

The Red Buzz



Welcome Back

Welcome to all players, new and old. We hope that you enjoy training and playing with us, and you are fit and ready for the season ahead.

As a reminder, training sessions are as follows:

| Session | Day | Time | Location | Coach |
|----------------|----------|----------|----------|----------------------------|
| Adults | Tuesday | 6.30-8pm | Bishops | Self Coached |
| Cream | Thursday | 5-6pm | Chafyn | Emily, Lynsey & Hannah |
| Ice | Thursday | 6-7pm | Chafyn | Gwen & Lesley |
| Storm | Thursday | 7-8pm | Chafyn | Karen, Gwen & Lesley |
| Thunder | Thursday | 7-8.30pm | Bishops | Helen, Laura, Sinead & Ali |

A Cracking Start

Spires Adults and Under 18s truly thundered into the new netball season with a magnificent result in the Salisbury League handicapped tournament. Playing against strong opposition from all teams their amazing positive attitude shone through. They WON the tournament! Superb result girls. Coaches' Player of the Tournament was newcomer Camille, however, you were all FANTASTIC.

Dates for your diary

w/c 12th Sept – Training starts

9th Oct – Moonraker Junior League match, Devizes

27th Oct – Half Term/no training

13th Nov – Moonraker Junior League match, Devizes

4th Dec – Moonraker Junior League match, Devizes

15th Dec – Final pre Xmas training session

5th Feb – Moonraker Junior League match, Devizes

5th March – Moonraker Junior League match, Devizes

2nd April – Moonraker Junior League match, Devizes



New rules

From September 2016 all domestic competition in England will be played in line with the International Netball Federation (INF) new rules, so in August many juniors and adults spent time brushing up on their netball knowledge during our first rules workshop. Following a recap of the rules (who knew there were so many?!), our volunteers took to the court armed with their new whistles. After some nervous nail checking, the practical demonstrations started with all participants doing so incredibly well for what was, for most, their first attempt at umpiring. By the end of the day, everyone was pretty exhausted but players, coaches and umpires now know much more about the game than they thought they knew!

The Class of 2016 will now use what they have learnt to become better players, be more informed coaches and/or progress their umpiring. Many thanks to the extra girls who played in the afternoon, this was very much appreciated, and well done ALL for supporting YOUR club.

There is an updated area on our website with the details, so do have a look for information about playing positions and how to score. You will all be asked to score at some point in your netball journey so find out how to do it now!

The new rules that are particularly relevant to our junior teams are:

- Taking a throw in – you now must have at least one foot within 15cm of the line.
- Centre pass – now only need one foot to be within the centre circle
- Penalty pass – once the player taking the penalty pass is in position, the ball can be immediately played

Social Media

You can now find us on Facebook
[@facebook.com/spireredsonline](https://www.facebook.com/spireredsonline) on
Instagram & Twitter.



Contact

Please do get in touch with any queries to redsnetball@live.co.uk

Walking Netball

This is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level. From those who have dropped out of the sport they love due to serious injury, to those who believed they had hung up their netball trainers many years ago, it really is for everyone. Sessions are running from 3rd October on **Mondays, 5-6pm at Five Rivers Health and Well Being Centre, Salisbury**, and cost £3.

For further information regarding this session please contact: Becca Higgs, Sports Development Officer, Wiltshire Council
Tel: 07584 509219

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