

# **Eagles**

## **Netball Club**

**Handbook**  
**Season 2007/8**

## About Eagles Netball Club

**Based at Altwood and St Pirans Schools, Maidenhead, Eagles Netball Club runs five training sessions per week, all year around except for short breaks during the summer and at Christmas. Most training sessions are indoor and include circuit training, balls skills, fitness, speed and agility and team practice. Senior and Junior sessions are organised based on age and ability :-**

<b>Tuesday</b>	<b>6.15 - 7.15pm St Pirans U12/13's</b>
	<b>7.30 - 8.30pm Altwood U10/11's</b>
<b>Wednesday</b>	<b>7 - 8.15pm Altwood U14/15's</b>
	<b>8.15 - 10pm Altwood U16-19's, Seniors</b>
<b>Friday</b>	<b>6.30 - 8.30pm St Pirans U12/13's</b>

**Eagles Netball Club currently fields three teams in the Berkshire Premier League at Theale and two teams in the Bracknell League at Brackenhale School. These leagues operate on Saturday from September to April. The club also enters friendly summer leagues at Theale and Bracknell which play on Monday and Tuesday evenings respectively. Eagles have Senior, U19 and U16 teams competing in the South Region League and enter a wide variety of tournaments for the different age groups. Eagles juniors also have the opportunity to play High 5 on Sundays at Aldershot Garrison.**

## *2006/7 Season Report*

It's been another busy year for Eagles, with plenty of successes on and off the court. Club membership has grown, coaching and umpiring staff have expanded (and I don't mean waistlines!) and the number of competitions and tournaments we enter is at an all time high.

April saw Eagles achieve its Bronze CAPS award, which recognises that the club is being run to the highest possible standards and is committed to future improvement. Thanks to everyone who contributed to the application process and who are now working towards a Silver award which we hope to achieve by the end of 2007.

On the tournament front, our talented Under 14 squad was victorious at Home James, beating off stiff opposition from Weston Park and New Campbell to take away the silverware. Congratulations also to our Under 18's who were runners-up in the Cranfield Tournament.

Looking fabulous in the clubs new kit, Eagles seniors had a great season, winning the summer league and making it through to the playoffs for promotion into Division One of the South Region competition. Our seniors did the club proud by beating Fleming Park in a hard fought match to gain promotion into Division 1.

Our U16 squad narrowly missed out on making the National Clubs Finals this year. After making the play-offs, our young Eagles lost by only one goal but with such a talented squad of players we're certain they will go one better next year.

The dubious English summer thwarted the hopes of our young U14 squad, who were unable to attend the final playoffs of the South Region competition after the initial play day was rained off. Fingers crossed for a better summer next year...or I'm back to OZ!!

Of course, as ever, Pontins was a season highlight. The girls had a ball, the officials were exhausted by the end of the two weekends and some fabulous netball was played. All three teams, U13, U14 and U16 made the final cup competition and whilst not winning this year, gained some valuable experience for next year.

On a personal note, it was the first time I'd attended Pontins and all I can say is that I hope the girls rooms at home don't look anything like those rooms at Pontins! What a mess!

Seriously now, it's vital for a club like ours to have a dedicated group of top quality umpires to run with the whistle. So on behalf of the club I'd like to thank and congratulate Alex Greehy and Laura Reeve who achieved their Beginner Award this year and to Carly Reeve who went a step further and attained her C Award. An additional round of applause must go to Julie Arnold, who satisfied all the criteria to become the clubs second A award umpire. Well done Julie and thanks for all the umpiring during the year, especially the senior South Region games.

Eagles has also been lucky to add to its wealth of coaching talent with both Becky Lee and Carly Reeve passing their Level 1 Coaching Course. With Alex Greehy also soon to complete the course, the club will have some really talented new coaches to help Maria. Without these new coaches and umpires coming through the ranks, the club couldn't continue to grow and offer as many opportunities as it does. So a big thanks girls.

Eagles has some very talented young players and this has been recognised by their selection for various representative honours. Congratulations to Ruby Reynolds, Charlotte Jackson, Lauren Swain, Bianca De Villiers, Priya Chawta, Isobel Garrett and Gabriel Rowney who have been selected to attend Partnership training this season.

A special round of applause to Fran John, Sophia Candappa, Chantal Hamilton, Sophie Harding, Rhea Watts, Alex Rigby who were selected at South Region trials to attend extension centres where they will receive additional training from England coaches.

Congratulations also to Natalie Brookes who was recently selected as a member of Team South which will compete in the Youth Super League.

This year the club has also been busy with social events and we really must thank Carol Candappa for her enthusiasm in organising trips to Super league matches, the England tri series (a special favourite from an Aussie perspective!) and for the excellent End of Season Knees-Up which we hope to make an annual event. Thanks Carol.

This year the club will see some exciting new developments. We welcome Neil Day and the girls from Magnets Netball Club who have come to join Eagles. This represents an excellent opportunity for both clubs as it will give access to more coaching sessions, new venues and greater competition. Although again on a personal note, I'm not sure I will last through many more of Neil's circuit sessions!

2007 has also seen the launch of the Eagles Website which Alex Greehy has been working on tirelessly. Thanks Alex, we couldn't have done it without you....Maria is still working out email!

Lastly, Eagles will be having a special fundraiser this year which Ian Harding & Carol Candappa have been working on enthusiastically. Watch out for the inaugural Eagles calendar (no buns, I promise!) So don't be alarmed if you notice Ian taking endless photos...it's all in a good cause...and Ian, I'll pay anything to keep my photos out of circulation!

That's my not-so-brief summation of Eagles 2006/7. I apologise if I've missed anyone or any important events out but I'm getting old and the memory is fading. Good luck to all the teams this year and I look forward to writing about all our successes in the next handbook.

Jacky Baumgartner

## Club Equity Statement

- **This club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equity:**

***Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.***

- **The club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.**
- **The club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.**
- **All club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.**
- **The club will deal with any incidence of discriminatory behaviour seriously, according to club disciplinary procedures.**

## Contact List

**Chair/Fundraising Officer**

**Jacky Baumgartner**

**01753 841 049**

**jacky\_baum@hotmail.com**

**Secretary/**

**Development Officer/**

**Junior Lead Coach**

**Neil Day**

**0118 9861 635**

**ngday@talktalk.net**

**Treasurer/Club Captain**

**Donna Tuvey**

**0118 986 8680**

**dondons60@hotmail.com**

**Social Secretary**

**Carol Candappa**

**01344 428382**

**carolcandappa@aol.com**

**Umpiring Secretary**

**Maggie Heywood**

**01494 438318**

**Lead Coach**

**Maria D'Amaro**

**01628 664879**

**marianetball@hotmail.com**

**Junior Representative**

**Rebecca Lee**

**01189 734054**

## **Membership Subscriptions**

**Membership includes affiliation to England Netball, South Region and Berkshire Netball associations as well as training and match court fees for the entire season.**

**Full Senior Membership                      £150**

**Full Junior Membership                      £142**

**Beginner Yr 5/6                                      £90**

**Visitor Fees    £3 per training session.**

**Fees are payable by instalment. First instalment due 30th Sept 2007 and 2nd instalment by 31st Jan 2008**

**Note – Additional entry fees for tournaments may also be payable if selected in teams.**

## **Eagles Senior Kit List**

**Eagles Skirt** - **Black Lycra with lilac piping**  
- **Sizes S, M, L**  
- **Price £23**

**Eagles Shirt** - **Black lycra with lilac piping**  
- **Sizes S, M, L**  
- **Price £24**

**Knickers** - **Black or Lilac**  
- **Sizes S, M, L**  
- **Price £10**

**Eagles Sweatshirt** - **Black with embroidered Eagles Logo**  
- **Sizes 11-12 yrs £10.50**  
- **Sizes S,M,L,XL £13.50**

**Eagles Training Shirt – currently in design. Will be available late Sept 2007, price yet to be set.**

### **Eagles Junior Kit**

**The club maintains a stock of kit which includes a black/lilac pleated skirt and black shirt with Eagles logo. These will be distributed to team members before matches. Eagles sweatshirts are available for purchase at the above list price.**

## Eagles Netball Club

### Code of Conduct

#### **Players will undertake to:**

- Arrive on time and be appropriately dressed for the session – suitable clothing, trainers tied properly with good grip and support, sports socks, no jewellery, short nails, hair tied/clipped back neatly
- Know and abide by the rules and spirit of the game of netball
- Abide by the instructions of the coach and officials – do not argue with them
- Demonstrate a positive attitude and respect others – treat the other participants, your coaches and officials with respect and consideration at all times – treat them as you yourself would like to be treated
- Be responsible for their own actions or
- Be willing to accept responsibility
- Do not use offensive language at any time
- Learn to accept success and failure – win with modesty and lose with dignity
- Be a good sport – applaud all good performance / Demonstrate fair play and good sportsmanship
- Have fun, improve your skills and feel good
- Be enthusiastic and work hard as an individual and team
- Inform your coach if you are unwell or injured
- Inform your coach if you need to leave the session at any time
- Thank your coaches, officials and fellow participants for their support
- Conduct themselves at all times in a way which reflects well on the Netball Club

### **Parents will undertake to:**

- Ensure that their child follows the Player's Code of Conduct as above
- Encourage and support their child in a positive way within the spirit of fair play and respect for opponents, coaches and officials alike
- Keep the Club informed of any factors which may effect their child's ability to play
- Advise the Club of any changes to contact details that may be used should an emergency arise

### **Eagles Netball Club will undertake to:**

- Provide a safe, fun environment in which to train
- Be aware of child protection issues, encourage fairplay and safe practice
- Provide qualified and experienced coaches to take the sessions
- Treat players with respect
- Demonstrate patience, encouragement and motivation to the players
- Recognise that they are a role model to young people and accept the responsibilities that comes with this
- Not discriminate against any player or show favouritism
- Listen to player/parental concerns and work together to resolve any issues raised
- Encourage parental involvement with all aspects of the Club – coaching, umpiring, child welfare, administration
- Provide opportunities for players to take part in matches/tournaments whenever possible and prepare club members for the activity / event

## *Eagles Netball Club Rules*

**EAGLES NETBALL CLUB** is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect, be encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with Maria D'Amato, Lead Coach Tel: 07854 753910

- **As a member of *EAGLES NETBALL CLUB* you are expected to abide by the following Club rules:**
- **All members must play within the rules and respect officials and their decisions.**
- **All members must respect opponents.**
- **Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.**
- **Members must wear suitable kit – Black/Lilac shirt, Eagles sweatshirt, Black/Lilac skirt, sports socks (not trainer socks) and suitable trainers – for training and match sessions, as agreed with the coach/team manager.**
- **Members must not wear jewellery for training and match sessions.**
- **Members must have hair tied back or clipped back off the face for training and match sessions**
- **Members must pay any fees for training or events promptly.**
- **Members are not allowed to smoke on club premises or whilst representing the club at competitions.**
- **Members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.**

# Tournament Dates

**South Birmingham – Sept 2007**

**Regional Round U19's National Clubs - 6 October 2007**

**Essex Thurrock – October 2007**

**Home James - March 2008**

**Cranfield – May 2008**

**Turnford – June 2008**

**High Wycombe - June 2008**

**Pontins – July 2008**

# Local Physiotherapists

- **Abbey Clinic, Bisham Abbey National Sports Centre**  
**01628 481866**
- **Physiotherapy & Sports Injury Clinic, Maidenhead**  
**07958 322657**
- **Bracknell Physiotherapy Clinic**  
**01344 302992**
- **Windsor Physiotherapy Clinic**  
**01753 833299**

## South Region Senior League Fixtures 2007/8

<b>Date</b>	<b>Opposition</b>	<b>Venue</b>
23 Sept	Sussex	Away
30 Sept	Trinity	Home (Kendrick 10am)
7 Oct	Woodley	Home (Kendrick 10am)
21 Oct	Just Ahead	Away
4 Nov	Clan	Home (Kendrick 10am)
11 Nov	Bucks Swans	Away
25 Nov	NRG	Away
2 Dec	Weston Park	Home (Kendrick 9.30am)
9 Dec	Saucony	Home (Luckley Oakfield 12.30pm)
16Dec	Reserve Date	
6 Jan	Sussex	Home (Kendrick 10am)
20 Jan	Trinity	Away
3 Feb	Woodley	Away
17 Feb	Just Ahead	Home (Kendrick 10am)
2 Mar	Clan	Away
16 Mar	Bucks Swans	Home (Kendrick 10am)
30 Mar	NRG	Home (Kendrick 10am)
6 Apr	Weston Park	Away
13 Apr	Saucony	Away
20Apr	Reserve Date	

## South Region U19 League Fixtures 2007/8

<b>Date</b>	<b>Opposition</b>	<b>Venue</b>
23 Sept	MK Netters	Away
30 Sept	Trinity Oxford	Home (Luckley- Oakfield 12.30pm)
7 Oct	Wokingham	Away
21 Oct	Just Ahead	Away
4 Nov	Clan	Home (Venue TBA)
11 Nov	Phoenix	Away
25 Nov	Bucks Swans	Away
2 Dec	Fleming Academy	Home (Luckley- Oakfield 2.30pm)
9 Dec	Bye	
16Dec	Reserve Date	
6 Jan	MK Netters	Home (Luckley Oakfield 12.30pm)
20 Jan	Trinity Oxford	Away
3 Feb	Wokingham	Home (Luckley- Oakfield 12.30pm)
17 Feb	Just Ahead	Home (Luckley- Oakfield 12.30pm)
2 Mar	Clan	Away
16 Mar	Phoenix	Home (Luckley- Oakfield 12.30pm)
30 Mar	Bucks Swans	Home (Luckley- Oakfield 2.30pm)
6 Apr	Fleming Academy	Away
13Apr	Bye	
20Apr	Reserve Date	

## South Region U16 League Fixtures 2007/8

<b>Date</b>	<b>Opposition</b>	<b>Venue</b>
15 Sept	TOYS (Oxon)	Away
13 Oct	Nerine (Guernsey)	Away
27 Oct	Toronto (E Hants)	Home (Kendrick 10am)
10 Nov	Excel (Sussex)	Away
24 Nov	TBC (IOW)	Home (Kendrick 10am)
1 Dec	Aylesbury Vale Flyers (N Bucks)	Home
8 Dec	Reserve Date	
15 Dec	Reserve Date	
12 Jan	Rushmoor (N Hants)	Away
26 Jan	Weston Park (Mid Hants)	Home (Kendrick 10.30am)
9 Feb	Phoenix (S Bucks)	Home (Kendrick 10.30am)
16 Feb	Reserve Date	
23 Feb	Reserve Date	
1 Mar	Play Off	

**Premier League Fixtures Division 1 – Eagles 1  
2007/8**

<b>Date</b>	<b>Time</b>	<b>Opposition</b>	<b>Court</b>
8 Sept	1.30	Tongham	1
22 Sept	3.00	Sequence 2	1
6 Oct	1.30	Eagles 2	1
20 Oct	3.00	Woodley Hornets	1
3 Nov	1.30	Wokingham Red	1
24 Nov	3.00	XL	1
8 Dec	1.30	Sequence 1	1
15 Dec		RESERVE DATE	
5 Jan	1.30	Tongham	1
26 Jan	3.00	Sequence 2	1
2 Feb	1.30	Eagles 2	1
16 Feb	3.00	Woodley Hornets	1
15 Mar	1.30	Wokingham Red	1
29 Mar	3.00	XL	1
19 Apr	1.30	Sequence 1	1
26 Apr		RESERVE DATE	

**Premier League Fixtures Division 1 – Eagles 2  
2007/8**

<b>Date</b>	<b>Time</b>	<b>Opposition</b>	<b>Court</b>
8 Sept	1.30	Sequence 2	3
22 Sept	3.00	Wokingham Red	4
6 Oct	1.30	Eagles 1	1
20 Oct	3.00	Sequence 1	4
3 Nov	1.30	Tongham	2
24 Nov	3.00	Woodley Hornets	3
8 Dec	1.30	XL	2
15 Dec		RESERVE DATE	
5 Jan	1.30	Sequence 2	3
26 Jan	3.00	Wokingham Red	4
2 Feb	1.30	Eagles 1	1
16 Feb	3.00	Sequence 1	4
15 Mar	1.30	Tongham	2
29 Mar	3.00	Woodley Hornets	3
19 Apr	1.30	XL	2
26 Apr		RESERVE DATE	

**Premier League Fixtures Division 2 – Eagles 3  
2007/8**

<b>Date</b>	<b>Time</b>	<b>Opposition</b>	<b>Court</b>
8 Sept	3.00	Finch	1
22 Sept	1.30	Wokingham Blue	1
6 Oct	3.00	Tadley	1
20 Oct	1.30	Tringham	1
3 Nov	3.00	Trinity	1
24 Nov	1.30	BYE	1
8 Dec	3.00	Tongham	1
15 Dec		RESERVE DATE	
5 Jan	3.00	Finch	1
26 Jan	1.30	Wokingham Blue	1
2 Feb	3.00	Tadley	1
16 Feb	1.30	Tringham	1
15 Mar	3.00	Trinity	1
29 Mar	1.30	BYE	1
19 Apr	3.00	Tongham	1
26 Apr		RESERVE DATE	

## Bracknell League Fixtures Division 3 – Eagles 4 2007/8

<b>Date</b>	<b>Time</b>	<b>Opposition</b>	<b>Court</b>
8 Sept	9.30-12.30	START OF SEASON RALLY	
22 Sept	9.30	Goldfinch	6
29 Sept	11.00	Wokingham Stars	7
6 Oct	9.30	Sunningdale	2
20 Oct	9.30	Woodley Spitfires	4
3 Nov	11.00	Chequers	6
24 Nov	9.30	Panasonic	7
8 Dec	11.00	Crowthorne	1
15 Dec		RESERVE DATE	
5 Jan	11.00	Goldfinch	5
26 Jan	9.30	Wokingham Stars	8
2 Feb	11.00	Sunningdale	1
16 Feb	11.00	Woodley Spitfires	3
15 Mar	9.30	Chequers	5
29 Mar	11.00	Panasonic	8
19 Apr	9.30	Crowthorne	2
26 Apr		RESERVE DATE	
3 May	9.30-12.30	END OF SEASON RALLY	

**Bracknell League Fixtures Division 4– Eagles 5  
2007/8**

<b>Date</b>	<b>Time</b>	<b>Opposition</b>	<b>Court</b>
8 Sept	9.30-12.30	START OF SEASON RALLY	
22 Sept	11.00	Wokingham Rubies	7
29 Sept	9.30	Bullfinch	1
6 Oct	9.30	Gemeni	3
20 Oct	11.00	Leo	5
3 Nov	9.30	Greenfinch	7
24 Nov	11.00	Woodley Tempest	2
8 Dec	9.30	Woodley Wildcats	3
15 Dec		RESERVE DATE	
5 Jan	9.30	Wokingham Rubies	8
26 Jan	11.00	Bullfinch	2
2 Feb	9.30	Gemini	4
16 Feb	9.30	Leo	6
15 Mar	11.00	Greenfinch	8
29 Mar	9.30	Woodley Tempest	1
19 Apr	11.00	Woodley Wildcats	4
26 Apr		RESERVE DATE	
3 May	9.30-12.30	END OF SEASON RALLY	