

Dudley Road Hospital Netball Club

Newsletter August 2019

CHAIR'S REPORT

Thank you to all those involved, participating and helping to be part of Dudley Road Netball Club, from the committee members, coaches and volunteers who tirelessly put hours in to run the club and keep us organised in our 3 teams Dragons, Dolphins and the senior netball team. I also would like to thank our newly found Development group, who started in January 2019 wanting to enjoy, play and improve on their netball skills. This group will continue in September 2019, but train on a Monday night, to allow us time to concentrate on them, developing their netball skills as a smaller group.

We have had a variable year of netball, with all our teams participating in the Birmingham Netball league. Both Dragons and Dolphins team found the level of netball in Division 5(Dolphins) and 3 for Dragons, testing and competitive in their Sunday's matches. This resulted in their league positions being either 4th or 6th in their division.

Information about the forthcoming season will be detailed further in this Newsletter, with information about the changes in training for Dragons and Dolphins, the introduction to the senior netball league, playing games on Saturdays and as the club grows our plans for the trials.

Everyone, keep playing and enjoying netball, committing to honing in your skills, to craft your own styles, but able to develop as a team. Girls, learn from our games in the last season netball, think about the areas you strategically want to improve on and practice, practice, practice.

Oh yes, another tip, keep watching netball on TV in the summer. There have been some excellent games from the Super league, The Netball World Cup and in July a Sports Relief celebrity netball match. Watch the way in which your particular position covers the court, how do they attack, receive the ball how do they defend and track their opposition. You can pick up so much.
Good luck everyone!

Diane Thomas
Chair

SECRETARY'S/FINANCE REPORT

Secretary's /Finance Report

Once again, another year draws to close and it is with pleasure that I present my joint Secretary/Treasurer's report. Not unexpectedly, the year has been a smooth one for the committee and club in general. With time comes knowledge and wisdom and the club is indeed fortunate to have a dedicated and now an experienced committee. As a club, we provide you with many resources and support. (as highlighted further on in the Newsletter). I earnestly ask you to strongly consider joining us on the committee. Being on the committee is a great opportunity to, not only contribute to the running of the club and ensuring a great netball experience for your daughter, but also being part of a group of likeminded people and share in the satisfaction of a 'job well done'.

This year the Committee spent a considerable amount of time renewing its Silver Award of the Club Action Planning Scheme (CAPS). The award recognises a club which delivers a quality netball development programme and operates in line with best practice. As part of the process the Committee was able to review its policies and procedures to ensure they were in line with current legislation. Without this award the club would not be able to enter our young ladies in the more lucrative competitions. Confirmation was received in June that the club had been granted the award for a further three years.

Player recruitment continues to be a focus of the committee. As a club we are quite well represented across all sections and ongoing recruitment is required to ensure this continues. The forthcoming season will be the last season that some of the girls in Dragons and Dolphins will be eligible to enter the Birmingham Intermediate League. With this in mind, we have entered a combined Dragons and Dolphins team in the Adult section of the Birmingham Netball League starting in September 2019 as this will be the next step in their development. It also enables them to play netball competitively in readiness for the coming season of the Intermediate League in February 2020.

Training last season saw a new team formed; our 'Development Squad'. Although the Committee was delighted with this influx of new players, for health and safety reasons and to deliver a programme suitable for all, it was decided this year to split the groups. We now offer training over two evenings Monday for the Development Squad and Wednesday for Dragons, Dolphins and the Adult Squad.

This coming season we would like to introduce a 'come and try' evening during one of the Monday training sessions. I am asking you all to put the word out to your friends, families etc. in all age groups that we are always open to new enquires and we will do our best to accommodate in the various age groups. Also, Walking Netball sessions are being held on a Wednesday morning from 10.00am – 11.00am, at the Harry Mitchells Centre, Smethwick, B67 7DH. Everyone is welcome.

I would like to thank our dedicated coaches and team managers, without their efforts, our teams would not be as competitive as they are or be ready to take court each week. On a more personal note, I have found coaching to be a most rewarding experience and I ask that if you have any interest in coaching or umpiring please speak to me (Cordelia).

End of Season Results

Under 14's Squad

(Please refer to the coaches' report

Adults

The winter season - the division saw a very close finish with our ladies gaining runners up in Division 7 by 1 point. We entered the summer season but were unlucky with the availability of players and therefore had to concede some matches. However, we are looking forward to the forthcoming season with vigour, enthusiasm and determination.

Junior Team Selection

We will be carrying out team selections again this year for both Dragons and Dolphins Squads. The process will be the same as last year i.e. two training evenings will be devoted to this exercise. More information will be forwarded as soon as it is available. If your daughter wishes to be considered she must be available to take part on both dates.

Finance Report

The Accounts for 2018/2019 have not yet been prepared. These will be available at our Annual General Meeting. We are looking for a volunteer to do some 'fund raising' as, at the moment, the club does not hold a surplus of funds and relies heavily on its members to pay for its expenses. So please, don't be shy, if you have the skills necessary to take this role on then please contact Cordelia.

Cordelia Bailey

Secretary/Treasurer

COACHES REPORT

We started our season in September with a bit of a difference; preparing our junior girls to be ready for trials for a place in the club's two U14 teams entered in the Birmingham Intermediate Netball League (BINL). This was the first year that the club introduced a team selection process and it was great to see the level of interest, with some 24 girls putting themselves forward to go through the tough process. Trials were successfully held in January and the selection process completed soon after with the announcement of the 20 girls selected to represent the Club.

Dolphins

Dolphins: India (C), Harriet (VC), Claudia, Lily, Alice, Katie, Betsey, Jessica, Ella, and Mia

Whilst this is only the second season that Dolphins have played competitively as a team, there have been some additional big changes that the girls have had to deal with; new players have joined, existing players have moved on and the team had to deal with the added pressure of promotion from Div. 8 to Div. 5 as a newish team. A lot of changes for any team to take on board. This all accumulated into a bit of a shaky season. Whilst the Dolphins did well to keep calm during league matches and displayed some great movement around the court, basic errors with ball play and some weak body positioning resulted in challenging matches for the girls. From the 10 matches played, the girls won 3, so a nice bit of confidence to demonstrate to the Dolphins squad that they can do it. We hope this confidence continues into next season.

Final placement for the Dolphins was 4th equal – see below final results table for the division.

Division 5 2019

League Points Table

Team Name	Played	Won	Drawn	Loss	Goals Scored	Goals Against	Goals Avg	Goals +/-	Points
Ryland U14B***	10	8	1	1	279	182	1.53	97	45
Stratford T Birds U14B	10	8	0	2	311	183	1.70	128	43
Barr Beacon Fire	10	4	2	4	225	242	0.93	-17	29
Foxes U14B	10	3	0	7	159	202	0.79	-43	22
Dudley Road Dolphins	10	3	1	6	179	268	0.67	-89	22
Ryland U14C***	10	2	0	8	154	230	0.67	-76	16

Special thanks to the Captain, India and Vice-captain Harriet for their encouragement, support, and leadership of the Dolphins team during this season.

Dragons

Dragons: Ashleigh (C), Nansi (VC), Lucy, Yasmin, Seren, Olivia, Madelaine, Amelie, Lauryn, and Rebecca.

This season has not been the best for our Dragons girls. The team's promotion to Division 3 and the greater skills of the opposing teams presented them with a bit of a shock. This was especially evident given the huge success experienced last season (2018) at the lower division. At times, the girls lacked focus and understanding of court positioning and struggled to play tactically to their advantage. However, the competition has been fierce with other teams displaying greater court skills to the extent that our girls found it difficult to respond to the challenge. However, the girls should not lose heart. We have plans in place to address this so that we can help our squads improve in a better supported environment by restructuring our training program - more of this later.

Final placement for the Dragons was 5th – see below final results table for the division.

Division 3 2019

League Points Table

Team Name	Played	Won	Drawn	Loss	Goals Scored	Goals Against	Goals Avg	Goals +/-	Points
Stratford T Birds U14A	9	9	0	0	296	97	3.05	199	45
Parkside U13 White***	9	7	0	2	238	166	1.43	72	35
Foxes U14A***	10	5	0	5	198	181	1.09	17	30
Elmdon U14 Stars	10	4	0	6	234	235	1.00	-1	26
Dudley Road Dragons	10	2	0	8	163	321	0.51	-158	15
Bournville U14***	10	2	0	8	126	255	0.49	-129	14

***Penalties Applied - Please see Results Table

Special thanks to the Captain, Ashley and Vice-captain Nansi for their encouragement, support, and leadership of the Dragons during this season.

Overall, not the results the DRHNC netball family were hoping for this season, but it has been a good opportunity for all our girls, both individually and as a team, to experience the higher standard of netball within their respective divisions. Something for all our teams to strive for.

Other Competitions

DRHNC has been represented by our junior squads at three Tournaments this season, being Elmdon (Dec & Jan) the BINL Start of Season (03 February), and BINL End of Season (07 July).

Development Group

This year has been the first season our club has introduced a junior development section, made up of new and returning players to netball. The coaches have been impressed with the enthusiasm these girls have shown to learn all about the game, and it has been great to witness the improvement the girls have shown as the season has progressed. Whilst this group have yet to experience playing in a competitive environment, they have been given the opportunity at training to play short practice matches with support from the Dolphins and Dragons squad. Going forward into the new season, this group will move to a dedicated training session of their own on a Monday evening in a bid to maximise the potential of each player in a more focused environment.

Fitness

Fitness has been a top priority this season with the introduction of a weekly 30-minute session dedicated to increasing the girl's fitness levels. These sessions were led by Live and Work-out with Personal Trainers Emily Westwood and later on in the season with Darren Law. Sessions were designed with a mix of exercises to improve on speed, agility, strength, co-ordination, and flexibility – all skills needed for netball. Whilst the coaches could see the benefit of these sessions, we weren't so sure that this thinking was generally shared with our girls. Some of our girls embraced these weekly fitness sessions and rose to the physical challenge by doing their best, whilst others were not quite so keen and applied minimum effort. These dedicated fitness sessions will continue next season.

Forward Look

Looking forward to September and the new season 2019/2020, as Coaches, we now need to move the girls towards improving situation awareness and understanding of court positioning, and to learn good tactical skills – all designed to help our girls to attain the ability to read the play, react to it and predict what will happen next.

Patric/Fiona/Jayne/Diane/Cordelia
Coaches

THE NETBALL DEVELOPMENT PATHWAY/BIRMINGHAM ACADEMY

The Netball Development Pathway programme is designed to develop over-time the qualities of a netball athlete. They will receive appropriate training and specialist support to aid their development into becoming a netball athlete. Players entering the programme must, therefore, have a sound level of athleticism as well as technical and tactical ability. Players that are selected for Pathways must be committed, determined, self-disciplined, courageous and have good team spirit. They must have good body control, technical consistency and a great understanding of the game. This year Dudley Road Hospital Netball Club has been lucky to have two girls selected to train with the pathway squad, Lauryn and Ashleigh Hall-Wallace. Pathways take a squad of girls from different regions to train for about fifteen weeks, training consists of drills and also games. This is a very well organised and worthwhile opportunity of anyone wanting to improve their netball skills and have a greater understanding of the game. We will post out dates when these become available.

TRAINING FOR THE JUNIOR & ADULT SQUAD

The under 14's (Dragons and Dolphins) are now approaching their last year in the Intermediate League. It is our intention therefore to integrate their training with the adult section of the club. The training is much more intense, focussing on skills, techniques and tactics. This section of the club will train on a

CLUB ACTION PLANNING SCHEME (CAPS) AWARD

As many of you are aware, we had achieved the silver award of the Club Action Planning Scheme (CAPS) an award that is issued by the All England Netball Association. This means that the club delivers quality netball development programmes and operates within best practice guidelines. We had recently applied to have this

Wednesday evening with Dragons and Dolphins starting at 6.00pm and finishing at 8.00pm. The adults will join the group at 7.00pm and finish at 9.00pm. **The first training session will start on Wednesday 4 September 2019, at Hillcrest School.**

TRAINING FOR THE DEVELOPMENT GROUP

This group will move to a dedicated training session of their own on a Monday evening in a bid to maximise the potential of each player in a more focused environment. Their first training session will start on **Monday 9 September 2019 starting at 6.00pm – and finishing at 7.00pm at Hillcrest School.**

END OF SEASON AWARDS

The following awards will be presented to players at the Annual General Meeting:

Player of the Match – as voted for by our opponents in the Birmingham Intermediate League

Player of the Season – as voted for by the girls

Most Improved Player – as voted by the coaches.

Volunteer Presentation Awards – To all volunteers of DRHNC.

CLUB FEES

Please note it will be mandatory that subs for training is paid monthly or if easier, one payment for the year. Weekly collections will be for match games only. There is also a membership fee payable at the start of the season of £10 for adults and £5 for junior members. Members will be encouraged to ‘fund raise’ to help cover the cost of purchasing equipment, uniforms, entering tournaments etc. A volunteer is needed to co-ordinate this activity. **Please contact Cordelia if you are interested.**

All England Netball Association (AENA) Registration

This year England has changed the way in which they are collecting their membership fees for 2019/2020. Each member is now responsible for ensuring that they are affiliated through the new membership system ENgage. Details of the process have been sent out to all members. More information about ENgage can be found at <https://www.EnglandNetball.co.uk/ENgage>, including user guides and videos. **Please ensure that Cordelia knows when this has been completed, and remember, you will not be eligible to take part in training or play in matches if you are not AENA registered. This must be completed before the start of the season on 1 September 2019.**

renewed, and I am pleased to announced that we are now an accredited Silver CAPS club. Without this award our girls would not be able to enter the more prestigious competitions.

DIARY DATES

Junior Squad

County Trials – played at Nechells Sports Centre, Rupert Street, Nechells, Birmingham B7 5DT

Dates for County Trials for the Dragon and Dolphins squads will be posted as soon as possible. However, last year there were four matches in total, one in September, two in October and one in November. **This is an opportunity for the club to compete at a higher level so it is extremely important that girls are available for these matches.**

Elmdon Development Friendly League- played at Lode Heath School, Lode Heath, Solihull B91 2HW.

We will be entering our Development Group in this league which operates from September – December. More information will be posted our later.

Birmingham Intermediate League- played at the University of Birmingham Sports Centre, (off the Bristol Road), Edgbaston, Birmingham B15 2TT

This League starts in February 2020 and finishes in July 2020– dates etc. will be sent out nearer the time.

Birmingham Netball League-played at the University of Birmingham Sports Centre, (off the Bristol Road), Edgbaston, Birmingham B15 2TT

We have entered two teams in the above League, one in Division 6 and the other in Division 12. The team in Division 12 will be made up of players from Dragons and Dolphins squads. The league starts in September 2019 and finishes in April 2020 for Division 6 and for Division 12 finishes in March 2020. All the necessary paperwork will be sent out nearer the start date.

MEMBERSHIP FORMS

May I reiterate the importance of ensuring that your membership form is up to date. If you have change any of your details since completing your original membership form, it is important that you let Cordelia know. All new entrants must complete a form so please see Cordelia.

PHOTOGRAPHS

We, the Committee, would like to post photographs on our web-page of both junior and adult members of the club. If you have not yet completed a permission request form could you please see Cordelia.

SPONSORSHIP

As part of our effort to try and raise additional funds for the club, we have added to our web-page a platform that allows people to raise money for projects. GoFundMe allows us to create our own website with which we can raise money. In setting this up we are asked to describe our fundraising cause and the amount we hope to raise. We can upload photos or video. Once the website is created, GoFundMe allows users to share their project with people through integrated social network links (Facebook, Twitter, etc.) and email. People can then donate through the website using a debit or credit card and track the progress of their funding. Those who donate can also leave comments on the website in support of the project. All donations go towards investing in our club; the purchase of equipment, entering tournaments, match kit, hire of facilities and general running of the club.

We are pleased to announce that to date a total of £120 has been raised.

Another platform of raising additional funds that we are recommending to members, is Easy-Fundraising. The key to success with Easy-fundraising is to get as many people as we can to use it when shopping online. The more supporters we have the more we can raise.

Members should all have received an email informing them of these two platforms of raising funds or you can just log on to our web-page for further information on both of these schemes and ***please spread the word to your friends, families, workmates and anyone who you think will help our cause.*** The more money we have in our bank account reduces the fees you have to pay.

Sponsored Events

Junior members of the club have met and discussed how they wish to proceed with their sponsored event. It is hoped that each girl in their group, i.e. Dolphins, Dragons and Development Group will attempt to raise at least £25 each. Our adult members are looking at ways of raising funds for the club.

SOCIAL MEDIA

This is to make you aware that DRHNC has a web page and can be found at

<http://www.dudleyroadnetball.co.uk>

To access Facebook: <https://facebook.com/Dudley-Road-Hospital-Netball-Club-1963983657201168/>

To access Twitter: [Twitter:](https://twitter.com/dudleynetball)

<http://twitter.com/dudleynetball>

Please do check it out. A lot of information on the club's activities, plus those important documents that identify how the club is managed are listed. 'So, check it out'.

COMMITTEE MEMBERS 2019/2020:

I would like to introduce you to the Committee for the 2019/2020 season:

Chair: Diane Thomas

Deputy Chair/Publicity

Officer: Lorna Nicholson-Grant

Secretary/Treasurer: Cordelia Bailey

Junior Representative: Ellie Bishop

Safeguarding/Voluntary

Co-ordinator: Fiona Kennedy

First Aider: Jayne Howard

Fund Raiser: Post vacant

Coaches: Cordelia Bailey

Noel Bailey

Patric Thomas

Diane Thomas

Jayne Howard

Assistant Coach: Fiona Kennedy

FORTHCOMING EVENT

Walking Netball

If you are keen to play netball but no longer want to be engaged in the full game, walking netball is for you. Currently sessions are running at the Harry Mitchell's Leisure Centre, Smethwick, B67 7DH on a Wednesday from 10.00am – 11.00am. The sessions cost £3.00 per session – just turn up and bring a friend with you.

Christmas Celebrations

The Committee would like to put on a 'do' at Christmas. **PLEASE LET US HAVE YOUR THOUGHTS ON THIS.**

Annual General Meeting (AGM) & Presentation Evening

This year our AGM and Presentation Evening will be held on **Wednesday 25 September 2019, at 6.30pm** – further details will be sent out nearer the time. ***This is an important event and requires full attendance of all participants taking part in the clubs' activities.***

BIG THANK YOU

I cannot finish without saying on behalf of the Committee and myself a 'big thank you' to all parents, family and friends for the commitment, dedication and support they have shown to the club. It is impossible for a club to survive without your support. Also, a big thank you to all our junior girls for their contributions during this past season; we look forward to welcoming you all back in September 2019. We are always looking for volunteers to support our Saturday and Sunday matches. Don't be shy, please let Cordelia know if this is something you might be willing to do. Please remember parents, you can support your child at matches on a Saturday or Sunday – more voices please on the side line (mine and Diane's are fading fast)!!!!!!

Look forward to seeing you all again in September 2019.

Cordelia Bailey
Secretary/Treasurer
August 2019
Documents2019: newsletter 2019