



# Didsbury Newsletter 7

Wishing you all a Happy New Year. I hope you all had a relaxing and enjoyable Christmas break and a wonderful New Year, with fun and laughter shared with family and friends.

Welcome to Didsbury's latest newsletter and the first of the New Year.

At the start of a New Year, I would like to take the opportunity to thank you all for ALL your support and effort over the past 12 months.

The Club as always, could not survive without all your effort and input so once again a MASSIVE THANK YOU ALL for all you do remembering that this is all done voluntarily by everyone involved with the Club.

Special thanks to ALL the coaches who regularly turn

out on a Monday and Thursday to train the girls and also to those who do so much work behind the scenes to keep the Club going, it is greatly appreciated by all and specially by me !!

Since the start of the season back in September the Club have been working hard. We were overwhelmed when we returned to training after the summer break, especially the Thursday training sessions, as we had over 50 girls turn up for training. We have since put into place to ease the numbers a strength and condition session and this seems to be going down well.

We stated that for the second year running we would be helping and encouraging players (plus any parents) who wanted to develop not only their netball playing skills but also their coaching

and umpiring skills and again we have helped players in working towards or gaining new skills.

Didsbury Netball would also like to encourage any parents who would like to volunteer their time and can help out at any of the training sessions. Again more details can be found in the newsletter.

Once again thank you all for your support and looking forward , a good, enjoyable and successful season.

Many Thanks,  
Richard  
Club Chair



[www.didsburynetball.co.uk](http://www.didsburynetball.co.uk)



For the first time this newsletter has been emailed to all our Didsbury players/parents. The newsletter is also published on our website.

As we have a number of new

players and parents across the age groups, not to mention those who did not know we had a website, we thought what better way to introduce it to you.

Here you will find the latest news, information about fixtures for all our teams, as well as updates on upcoming social and sporting events as well as

any information about up and coming courses.

Please do put our address into your favourites and never miss out on any updates.



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### Why not stay in touch



Facebook & like us



or follow and Twitter us.....

why not do both

# Coaching



Did you know that all Didsbury netball coaches volunteer their time to coach your daughters on Monday and Thursday evenings?

After a busy day at work they then spend another 2-3 hours at Parris Wood, not to mention the time they give up on weekends for Regional games, Cheshire Junior league or Reddish games.



Bernie appreciates all the help she can get and this comes in the way of Jess, who is working towards her Level 2, along with Beth and Tash, who have just completed their Level 1 in coaching. Hannah, along with Charlotte also give their time at these sessions and that is without the help we get from other areas.

Thursdays sessions are manned by Level 2 coaches Roz Callaghan and Clare Welch and helped by Level 1 coach Pete Kennedy. These sessions are more structured and intense as the girls have been playing netball for a number of years now are these sessions are to hone and develop their skills.

All coaches are Level 2 qualified and are helped out on training nights with Level 1 coaches who are aspiring to be Level 2 coaches and by players or parents who want to give something back to the Club.

Bernadette Boyle oversees the Monday nights which starts with the YR3 & YR4 session followed by the YR5 & YR6 session. As the players in this age group are young and new to netball



Didsbury Netball are always grateful of any help, especially with the coaching department and are willing to help any players, or especially parents, who want to give something back to the Club and get involved. We can help with any relevant courses or funding to enable you gain the right qualifications in order to do so.

Any further info please speak to Richard or Debbie



# Umpiring

Just as important as the coaching staff, Didsbury Netball Club also require umpires.

We have a number of C qualified umpires and a few players are working towards their C qualification.



We currently have a number of girls waiting to be assessed on their practical and hopefully we will have a few more umpires to add to our pool of officials.

Again, help and support can be given to those who

are interested in working towards becoming an umpire, even mums and dads who think they would be interested.

Again Richard or Debbie are the ones to speak to if interested.



The minimum age you can start to get involved officially is 13 and when you have gained experience and have a number of relevant games under your belt you can then be assessed for your C award from the age of 14 years old.

# Didsbury Volunteers



As you can see just from the two articles above that the success of Didsbury Netball Club comes with the help of its volunteers.

along and volunteer their time at the Club. Gemma has been one such student for the last 12 months and hopefully a few more to follow in the next few weeks.



Older girls such as Frankie, Charlotte, Beth and Tash volunteering their time with the younger players.

Hannah, Ruth, and Sue, mums of players lending their time to help with the coaching.

We also are a service provider for Manchester University, providing their students with opportunity to come

# Strength & Conditioning

The new year means nothing if you're still in love with your comfort zone.

## Fitness facts

- Exercise Boosts Brain Power
- Movement Melts Away Stress
- Exercise Gives You Energy
- It's Not that Hard to Find Time For Exercise
- Fitness Can Help Build Relationships
- Exercise Can Ward Off Disease
- Fitness Pumps Up Your Heart
- Exercise Boosts Performance

were holding our first strength and conditioning session.

Teams were given their time slots and the weekly training alternated between drills and skills in the sports hall with Roz & Clare or up in the gym with Pat delivering strength & conditioning to the players.

For the winter term this worked well as players could be seen to be getting fitter, a fact commented on at a Regional game by the oppositions coach.

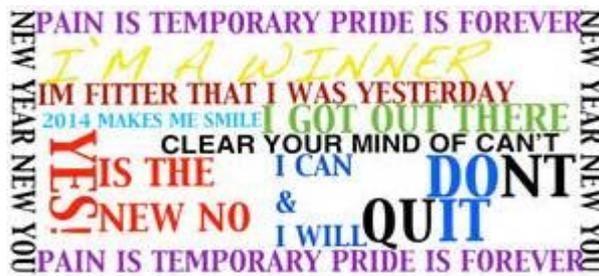


She stated that the game was won by Didsbury as our girls were a lot fitter and it told in the last quarter of the game.

Pat will continue to deliver these sessions for the next few weeks by which time we hope to have in place a new fitness coach who will take over from him.

When Thursday training resumed after the summer break Roz & Clare were overwhelmed with the initial return to training of over 50 players, 53 to be précis!

In order to accommodate all girls and also to keep the sessions fun and safe we had to look for an alternative solution. From the second week of returning in September we



## Congratulations go to.....



**Beth White & Tash Garda**, both from the Seahorses.

Both players have recently qualified as Level 1 coaches after attending an England Netball coaching course. This qualification allows the girls to assist the Level 2 coaches at training sessions and they can now also work towards gaining their Level 2 in coaching.

Not only does having this qualification

help them in their netball career it also stands them in good stead for when they go to Uni not to mention a skill that will take them into their working life.

Not only have the girls taken time out of their school studies to take this qualification but they have also been working towards their C qualification in umpiring. Hopefully by the next newsletter we can also

congratulate them on this award.



Well done girls, not to mention two more coaches for the Club!



## Wot, Not Netball??



As talented as all our netball players are some of you have other hidden talents.

In November 7 out of 8 students from Cheadle Hulme High formed part of the team that won the Silver Medal at the World Cheerleading Championships in Berlin.

The team were invited to compete after winning the Open European Cheerleading Competition in Croatia earlier this year.

This is the first time that a UK team has won a medal at the Championships. What a fabulous achievement!

Two of those students were none other than our very own Millie and Phoebe Turner — well done and congratulation girls.

Mum and Barracuda Team Manager Natalie also made it to the Look North West studio!!



# DIDSBURY NETBALL CLUB

# STOCKPORT JUNIOR NETBALL



October half term saw the end of the summer league at Reddish. As you can see from the table to the right the season ended mixed for our teams. The top three teams in the Ladies League did fairly well considering that a large proportion of their games were suspended due to A Level exams.

When the winter season started and all teams moved to the correct age groups we were able to enter a couple of new high five teams.

LEAGUE	TEAM	POSITION
Ladies League	OTTERS-MERMAIDS	9
	PLATYPUS	6
	TURTLES	4
	TERRAPINS	3
	SEAHORES	4
YR9 & 10	DOLPHINS	15
	MARLINS	2
	SEALS	10
	TADPOLES	7
YR7 & 8	BARRACDAS	9
	WHALES	9
	STARFISH	11
	RAYS	14
	MERMAIDS	17
YR5& 6	EELS	3
	PIRANHANAS	6
YR3 & 4	MANATEES	6

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)

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

## NW REGIONAL LEAGUE

NW Netball *Your Game Your Way* 

With just over half of the games having been played in this League the girls are doing well. U14's are place 4th in their division with the U16's lying 2nd behind Oldham.

The girls have really stepped up their game when playing in this League. The new strength and conditioning sessions have also helped them as a few games that we would have lost have been won due to our fitness levels over the opposition

New Year's Resolution  
Be More Awesome than last year.



## Up Coming Courses



### Into Officiating Course

*The Beginner and Youth Umpire aware have merged to create this new Into Officiating Course*

**Date:** Sunday 24th January 2016

**Time:** 10am - 4pm

**Venue:** Lancaster University, LA1 4XX

**Cost:** £30 \* *MUST BE AFFILIATED to England Netball in order to attend*

**\*\* Closing date for bookings - 15th January 2016. \*\***

[CLICK HERE for a Flyer](#) :: [CLICK HERE for a Booking Form](#) ::



### UKCC Level 1

**Date:** 12th March 2016 & 16th April 2016

**Venue:** Knowsley Park, Prescott, L34 3NB

[CLICK HERE for a Flyer](#)

**Closing Date:** 12th February 2016

[Click Here to book onto a UKCC course or for more information](#)

Hopefully this edition of the newsletter has been informative and an enjoyable read.

As promised at the start of the season Didsbury Netball is not just about playing netball but all the other things that come with it. Didsbury relies on volunteers to help us in all areas, and you make a huge contribution to the Club. Volunteering is a rewarding experience, not only benefiting the Club, but also the individual - developing skills for use at school, university or in the workplace. It's a fantastic way to make new friends, and nothing beats the —feel-good factor of helping out and giving something to your sport.

We value all volunteers and make sure that we show recognition and aid in their development of their skills. Please speak to Richard or Deborah if you are able to offer your time in any way.