



GOAL ATTACK

Issue One
Official E-News from Welsh Netball
November 2009

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Hello from Welsh Netball!

This e-zine is, we anticipate, going to be a monthly production circulated free to all members, and, we hope, will contain snippets of information across a range of areas such as performance, regional development and education, eventually pointing you in the direction of the website for more detailed information.

Part of the plan further down the line is that we revamp the website and make it more user-friendly, with a better balance between 'reference' items and some more eye-catching stories and features. Something had to come first, and the e-zine is the guinea pig!

We'll be looking at modernising the website in the coming months and establishing a proper link between the two.

The Celtic Dragons begin their competitive season very shortly and we're delighted that Melissa Hyndman, a New Zealander who has more recently been the Fijian National Coach, will be joining us as our first full time High Performance Coach.

Those of you who have been reading the blogs on the website will know that in addition to coaching the Wales and Celtic Dragons teams, Melissa will be responsible for working on a new performance pathway and in identifying and developing the next 'batch' of elite coaches. We wish her well.

The contact information for the Development Officers is all here

so please make contact with them if there is anything you want or need. We are in the process of consulting with the Areas on the 2010-14 strategic plan, of which more in due course, and having the right channels of communications with the membership is a major priority for us.

It's appropriate that Mel Tuckwell should be the first in our series of Any Questions. She, along with Sara Hale, has done a huge amount to smooth over the waters in performance terms while we've been waiting for the High Performance Coach.



Melissa Hyndman (above)

This isn't intended to be a detailed glossy publication, but a taster of what's going on. Within the next few months we'll be providing shorter, punchier stories, with URL links back to what I expect to be a redesigned and modern website, where you can do more digging at your leisure. In the meantime the blogs will continue, and I'm always happy to listen to feedback whatever the topic.

Mike

Kate's Column

This is the first in a regular series where Welsh Netball's Education & Events Co-Ordinator, Kate Donnelly, provides updates on what's going on.

All three UKCC Level 1 courses for this particular season have been fully booked, so it's clear that some forward planning is necessary to be able to guarantee yourself a place!!

The first UKCC Level 2 course of the season will be held at Mold Leisure Centre in Flintshire on 6th/7th February, 6th/7th March and 28th March. The closing date for applications is 8th January. Please visit our website www.welshnetball.co.uk for more information and a booking form.

On 29th November there will be a Starting Out course at Merthyr Tydfil Leisure Centre (between 10am and 2pm). Please contact me or the NDO for RCT and Merthyr, Becky Lewis, to book a place on this course.

There will also be a Level 1 Umpiring course on 6th December in Cardiff. Contact me directly if you are interested in booking a place.

Finally a word on events. The Open and Under-21 Inter-Area competitions

Area News

Each month we'll try to bring you some snippets from the Areas. When the website has been further developed we'll be able to set up some links from these taster stories to fuller background articles.

will be held at Deeside Leisure Centre in Flintshire on 24th and 25th January. All Area Secretaries should have received entry forms.

Due to the Christmas holidays we have allowed more time to receive the entry forms. The closing date will therefore be 10th January at 12pm (late entries not accepted!!).

If you need to contact me my email address is katedonnelly@welshnetball.com

Any Questions?

The first in a monthly series where we go behind the scenes to find out a little more about leading figures within Welsh Netball.

Name: Mel Tuckwell

Netball Role:
Recently Under-21 Head Coach & currently Tier Coach Mentor



What motivates you in your role? My belief and passion in the coaches and the players I've been mentoring or coaching. I want everyone to reach their full potential - it doesn't really matter how high that is.

What are the best and worst things about being a coach? The best is the satisfaction you derive from seeing players perform to their potential. The worst is that it can be a lonely job when the team is losing, as many people forget to check on or talk to the coach.

Who is your sporting hero and why? Kelly Holmes. For what she has achieved in winning two Olympic gold medals and for her dedication now in helping retiring athletes to develop their careers.

Name three things that you couldn't manage without. Diet Coke, coffee and holidays.

What is your greatest personal or professional achievement so far? Playing for and coaching my country at netball.

Glamorgan Valleys - Caerphilly

A new netball club has been set up in Heolddu Leisure Centre in Bargoed. The girls' PE teachers, frustrated at the lack of opportunity for the pupils, wanted to provide the girls with an opportunity to play, rather than seeing more talent wasted. More than 20 children from the upper school attended training sessions, and past and present pupils have volunteered to work towards coaching and umpiring qualifications. Heolddu Comprehensive School is supporting the pupils by covering affiliation costs. Sophie Moore, a Year 11 GCSE PE pupil, said, "We're really pleased to be given the chance to play for a club outside school and we are grateful to Mrs Owen and Miss Price for giving up their time". Lauren Williams, also in Year 11, added, "We've had three training sessions and seen a big improvement already. And it's really good for our fitness levels!"

Elsewhere in Caerphilly, Pengam Blackwood Netball clubs is part of Pengam Blackwood Boys' & Girls' Club, working closely with local comprehensive schools (Blackwood, Oakdale, Pontllanfraith) to increase the opportunities for all to participate in netball in the community. Pengam Blackwood is a thriving friendly club with over 75 members catering for a range of age groups from Under-10s to Under-17s, also providing netball opportunities for young people with additional needs. The club has effective feeder links to Blackwood Ladies Netball Club, is working hard to complete an official school/club link with Blackwood Comprehensive School, and has recently become an accredited club to allow performers with a disability to attend. The club had a successful season last year with its Under-12s winning the South East Wales League, and its Under-14s Under-17s achieving fourth place.

Suzy Drane, Caerphilly

North East Wales - Wrexham

On Saturday 29th August, a newly formed netball club from Wrexham took the town of Ellesmere in Shropshire by storm by not only entering the summer carnival but also winning two of the competitions for the best floats. The Coyotes Netball Club was formed in June by a group of friends in Wrexham, many of whom lived in a village in Wrexham on the border of Shropshire. Entering a float in the annual Ellesmere carnival seemed an ideal opportunity to promote the club and the sport, as well as an opportunity for the club members and their families to get to know each other. The theme chosen for the float was the film 'Coyote Ugly' due to the club's name and the float was decorated in the theme of a bar, complete with beer fonts and hay bales, as well as a dance routine from the soundtrack choreographed by members of the club.



In the afternoon carnival parade the Coyotes won best float together with a £50 prize and a cup. In the evening 'glowing' parade, they came first again with another £50 prize and a plaque that will bear their name. It was a fantastic event that enabled the whole family to get involved, be it dressing the float, being on the float or being a steward, and the prize money has enabled the team to buy their own bibs.

Anneka O'Connor, Flintshire/Wrexham



The Celtic Dragons begin their 2009-10 campaign with back to back matches on 12th and 13th December, the former at Mavericks, with a match against Team Northumbria at the Welsh Institute of Sport in Cardiff on the Sunday, starting at 3pm. There is one other game - against Northern Thunder in Bury on 19th December - before the Christmas shut down.

The Junior Dragons kick off against Loughborough on 5th December as part of the special launch weekend in Sheffield. They play at Mavericks on the 19th. The Celtic Dragons squad for the season is: Sian Carrington, Suzy Drane, Carlie Ennis, Sara Hale, Nichola James, Lucy Main, Kelly Morgan, Cara Moseley, Kyra Neal, Becky Neate, Catherine Roberts, Emma Thomas, Hannah Williams, Sammy Jo Williams and Steph Williams. The squad - minus the absent Carlie Ennis and Kyra Neal

We're still hopeful the incoming High Performance Coach, Melissa Hyndman, will be available to take charge of the team for the opening match on the 12th.

We are close to finalizing details on the principal sponsor for the Celtic Dragons for the season. The Junior Dragons will this season sport the logo of Ty Hafan on their dresses. Ty Hafan is Welsh Netball's nominated charity for the season and we are going to be working with

What is your favourite place in the world, and why?

Anywhere there is a nice hotel, a good beach, good weather... and no netball!

What is the best piece of advice you've been given?

"If you could touch it, you could catch it." So I very rarely dropped a pass, and still don't even at my age now!

When you were growing up, what did you want to be? In the armed forces as an MP Officer.

- pictured above, photo courtesy of DE Photo.

them over the next six months on a range of ideas and events of mutual benefit.

Stay in contact with the website for up to date information on how the teams get on this season!



www.welshnetball.co.uk

Contacting Welsh Netball

You can phone us during normal office hours on 029 20 237 048 or contact us by email at welshnetball@welshnetball.com

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If your area is not covered by a Development Officer give us a ring or email us at the office and we'll try to point you in the right direction.

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