

NETBALL IS BACK!

After such a mammoth effort to get us back on court, it was hugely disappointing for us all to have to halt our netball activities at the beginning of November. But I am very pleased to say that, from next Wednesday.... NETBALL IS BACK.

Training sessions will restart from Weds 2nd December (same venues, times and procedures as before lockdown#2). Unfortunately most of the leagues that were due to restart (or had already) will now not be running again until January - so we're working hard to arrange as many friendlies for as many squads as possible before the Christmas break. Keep an eye on your pitchero and emails!

A huge thank you to everyone who helped us get back on court, and kept us going over both lockdowns - with weekly zoom training, strength & conditioning and ideas for solo sessions - we've all had plenty to keep us active and stay netball fit over the last few weeks.

The committee and coaches have been using the time to embark on some significant house-keeping and begin to think about changes to the how and who of the day-to-day running of the club. This is mostly because of the impending departure of Karen Stubbs 😊. Karen has decided to step down from the club after starting it 13 years ago to pursue.....well a life (outside of netball). There are not words big enough to describe the amount of time and effort Karen has dedicated to AFN over the years - this club would not exist without her and the committee and coaches are still somewhat in denial about her leaving. Please bear with us over the coming months as we transition to life without Karen 😊.

We will be needing more volunteers to help with all areas of running the club from coaching support at training and matches to fundraising and other committee roles - if you are interested in helping in any capacity please do get in touch.

Thank you to all players, parents, coaches, umpires and volunteers for your support.

Abi Pask

Chair of AFNNC committee

SOME GREAT NEWS!

After various trials the following have been successful in getting into hubs/county...

We are very proud of you!

Bella Black & Orla Foley - Mavericks Futures U17

Evie Light - Pulse U15 London hub

Libby Gilder - North Bucks County academy.

Well done to all who trialled keep up the hard work - those not successful...

It's just a comma not a full stop in your journey!

Do let us know of any achievements/selections at school, club, trials this season we can include in our next Newsletter.

ZOOM TOGETHER!

During lockdown join your teams for zoom training and Strength & Conditioning sessions to help keep your skills and fitness levels up!

Training with coaches...

Year 4, 5 & 6 Training
Saturday 9am

Year 7, 8 & 9 Training
Saturday 10am

Pinks, Clusters & Flares
Saturday 11am

Solar, Satellite, Comets, Orbits & Stars
Saturday 12pm

Galaxies, Rockets & U16
Tuesday 7pm

Strength & Conditioning...

U14 Regional
Monday 6pm

U16 Regional
Monday 7pm

Year 6 & 7
Tuesday 6.30pm

Year 8 & 9
Tuesday 7.30pm

Pinks, Clusters, Flares, Galaxies, Rockets & U16
Wednesday 7pm

Solar, Satellite, Comets, Orbits & Stars
Wednesday 8pm

JOIN IN ENGLAND'S VIRTUAL NETBALL CLUB

for more training resources

Visit the England Netball website for more training sessions that you can do at home. The site has everything from solo session and strength and conditioning, to Match FIIT sessions and Friday finishers to end the week on a high! Go to the sites below www.englandnetball.co.uk/vnc/

Remember to look out for regular email updates from England Netball and **remember to check your spam folder!**

Meet our junior reps...



Leonie Field



Elizabeth Standen

| AFNNC PRESENTATION DAY AWARDS 2019/20 | | | |
|---------------------------------------|------------------------------|------------------------------|-------------------------|
| JUNIORS | | | |
| TEAM | PLAYER OF THE SEASON 2019/20 | MOST IMPROVED PLAYER 2019/20 | COACHES' PLAYER 2019/20 |
| YR4 ADV | ELIZABETH STANDEN | JESS FOSTER | AMY RYALE |
| YR4 DEV | BELLA CASSON | GRACE PYNE | MILLIE HARDY |
| YR5 ADV | MARELIE RAATH | DARCY MINNS | IRIS FOLEY |
| YR5 DEV | RUBY LITTLECHILD | ABIGAIL JOHNSON | ELLEN MCCLOY |
| YR6 WHITES | MARTHA DUNCAN | FREYA ELLIOT | POPPY FISHER |
| YR7 PINKS | MARY COLLINS | CHLOE GODDEN | EMILY WHITTLE |
| YR7 BLACKS | ELLA STUDDHOLME | ANNABEL SLOCUMBE | MADDY WHITTLE |
| YR7 WHITES | AMELIA WARREN | EVA GOSS | LOTTIE JACKSON |
| YR6 PINKS | CHLOE HENG | MIKAYLA BLESSING | EVONIE DANFORD |
| YR8 BLACKS | SOPHIE MCMAHON | KATHERINE KINCAID | ISSY EASBY |
| YR5 PINKS | FRANCESCA GOLDSMITH | ESTHER BATTY | LAUREN WHITTLE |
| YR5 BLACKS | INDIA PARK | AOIFE CURTIN | CHARLOTTE LUCKHUST |
| YR4 | | EMILY WATSON | INDIA WILLIAMS |

Well done



| AFNNC PRESENTATION DAY AWARD 2019/20 | | | |
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| | | | |

Well done to all our award winners



| AFNNC PRESENTATION DAY AWARDS 2019/20 | | | |
|---------------------------------------|------------------------------|------------------------------|-------------------------|
| SENIORS | | | |
| TEAM | PLAYER OF THE SEASON 2019/20 | MOST IMPROVED PLAYER 2019/20 | COACHES' PLAYER 2019/20 |
| SOLAR | BEX MURFET | BELLA BLACK | CHLOE PETERGEL |
| COMETS | ELEANOR BROWN | BEX BALMFORTH | LUCIE BULLITUDE |
| SATELLITE | LYNNIE BROOKS | JESS JOHNSON | GEORGIA DOHERTY |
| ORBITS | MIA VICKERS | ORLA FOLEY | NATALIE ATTON |
| STARS | DASHA SHOTLAK | POSSY HARRIS | CHARLOTTE ANDITAPAN |
| CLUSTERS | MIA SPILIOPOLOU | ALICE PARKINSON | EMMA RUSSELL |
| GALAXIES | KATYA REES | ELLIE RICHARDSON | LILY TSE |
| FLARES | CLARE WATKINS | JULIET NORMAN | TASHA CHARNOCK |
| ROCKETS | ANYA VILJOEN | MIA PAVIC | ANNA KINCAID |
| ST A PINKS | GRACE MOULE | EVE SHAW | ALICE JONES |
| ST A BLACKS | ANNA-MARIE SPEARS | RUBY CROWTHER | EVIE MOULE |

Well done



| AFNNC PRESENTATION DAY AWARD 2019/20 | | | |
|--------------------------------------|--|--|--|
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Well done to all our award winners



SHOP 'TIL YOU DROP!

Our AFNNC 'Extras' shop is open! Get your hands on bespoke teamwear in the form of polo shirts, vests, track tops, hoodies, long sleeved base layers, track bottoms, rain jackets, leggings and padded jackets, all personalised with the AFNNC logo. Delivery can take up to 4 weeks. The 'Extra's' shop is open all year round. Visit www.kukrisports.co.uk/teamshop/abbeyflyersnomadsnetballstock/productNavListNg.action

The match dress shop 2-3 times a year. You will be made aware via email and social media as to when the dress shop is open.

HELP US RAISE FUNDS!

Help us to raise **FREE** donations when you do your online Christmas shopping...

Visit www.easyfundraising.org.uk/causes/abbeyflyersnetballclub/

COACHES NEEDED!

As our club expands we need more coaches at all levels for both junior and senior teams. Whether you are an experienced coach looking for a new challenge or have never coached before but want to learn we would love to have you on board!

If you are interested please email abbeyflyersnomadsnetballclub@gmail.com



COVID-19 ENGLAND NETBALL UPDATES

For all updates and advice from England Netball on COVID-19 follow them on social media

Remember to follow us!

www.pitchero.com/clubs/abbeyflyersnetballclub

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www.easyfundraising.org.uk/causes/abbeyflyersnetballclub/