

# Ashtead All Stars Netball Club: Weekly Update

## W/E Sunday 24th January 2016

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### **NONSUCH LEAGUE**

U12A v Crystal Palace	LOST 14 – 17
U12B v Crystal Palace	LOST 3 - 7
U12A v Guildford	WON 26 – 13
U12B v CD Phoenix	LOST 0 - 24
U13A v Crystal Palace 2	WON 17 - 3
U13B v Focus	LOST 9 – 11
U13A v Crystal Palace 1	LOST 8- 12
U13B v Chequers	WON 21 - 6
U13A v Whitton	WON 25 - 6
U13B v Whitton	WON 12 - 1

### **U12 Match Reports - Lizzie**

The U12 A team were up against division leaders Crystal Palace in their first game today. We knew it was going to be a fast and physical game and it was hard work throughout, but for the first time this season our girls showed that they could be tough too and they held their own superbly. The final score was 17-14 to Crystal Palace but the score line against such a good team shows just how much the girls have improved this season. The second game against a decent Guildford side saw us finish as 26-13 winners. We were given more room from the opposition to play in this match and every player took advantage giving us a display of great defending and assertive attacking. No star player - great team effort as usual.

The B team also had two tough matches today. The first match was against Crystal Palace B and was as fast and furious as the previous match between the A teams. We defended well and tried hard going forward but were hindered by some sloppy passing (which I put down to enthusiasm) and lost the game 7-3. The opposition were very good but I am particularly pleased with the girls for being tough and fighting for every loose ball. Superb effort. The second game was against an extremely well organised CD Phoenix A team (who for reasons unbeknown to me are playing in the B division!). They were very well drilled making it a difficult match for us and although the girls tried hard, we were unable to match their excellent team play and lost the match 24-0. The girls shouldn't be disheartened though as Phoenix have won all of their other matches by similar scores and the standard of their play isn't consistent with the rest of the teams in the division. No star player - all the girls tried hard in difficult circumstances and should be proud of themselves.

Thank you to all the parents for their very vocal support again today. I know the girls appreciate it.....and so do Kelly and I.

### **U13 Match Reports – Jane**

The U13A team were superb today, displaying some great netball and playing really well as a team. With Josie Pinnock injured, a lot of players had to play out of position. It is a credit to them that no one complained about playing different positions, and they all showed how

versatile they can be. The girls had two convincing wins against Whitton and Crystal Palace 2, but just lost out to Crystal Palace 1 despite putting up a great performance. Difficult to choose a **Star Player** because it was such a great team performance, but **Lucy Hagley was outstanding** today, with her timing, passing and superbly controlled interceptions.

The U13B team were equally successful. Two convincing wins against Whitton and Chequers, and a close match with Focus which could have gone either way. We started slowly in this match, and I think we would have won given another quarter ! As always, a supportive, happy team performance. **My Star Player is Jasmine** who worked hard all over the court and showed good control in attack.

## NEWS

I hope you have all seen the new shed. It has made life so much easier for us all, not having to transport all the kit to and from training. It also gives us a proper “home” and is a huge step forward for the club. I’d like to give a huge thank you to Chris Enston from CJE Builders. Chris spent his Saturday morning fitting out the shed with shelving for us, supplying the materials and giving up his time for free. Chris also pays for our year 7 waterproofs each season and is a huge support to the club.

Next week (1st Feb) we are going to start some extra fitness sessions for those who train on a Monday (year 7 and up). These are optional sessions which will be run by my son, Sam, who is volunteering to help the club for his Gold D of E Award. Sam will be running a short 15 minute circuit, 6.45 – 7pm, for those who train at 7pm. And a 15 minute circuit, 7 – 7.15pm, for those who train at 6pm. Please note this is OPTIONAL. However, it would be good to get an idea of numbers so if your daughter is interested, please let your Year Group Manager know.

## THE WEEK AHEAD

25/1/16	Monday	6 - 7pm & 7 - 8pm	16th training session, All U12s, U13s, U14s, U15/U16s
27/01/2016	Wednesday	6 - 7pm	16th training session, All U10s and U11s
27/01/2016	Wednesday	6 - 7pm & 7 - 8pm	7th squad training U12 and U13
27/01/2016	Wednesday	8 - 9pm	Adult training
28/01/2016	Thursday	??	Re-arranged Adult match v Weybridge
30/01/2016	Saturday	10.15am	Adults HOME v Surrey Panthers
30/01/2016	Saturday	2 - 3pm	14th Minis
31/01/2016	Sunday	U14 AND U15/U16	NONSUCH
31/01/2016	Sunday	U13C	SURBITON LEAGUE

Kind regards  
Jane

Please refer to our website [www.ashteadallstars.com](http://www.ashteadallstars.com)