

# The Red Buzz



We are well into our new season. Last weekend saw the first Devizes Moonraker League fixture where 8/10 games were won by our U11,U13 &U14 teams. Our Adult squad have now played four games winning half with another projected win next week.....Helen has attended all training sessions and is hugely impressed at everyone's athleticism and willingness to learn, listen and have FUN !!

## Netball Trainers

Let's really look after our feet and make sure we have correctly fitting trainers. A [netball shoe](#) allows the foot to sit on a lower platform. This helps to maximise comfort and cushioning on the sides of your feet for a greater range of movement and flexibility, but above all, it reduces the risk of rolling an ankle.

No matter what level you play, consider the safety benefits of choosing a specifically designed shoe for netball as it will help improve your performance (your ability to withstand the massive demands the sport puts on your body), it will help to reduce the risk of injury (by providing the correct support), and will ultimately help you to continue playing netball for many more years to come!



## Dates for your diary

**27<sup>th</sup> Oct – Half Term/no training**

**Sun 6<sup>th</sup> Nov – Not 13<sup>th</sup> Nov Moonraker Junior League match, Devizes**

**Sat 12<sup>th</sup> Nov U16 Tournament at Brokenhurst College**

**Sun 20<sup>th</sup> Nov friendly v Blue Jays at Chafyn Grove in planning stages U11,U12/13,U14 &U16**

**Sun 4<sup>th</sup> Dec – Moonraker Junior League match, Devizes**

**15<sup>th</sup> Dec – Final pre Xmas training session at Chafyn Grove for all. No BWS available this evening**

**Sun 5<sup>th</sup> Feb – Moonraker Junior League match, Devizes**

**Sun 5<sup>th</sup> March – Moonraker Junior League match, Devizes**

**Sun 2<sup>nd</sup> April – Moonraker Junior League match, Devizes**

*Did you know ? Helen Glasgow's sporting hero is speedy Usain Bolt?!!*



# Safeguarding

Lynsey Hearsey our Safeguarding Officer and Helen have examined all our safeguarding documents and refreshed them, linking in with England Netball. All documents regarding our safeguarding policies, players, parents and coaches conduct plus the anti-bullying policy can be found on our website.

<http://www.spirereds.com/our-policies.html>

## Spires go to Europe?!! Disneyland Paris

We are looking to gauge interest in a netball festival in Disneyland Paris next Easter, the information is on this link. This will be on 9-14 April 2017.

<http://www.sportexperiences.co.uk/details.asp?mt=PS&tc=PB1NBL02>

Please let me know if you are interested, **please note for players Y7-Y11.**

## Halloween Netball Workshop

Helen is running a half term workshop for Years 7, 8 & 9 on Tuesday 25th October from 9.30am to 4.30pm at Chafyn. The cost is £35 per child (25% sibling discount). Do get in touch if you are interested in joining the fun.



## Social Media

You can now find us on Facebook & shortly on Instagram



## Contact

Please do get in touch with any queries to [redsnetball@live.co.uk](mailto:redsnetball@live.co.uk)