







STAFFORD NETBALL CLUB

NEWSLETTER- February 2021



THINGS WE WOULD LIKE YOU TO DO:

-  Review your personal details on your [ENgage account](#) (Parent account for those under 18)
-  Complete the form to help us understand your interest in returning to training and summer leagues
-  Think about if you would like to be part of the club as a volunteer and let us know, especially to be present at training sessions to support the cleaning requirements for covid-restrictions
-  Challenge yourself to have a go at a few of the exercises to prepare for a return to training

TERM 1 TRAINING FEE PAYMENTS

We are currently reviewing all payments that have been made towards the last few training sessions of Term 1, and for anyone who paid for the full year. Once our return to training date has been confirmed, term 3 training fees will be reduced in recognition of the sessions missed. A partial refund will be given to those who paid for the full year.

ENGLAND NETBALL REGISTERED EMAIL ADDRESS IN PERSONAL DETAILS

Please could we ask that you log into England Netball and check that your current email address/ mobile telephone number is up to date.

If it is incorrect, please amend it and inform the club directly as this is the email address that we use for all correspondence and will be important for revalidation in the new season.



SNC is an entirely voluntary-run club and any offers for new volunteers are very gratefully received.

The AGM (May 2021) provides the formal platform for the new committee to be voted in; but if you have any time available, no matter how small, please contact the club to be able to discuss the roles required.

WEBSITE UPDATE

We are very keen to update our Stafford Netball Club website. If there are any parents/ carers or players who have the skills and some spare time to help us it would be very much appreciated.

If you wish to help us out in any of the above, please contact us via the club email address.



We apologise that all our planned social events to celebrate the success of the 2019/20 have had to be cancelled or postponed.

CLUB PRESENTATION EVENING

We have not forgotten the amazing achievements of our members from the 2019/20 season and the Trophies are currently with the Engraving company. We had hoped to present these at training sessions after the Christmas break and will aim to do this when training resumes.

More information coming soon!

All of the latest news and information can be found on our website:

www.staffordnetballclub.englandnetball.org

Like our Facebook page- www.facebook.com/StaffordNetballClub

RETURN TO TRAINING:

We are delighted to hear in the latest government updates that we will soon be able to resume outdoor training. We will wait for the formal updates specific to netball from England Netball and update you as soon as possible. These can also be viewed on Facebook, Twitter and the EN Website: <https://www.englandnetball.co.uk/>

We hope to return on week beginning 19th April 2021 and coaches will decide the format of the sessions. Both the Stoke Ladies and Staffordshire Junior leagues are considering the possibility of running outdoor summer leagues to enable players to be able to get back on court and into the swing of matches before the traditional Winter season begins in September. This will be dependent upon EN Guidance.

SQUAD SELECTION

After the Easter break, we would normally move all players into their 2021/22 training squad. Due to the limited training in the 2020/21 season, this will be confirmed soon as to whether this will be delayed until end of May 2021. You may or may not be aware that we have squads training on both a Wednesday and Thursday evenings and the groups are selected depending upon age groups and squad selection.

To enable planning to continue, please [CLICK HERE TO ACCESS FORM](#) to inform us of your plans for after Easter and the new season? This includes informing us if you know that you may not be available to train on either a Wednesday or a Thursday. The coaches want to ensure that the player is within the squad where they will gain the best experience.

If you have any queries, issues or concerns regarding your/ your daughter's training/squad session please speak to the coaches or contact the club committee via e-mail and we will forward the information to the relevant coach.

Best of luck to everyone who will be departing us to head off to pastures new in September; we wish you the best of luck in your future endeavours



SAFEGUARDING UPDATE

Please be reminded that we have a confidential email address for any safeguarding queries. This is only accessible by our safeguarding officers who have completed the training requirements of England netball.

The email address is: sncbesafe@hotmail.co.uk

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PREPARING FOR A RETURN TO NETBALL TRAINING:

We very much hope that you are all keeping safe and well during the Covid Lockdown. However, we would love for you to be healthy and safe to return to training when it is deemed safe to be able to do so. It can sometimes be tough to try and maintain some motivation to regularly exercise at home, but this will help to reduce your risk of injury when we are able to return. Participation is voluntary and anyone who would like to have a go is not required to purchase any specialist equipment such as weights (body resistance alone is adequate), wobble boards or exercise balls.

Before you begin, make sure you have plenty of space around you that is clear of obstacles, and that all distractions such as pets are away from the area. Please remember to dress appropriately including trainers and to drink plenty of water to keep hydrated. Complete a 5-minute warm up before starting any intense activities. This should include some activities to increase your heart rate such as jogging on the spot, star jumps, fast feet. Complete no more than 30 minutes per day maximum and at least one rest day is essential.

There are lots of ideas and drills available on the Internet and [England Netball's Virtual Netball Club](#).

As a member of EN you should receive emails breaking down some of the activities available

There are a number of other websites that you may find helpful in looking at specific drills. These include:

Solo Sessions: <https://www.youtube.com/playlist?list=PLplr0q6luSxO1FOhL5eztB6UrvpDN-pyH>

Nettyheads: <https://www.youtube.com/channel/UCnjvKURGI6OPvjAsS7QzJCw>

SPECIFIC GOALS OR DRILLS: Some of the key words that you could use to search for some drills include;

Fast feet, Change of direction, Netball Wall work, Landing, Jumping and Standing stability, Agility

Have a try at a few exercises that will work specifically on strengthening up the essential joints that netball places a high demand on. These include shoulders, hips, knees, ankles and the muscle groups that help keep your balance (core muscles).

SAFETY ADVICE:

Please be aware that by being involved with this activity you can confirm that there will be an adult present and responsible for checking that the area used for the activity is safe and suitable. Do not exercise if you are injured or feel unwell, and if unsure, seek medical advice.

Before you begin, please check your surroundings are clear and keep distractions such as pets, away during the activity. Please remember to dress in comfortable clothes and footwear (ideally trainers), and remain hydrated at all times.

Please keep safe when exercising at home. Please be aware of your own capabilities and only do what feels comfortable for you.

We do hope you enjoy the activities.

Please stay safe! Most Importantly, include your family and Have fun!

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