

The Netball Post

"Here if you need!"



**I LOVE
NETBALL**



Are You Ready?



**Merry
CHRISTMAS**

Newsletter December 21'

First Edition

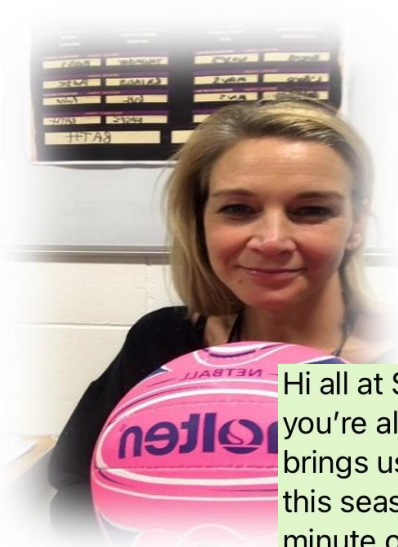
To our entire Storm family,

Please enjoy the first edition of our new newsletter 'The Netball Post'. We shall be sending one a term to our members with updates, information, and activities in – if you feel that you have something you would like to include, please speak to Lauren/Kerry.

What a fantastic term for the club! We have welcomed many new members, welcomed back valuable committee members and our existing members have settled back into training and games and even the new squads well. We are very lucky to have so many fantastic coaches available for you all and watch this space as more exciting things are coming – check out the messages we received below.

Have a very Merry Christmas and Happy New Year – see you in 2022!

Stevenage Storm Netball Club Committee



Hi all at Stevenage Storm. Hope you're all well and this season brings us all a bit of normality this season. Enjoy every single minute of your matches and keep focusing on being the best you. 🤗👏 Please do introduce yourselves when you're at a game and I'll definitely pop over and say hi 🤗👏 Can't wait to see you and meet you all! We hope to see you all soon, Kat Ratnapala 🍒🍋



Hi Stevenage Storm! All the best with your season. Play hard play well but most of all have fun, love Kadeen Corbin!



Key Dates and Announcements



NEW TERM STARTS WEDNESDAY 5th JANUARY 2022

We will be returning to training on **Wednesday 5th January 2022**. Please can you ensure that your term subs are paid to the Storm account by 1st January otherwise you will be unable to train. Subs are £60 per person for seniors and £50 per person for juniors. Remember, there is a £5 discount for a second child or for a child of a parent who is also a member of the club. If you are having any problems with payment, please contact me via the storm email account FAO Jenny.

Storm email: stevenagestorm@gmail.com

Storm Bank Account: Acc Number 42016427 Sort Code: 40-43-36

Jenny
Club Treasurer

Kit Update!

Unfortunately, our first kit supplier has let us down! But do not worry, we are in touch with another, and will be sharing a very exciting update on kit soon. We apologise for the delay but have been in contact with a lot of suppliers to bring you a good quality and valuable kit and we think we have done it! More will be revealed soon – thank you for your patience.

Lauren
Chairperson

Contact Us

Website: stevenagestorm.co.uk
Email: stevenagestorm@gmail.com

Stevenage Storm Bank Details

Account Number: 42016427
Sort Code: 40-43-36

ASPIRE Netball Programme

We are launching a brand-new netball programme exclusive to Stevenage Storm. It is designed for individual development/progression within netball, no matter where you are in your netball journey! No regular extra training sessions required but will involve one-to-one development discussions and regular progress reports. To tailor this programme effectively, Kerry needs to know who is interested in any of the following:

- A tailored, personal player profile and development plan/pathway to further improve your play
- Becoming a future team captain/develop existing captaincy skills
- Learning more about coaching
- Learning more about umpiring
- Becoming a netball mentor

It doesn't matter if you are juniors, seniors or back to netball; whether you have played for the club for a week or years this is open to all. You will be given friendly and confidential support. Contact Kerry for more information.

Meet the team



Gemma White
Vice Chair
(& coach)



Lauren Cooper
Chairperson



Lorinda Levy
Secretary
(& coach)



Jenny Morris
Treasurer



Julia Burrows
Safeguarding
(& coach)

Currently taking
a break



Ian Burrows
Coach



Florrie Jones
Coach



Lizzie Young
Coach



Kerry Ford
Coach



Hayley Fathers
Coach



Alisha Levy
Coach



Sylvia Warwick
Umpire

Message from Chairperson



Well, it has been an interesting year, hasn't it? There have been many challenges this year due to the pandemic – we have returned, then we had to stop, then we could return again! There have been covid procedures in place for training and matches and modified rules to contend with too! But we have remained covid secure throughout our club which is down to the hard work of all the covid officers, the coaches and of course, every single one of our members. Thank you so much for your compliance with our covid protocols.

We have so many new members which is fantastic, we have new coaches, and your committee will continue to work hard to provide the best netball that we can offer – there's more exciting things coming in the New Year – so keep your eyes peeled & get involved!



We hosted a fabulous tournament back in July, it was a day filled with laughter, singing, dancing and of course fantastic netball – welcoming back some of our former members for a "Storm Allstars" Team - which saw Luton Tornadoes take the first "Stevenage Storm Netball

Tournament" trophy away with them after an excellent battle between the unicorns and rainbows! We raised an AMAZING £3,321.50 for the chosen charity People for People, Stevenage. This tournament will become an annual event and we hope to introduce a junior tournament next year too!



Excel have had several players successfully completing trials for various pathways – well done girls!

And of course, our members joined in with #oddsocksday to show our solidarity & support for Anti-Bullying Week.

We also had lots of our coaches, committee members, captains and covid officers receiving 'Lockdown Legends' awards in recognition for their hard work to get us back to the sport we love and keep us safe.

We really did come back with a bang! And there is more to come soon.

Enjoy the well-earned rest, have a lovely Christmas, and we look forward to welcoming you all back in the New Year.

Lauren 😊



Coach Profile

Julia Burrows

Hi Julia, let's start off with a simple one ... how long have you been a coach?

About 30 years

How long have you been at Stevenage Storm?

16 years from day 1! I started the club as part of my job as a Netball development Coach for the Stevenage School Sports Partnership. Initially a junior club, then introduced Back to Netball and eventually Seniors.

Why netball?

Just always loved it from when I started in junior school. Became a huge passion and played for Primary and Secondary school teams and joined Turnford NC when I was about 11. Wanted to pass on my love for the game to others and became a club coach and umpire, as well as coaching in schools.

What is it about Stevenage Storm that you enjoy?

Being able to coach new skills and to see an individual player progress and be the best they can be. Seeing week on week the development of the teams at training and in their matches. Learning and picking up drills from other coaches and working together to plan the sessions for training.

If you could give one coaching tip, what would that be?

Be mentally aware as well as physically skilful. Think tactically before, during and after a match to plan, deliver, evaluate, and improve yourself as a player. Control your actions and think logically.

Who would play you in a film of your life?

This is so difficult! I don't have an answer! I had to ask Laura for help...she says Julie Walters!

Who is your favourite band?

I don't have a particular favourite band, but I do love 80s music and anything that makes you want to dance! Bands who create great music and decent lyrics! P.S. I really love the soundtrack to Guardians of the Galaxy!

Which 3 celebrities would you invite to dinner?

Ant and Dec (do they count as 1??)

JK Rowling

If I'm allowed a third (because Ant & Dec come together!) Aiden Turner

And finally, who is your favourite VSNL team?

Have to firstly say Mavs....support the home side! I admire a lot of players in other teams and would like to pick and put together my own super squad! I honestly don't have one particular team that I favour but would say in the past I've cheered for Team Bath, Manchester Thunder, Loughborough Lightning and Leeds Rhinos! Not one in particular but depends on who's playing! I used to play basketball with LL Ella Clarks Mum!



Messages from our members!

Julia & Ian

Starting in B2N is the norm, before you get to face the storm! Without the support of Ian, you might not stay for a season. You'll be singing Hallelujah if you can match the skills of Julia. We are grateful for their coaching, even if it leads to poaching. The aim is growth, and its thanks to you both.

I would like to thank Lorinda and Liz for making every training session fun and helping us to develop. We especially liked the circuits you made us do which were fun. And its really nice that you are always so pleased to see us.

Fay, you have always been so dedicated to helping everyone at Storm progress and have stood in the freezing cold to support the teams on MANY Saturdays! Your encouragement is invaluable!

I just wanted to say thank you to all the coaches for all their hard work – whilst my attendance at training hasn't been great (due to injury) – for the sessions they organise.

My favourite was definitely when we had to steal the other team's cones!

I would like to thank Florrie for always adding in silly, fun activities to our training sessions – a particular favourite was the whack-a-mole task which just made me jump around!

Thank you to Ian for making sessions that have really helped to improve us as a team – you're always so positive!

Thank you so much Hayley for helping us develop so much. We appreciate your time so much.

Thank you to Kerry for making our sessions a giggle, turning up to support us at matches and just being a kind and considerate coach!

I would like to thank Lorinda and Lizzie for all their help this year. They have made training and matches really fun and give us positive feedback. Happy Christmas!

Thank you to Kerry for coming to all our games and giving us tips on the side lines!

Thank you, Julia, for planning all our sessions each week. I don't think I've ever not seen you there. My favourite was the wall drill inside.

To Florrie, thank you for your motivation, encouragement and support during training which constantly inspire me. You are a fun, enjoyable, cheerful coach!

I would like to thank Fay for helping with my confidence when shooting and for shouting for me to "push" on all my shots!

Thank you to Alisha for leading our fitness session. It was actually quite fun – can we have more?

My thank you is for Ian. For teaching me how to do a shoulder pass correctly. Sorry I haven't actually used the advice yet!

Thank you to Julia & Ian for convincing me to stop thinking and just shoot already!

So appreciative of all the coaches for the commitment and time they put into making us better players, individually and as our team.

Thank you to Ian for your session on driving forward towards the ball! We loved it!

These were just a **very small amount** of the huge volume of messages that our members sent to the coaches.

Thank you to the secret team for gathering these for this newsletter .. we will use of all the messages received so if yours isn't here right now, it will be!

 TO OUR
awesome
COACH
thank you! 

Member Story - Anastasia

Hi Anastasia, what Stevenage Storm Squad are you currently a member of?

Lighting!

What position do you currently play?

I currently play GS, although I started as GD and slowly found out I prefer shooting!

How long have you been a member of Stevenage Storm?

This is my first season

Tell us a little bit about your netball journey within Stevenage Storm?

I started in May 2021 in Back to Netball which I thoroughly enjoyed. Everyone was so welcoming. It had been a few years since I had last played, and I was a little nervous. From September, Julia asked me to join Lighting and I haven't really looked back.



“Something I love about Storm in particular, is the wide range of ages on teams and how this diversity is encouraged”

What do you like about playing netball?

I love the team aspect; you can play anywhere, and it be universal. I spent some summers in America doing Camp and as part of our team building, we played a game of netball with people from New Zealand, Australia, England, South Africa, and America all-knowing and loving the sport. Something I love about Storm in particular, is the wide range of ages on teams and how this diversity is encouraged.

Do you have a favourite Superleague player?

I like Joyce Mvula.

Do you play any other sports?

I have played many sports in my life! I used to be a regional thrower for Discus, I played lacrosse and was on my university's first team. My new obsession is rugby and have started playing locally on Sunday's!

Coaches feedback...

Thunder

A solid but difficult start for the team this season with lots of injury and illness that have hampered the teams chances of getting a full Thunder squad out each week. Both Mondays and Saturdays are proving very difficult for consistency of players, which in turn disrupts the progression we would hope for at this point. However, the core players that are attending training and matches cannot be faulted on their efforts to improve and their determination to give the opposition a good run for their money! The team are playing in the HINL division 1 indoors at Stevenage Leisure centre and in the Welwyn and Hatfield Saturday league division 1. Shout out to Mollie and Macy who are leading the team so well despite the difficulties they are experiencing in getting a regular team of 7 and we feel that both deserve recognition for their efforts. Onwards and upwards for the ladies as they have so much to give.

Blizzard have gelled as a squad which was apparent right from the start of the season. They have a really good unspoken understanding of each other on court and each combination of players subbed on and off is equally as strong and effective as another. The younger players are starting to show their confidence in the squad and will develop even more alongside the more experienced squad members. The ladies all listen and absorb at training and this shows in their game play where we see the skills being put into practice. They are not afraid to ask questions which is helping them to think for themselves. Blizzard have been playing up in division 2 this season in the HINL indoor league with some tough games and very close results. They also play in division 2 at Welwyn on Saturdays and are doing really well with some fabulous wins and buzzing match reports. A really great start to the season for this squad who are going from strength to strength and it's so hard to pick only one player to specifically mention. However, we would like to give a big shout out to Hannah and Laura this term for their partnership in the attacking D which is fabulous to watch. They have both come up against some tough defensive opposition and have kept their heads whilst still playing to a high level. Well done Blizzard. Keep working hard.

Lightning ⚡

The Lightning ladies are steadily beginning to gel as a squad and have a good record of attendance at training. They are offering really good feedback on what they feel needs to be worked on, along with coaches input and observations and are working hard to improve both individually and as a team. The ladies play well when they remember to slow the game down and not to rush or force the overhead passes. There is great versatility amongst the squad with several of them stepping into the shooting D with some great results. Defensively the whole squad work hard and need to be congratulated for their tenacity on court. They play on a Thursday in the HINL indoor league division 3 which is a challenge but improvement is starting to show and they also play division 3 at Welwyn on Saturdays. The player we would like to give a shout out to is Paige. She is the Captain for Lightning and always attends training, organises the team fairly and has really improved in her own game play. She is positively vocal on court and her confidence has grown both in her game and in her organisational skills. A great start to the season for the ladies.

Cyclones

If I was asked to chart your progress since September, the line would be almost vertical! WOW!! Each one of you has put in to practice what I have asked, and each one of you has improved your play as a result. As I always say, at this stage, scores and results are irrelevant, but your enjoyment of the game, commitment and the desire to improve as both a team and as an individual do. Keep smiling, keep laughing, keep working hard and keep working for each other.....its a beautiful thing! Cyclones Player of the Term goes to Amy Kingsbury for her calmness and control on court, along with her friendly encouragement to her team mates. Thanks Cyclones, YOU ROCK!

The coaches would like to give a big shout out to all Captains and Vice Captains for their organisation and communication skills to their teams. You are all instrumental in getting the players to where they need to be on match days and for offering fair opportunities to everyone. You have been given a big responsibility that we are very grateful for and the club coaches are always available if advice is needed. Thank you all.

A big shout out to Lauren, Sylv and all the umpires that help the Storm teams week in and week out. We couldn't play without you and you're all amazing!



Back to Netball - *Hurricanes*

We have a fabulous group of Back to Netball ladies this season, with a varied background of Netball experience and age range. We have been working on the basic skills with some of our newbies, whilst developing more advanced skills for those ladies that are more confident. We have had the luxury of extra coaches for training some weeks, enabling us to split the ladies into smaller training groups. A small group of the ladies play in the I ❤️ Netball League at Stanborough on Tuesdays, joined by a regular few from the Seniors who have helped make up the team. Hopefully as time moves on, more of the B2N ladies will feel more confident to start to play competitively. Our player of the term goes to Eleanor Roussell. Always attends training, took on the Captaincy half way through, has played in all but one match (due to a burst tyre) and has worked so hard in her personal development. She is like a sponge and goes out on court and puts into practice the skills learnt at training and the advice given at each quarter of the game. A great start to the season!

Storm Excel

This season is a very exciting one for Excel, as it's the first year we have an U14 & U16 squad. The girls never had a break through summer, starting preseason training back in July. Both squads are currently playing in the Stanborough League on Sunday, in division two however if they keep working hard they should both move to division one, especially with their latest scores, winning 45 -19 and 34 – 2. We have had some fantastic individual performances, which has resulted in one u16 being selected for the Mavericks Futures Academy, unfortunately I am unable to name this athlete as Mavericks are still yet to announce. However, we also have had two U16's make the County Squad, so a massive congratulations to Matilda Deards & Lucy Baverstock.

Year 9 Squad

This squad coached by myself and Liz are made up of a lively group of girls who, on the whole, are hardworking and keen to improve their fitness and netball skills. The team benefited from pre-season training through the summer and friendly matches during that time. They currently play in the Sunday Junior League and have had good results. The squad continues to develop and with the addition of new members it is hoped that eventually we may be able to run two teams. Three of the squad members are currently part of the U14 Excel program and play for this squad at Welwyn.

Year 5, 6 and 7 training squad

It is a pleasure to coach this newly formed squad which continues to grow every week. The girls have come together to form a friendly, hardworking group. With the girls missing out on school and club netball due to covid, it is good to see steady progression towards competitive games, which it is hoped will start next year. Our plan is to build a squad in each age group to represent Storm in local leagues and tournaments.

Game Section

What did the umpire say?

There are 10 hidden umpire calls – can you find them all?

Z	B	K	H	I	I	N	G	X	P	L	S	D	K
S	F	O	P	N	Y	Y	B	G	E	Y	F	X	H
Y	N	P	Z	R	K	W	X	I	N	H	C	B	D
O	F	F	S	I	D	E	A	N	A	D	I	S	Y
E	D	O	S	E	M	U	Z	A	L	A	L	A	F
N	W	C	O	N	T	A	C	T	T	N	L	S	F
O	H	Y	T	T	I	M	E	E	Y	Q	Z	E	B
O	C	A	U	T	I	O	N	U	Q	T	Y	U	R
K	O	B	S	T	R	U	C	T	I	O	N	R	E
V	R	E	P	L	A	Y	V	X	B	M	S	L	A
F	M	F	O	O	T	W	O	R	K	T	K	Z	K
R	Y	K	K	L	Z	P	Q	Q	V	U	U	W	I
V	H	E	L	D	B	A	L	L	Z	S	P	H	N
Y	I	Q	L	Q	H	G	K	E	M	N	C	Z	G

Quiz

1. Who are the defending VNSL Champions?
2. Who is the current England Roses Head Coach?
3. In feet, how high are the goal posts from the top of the ring to the ground?
4. Which version of netball features goals worth multiple points, 5 player teams and shortened games?
5. Which city will host the 2023 Netball World Cup?
6. Which English Rose has recently returned from Australia to join Manchester Thunder?
7. Name the teams competing in the 2022 VNSL Netball Superleague?
8. Who is the Head of Officiating at England Netball?
9. Who were England's shooting partnership in the final when England won the Commonwealth Games in 2018?
10. Who are the 2 sisters who play for Saracens Mavericks?

England Roses win the series!

Roses seal the win! For the first time in years, England Roses secure a series win over the Jamaican Sunshine Girls!

A fantastic series that resulted in victory in game 1 and 2. GM1 had a magnificent third quarter that led to the Roses taking a 55-46 win. Into GM2, and the Roses came out firing, a well-deserved win in the first quarter set the

tone for this game – something that Roses had just not managed before. Into GM3, a series victory already secured meant that Head Coach Jess Thirlby could give more variety of players their opportunity to put their name forward for Commonwealth selection. This series had it all. It inspired us ... did it inspire you? #RosesReunited



The Quad Series is back & on home soil!

Next stop for the Roses is the returning Quad Series in January. England will host Australian Diamonds, New Zealand Silver Ferns and South African, SPAR Proteas. It is set to be a thrilling week, and you can catch the games here:



Netball Quad Series - Live on Sky Sports and Sky Sports YouTube channel

January 15, 2022	Vitality Roses vs South Africa	2pm
January 15, 2022	New Zealand vs Australia	4.15pm
January 16, 2022	Australia vs South Africa	2pm
January 16, 2022	Vitality Roses vs New Zealand	4.15pm
January 18, 2022	South Africa vs New Zealand	5.30pm
January 18, 2022	Vitality Roses vs Australia	7.30pm
January 19, 2022	Third vs Fourth	5.30pm
January 19, 2022	Final	7.30pm

Commonwealth Games 2022 – are you ready?

Remember this?.....51-51, 10 seconds on the clock in the Commonwealth Games Final, Australia vs England on Australian soil. The 1st time in history



that a team other than Australia and New Zealand have made it to the final. England get the ball to Jo Harten, who pops the shot up and misses, Helen Housby gets the rebound under the post pops the shot up and misses with no time left on the clock. Extra time beckons.....but wait, an infringement has been called and Housby gets 1 final chance.....and scores!! England are **Commonwealth Champions!**

Well, guess what, next year sees the return of the Commonwealth Games and this time it's in England (Birmingham to be precise), and you can bet your Vegemite sandwich that Australia will be looking for revenge. Make a note in your diary, 28th July 2022-8th August 2022.

Vitality Netball Super League (VNSL)

Before that however and following an AMAZING Fast Five Tournament (if you didn't see it, why not?!), the VNSL returns with a double header on the weekend of 5/6 February 2022. 11 teams, all out to steal the crown from reigning champions, Loughborough Lightning. Our local team is Saracens Mavericks who play their home games at 2 venues- Hatfield Sports Village and University of Essex. If you've never been to a match, get yourself down there. The atmosphere is amazing, and there is nothing like seeing the play up close!



Puzzle Page Answers

Z	B	K	H	I	I	N	G	X	P	L	S	D	K
S	F	O	P	N	Y	Y	B	G	E	Y	F	X	H
Y	N	P	Z	R	K	W	X	I	N	H	C	B	D
O	F	F	S	I	D	E	A	N	A	D	I	S	Y
E	D	O	S	E	M	U	Z	A	L	A	L	A	F
N	W	C	O	N	T	A	C	T	T	N	L	S	F
O	H	Y	T	T	I	M	E	E	Y	Q	Z	E	B
O	C	A	U	T	I	O	N	U	Q	T	Y	U	R
K	O	B	S	T	R	U	C	T	I	O	N	R	E
V	R	E	P	L	A	Y	V	X	B	M	S	L	A
F	M	F	O	O	T	W	O	R	K	T	K	Z	K
R	Y	K	K	L	Z	P	Q	Q	V	U	U	W	I
V	H	E	L	D	B	A	L	L	Z	S	P	H	N
Y	I	Q	L	Q	H	G	K	E	M	N	C	Z	G

Quiz Answers

1. Loughborough Lightning
2. Jess Thirlby
3. 10 feet
4. Fast 5
5. Cape Town
6. Nat Haythornthwaite
7. Celtic Dragons, Leeds Rhinos, London Pulse, Loughborough Lightning, Manchester Thunder, Saracens Mavericks, Strathclyde Sirens, Seven Stars, Surrey Storm, Wasps
8. Gary Burgess
9. Helen Housby and Jo Harten
10. Sascha and Kadeen Corbin