at a Cheshire League game March 2015

## Didsbury Teams and Reviews



Just before we had to suspend training the Reddish Winter League was drawing to an end and with it the squad review of all the teams.

The coaches had already started looking at all the players and assessing them to make sure that they are in the right ability team to stretch and improve their netball as well as giving all the teams a depth and strength to them.

All age groups, the coaches look to see if there should be any movement between the relevant age group teams, as

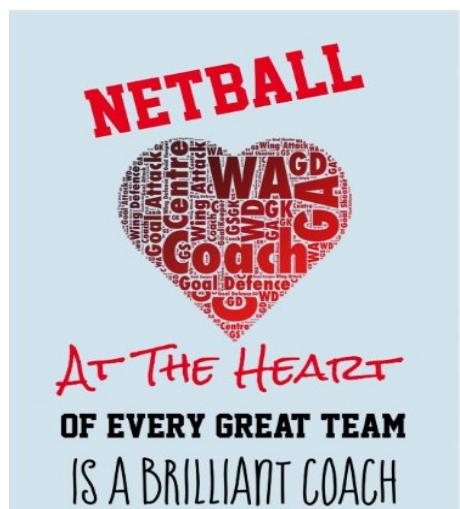
players plateau while others make improve. If players are moved it is always in your daughter interest and then the squads. Why play in a team when it doesn't meet your ability or be stuck in a team that you struggle with?

The exception to this is the younger teams as they play rotational netball. These teams are looked at by the coaches, again to see if the team they are in is suitable for their improvement of learning their positions, rules and mastering their footwork.

All our Club coaches aim to nurture the potential of every player during their time at the Club. As netball is a team sport it helps to lead a healthy life style, success and personal achievement now and into adulthood. By having your daughter play in the right team the coaches can develop the right training programme and the correct level of coaching and chal-

lenge enabling your daughter the netball player to achieve their potential.

As at this particular moment in time we can not say when we will be returning to netball but we are getting everything in to place for when we do. If there are any movements between teams we will let all concerned know and we will then be up and running from day one of the return.



# Liana Leota



Thanks to Anne on 24th October the Club welcomed New Zealand netball star Liana Leota to coach our YR8, YR9 & YR10 at their training sessions.

Liana who had just left Manchester Thunder after 4 years bringing to an end a fantastic spell in Manchester. Liana moved to the Super league in 2011 not long after being part of the Silver Ferns squad that won gold at the 2010 Commonwealth Games in Delhi.

She has nothing but fond memories of her time with the franchise, having moved from New Zealand to play her netball in the UK alongside her husband Johnny who also moved to play rugby union for Sale Sharks. Upon leaving Thunder Liana moved to Severn Stars to both play and coach.

Liana very kindly took over coaching all our YR8 players at their session and stayed on for the YR9 & YR10 sessions. All girls were worked hard but came away with a lot and thoroughly enjoyed the sessions (as did the parents that stayed to watch) as you can see from the photos



Can you thank the club for me for the gift and flowers. Lovely gesture and all the girls were great to coach tonight.

# Netball Positions and Jobs

As mentioned on page 3 the coaches are still active whilst training has been suspended as they look through the squads and look to see if players will benefit from moving into a more suitable team for the continued development.

While we can at present only offer suggested drills and fitness work outs maybe you can take this time to look at your preferred or present playing position and look at what that position requires. Below is a fairly simple table of each position and what the positions role is within the game.

Netball Positions and Jobs	
Position:	Job:
<b>GOAL KEEPER – the GK can only stay in the defensive third</b>	The GK job is guarding the goal circle and the defensive third and they must stop the GS from shooting
<b>GOAL SHOOTER – the GS is only allowed in the attacking third and goal circle</b>	The GS main job is to score goals
<b>GOAL ATTACK – the GA can only play in the centre third, the attacking third and goal centre</b>	The GA role is scoring and setting up goals. The GA main duty is to feed the GS so they can fire the ball into the net
<b>GOAL DEFENCE – the GD can go into the defensive third, the goal circle and centre third</b>	The GD main job is to defend the circle and keep the ball out of the defensive area
<b>WING ATTACK – the WA can only go into the attacking and centre third</b>	The WA role is to create as many goal scoring opportunities by passing the ball to GS & GA
<b>WING DEFENCE – the WD can only go into the centre and defensive third</b>	WD main job is to stop the ball reaching the oppositions goal circle and they must intercept passes and feed them back to the attackers
<b>CENTRE – the centre can go everywhere but the goal circles</b>	The C is usually relied on to pass the ball from the defensive area to the attacking area. C also have the job of re-starting the game by passing the ball out of the centre circle

## Ladies Netball

Didsbury Netball Club only provide training and competitive matches for Junior members up to YR13 but shortly after we returned after the Christmas break in January not only did the YR11-YR13 resume their training sessions Lynne one of our YR5 parents and soon to be a L2 qualified coach organised a couple of parent sessions coached by Barbara one of our YR3 parent and also a soon to be L2 qualified coach—well done ladies on the sessions and qualification.

These sessions were short lived due to training being suspended but as the sessions were popular and well attended we hope to continue on our return. Sessions are 7.00pm—8.00pm at Didsbury High School and cost £5 for the session. If enough interest Didsbury will also enter a team into competitive leagues.



Barbara Who has taken on the coaching of the YR11-YR13 as well as the parent session



A few early arrivals for the first session

Barbara introduces herself to the parents who children attend the Club from YR3 up to YR13



Putting the Ladies through their paces and I couldn't possibly comment on any muscle aches the following day!!

# DIDSBURY NETBALL CLUB

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)

A Little Light Relief  
Usually this page details Leagues, Tournaments and any courses that you may find of interest. Because of the lock down there are no conclusion of Leagues, all tournaments have been cancelled as well as the courses that England Netball offer.

Just a few items that have been seen to raise a smile



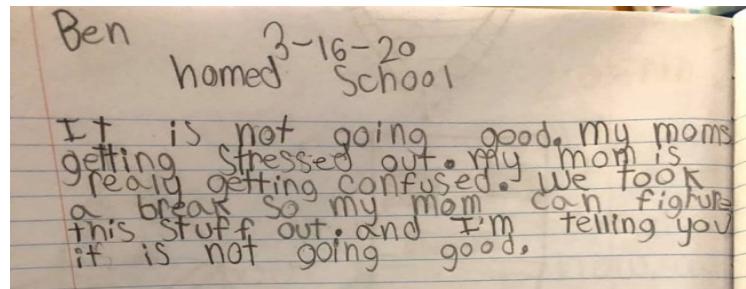
A mum has created a brilliant home-schooling plan that many parents will be able to follow while everyone is staying at home. With all the schools closing and many jobs allowing their employees to work from home amid the coronavirus pandemic, parents have to deal with home-schooling.

My home schooling plan  
9am, home economics- how to make me coffee  
  
10am , mechanical engineering, how to assemble & operate a shark hoover  
  
11am , PE, run outside putting recycle& rubbish out  
  
1pm- chemistry- how to bleach the loo  
  
2pm- geography- lesson, in where floor items that they tossed there belong! tidy up put away ready for use another day!  
  
3pm- science, how fairy liquid removes grease from pans  
  
5pm afterschool club, go to your room on your ipad and be quiet 😊

Home schooling, how about a math's lesson?

<https://www.facebook.com/lexypudding/videos/10156684490447102/>

Frazzled after a week of home schooling?  
What about the kids??



## Up Coming Challenges



### April Shooting Challenge

**DATE:** 1st April — 30th April

**TIME:** Any time to suit you

**VENUE:** Your garden

Standing 1.5 - 2 metres from the post how many continuous goals can you net?

If you miss start back from 1

Small prize for the player with the most continuous goals.

Update your scores on Twitter or Facebook or just email Debbie



### Just a Reminder to Stay Safe

<https://youtu.be/8KPbJ0-DxTc>

Hoping to see you all back at training soon, stay well, stay safe



### April Training Sessions, Your Update

**DATE:** 1st April — 30th April

**TIME:** Any time to suit you

**VENUE:** Your garden

What are you doing to keep your training and fitness levels up?

Video and up load yourself during your training/fitness session to Facebook or Twitter.

Small prize for the most ingenious, inventive and best session.