

HERTFORD HEATH RANGERS

NEWSLETTER 2015-16 SEASON

Our newsletter for the season just gone, must start with us mentioning an extremely proud achievement for the club.

In June this year, Hertford Heath Rangers received an award for 'Most Outstanding Netball Club in Hertfordshire'. In previous years, this award has been received by top clubs which you will all be familiar with, but this year, it was Rangers who would be recognised for all our efforts and contributions to the sport of netball.

Head coach, Maureen Perez, had no idea the club was to receive this award and as you can tell by the picture shown, she was absolutely stunned.



Maureen was called out of a coaching course at Hatfield University and upstairs above the sports hall, the Hertfordshire AGM was taking place. Maureen was presented the award by the Hertfordshire Committee and the club received a big round of applause.

Hertford Heath Rangers has come a very long way in over 25 years, involving a lot of hard work. A large netball club takes up a considerable amount of our volunteer's time but with the commitment and loyalty of our players and support from their families, it makes it all so worthwhile.

We can boast many an achievement, from league promotions, to tournament wins, players being selected for County and Satellite Academies – even our young netballer's being chosen to train with the Hertfordshire Mavericks Development Squad and we are very keen to continue our success.

Our main aim as a club for next season is to carry on enjoying the sport of netball and to make sure all our players continue to love being part of our club. We will aim to improve our teams and work even harder

to give our players even more opportunities, whether that be higher level competition, training courses including officiating and umpiring or volunteering.

The club has many goals in sight, including one day reaching Regional level and for another County team, hopefully starting at youth level. Although we have ambitions and are very keen to progress competitively, at the heart of the club, we believe in a family ethos and first and foremost, it is paramount to the clubs success that we are friendly and supportive and for all player's that they look forward to netball each week and making some lifelong friends along the way. We have players in the club who joined us at junior level and are still with us many years later playing for our senior teams. Some players may leave to go to university or go travelling, but many return to us and it's fantastic to see such loyalty amongst our members.

Club Presentations 2015-16

With so many talented players on-board, it is only right that individuals are recognised for their skill, hard work, commitment and their great attitude towards the game and their team.

Listed are this year's winners:

Seniors (U15 and up)

Player of the season

| | |
|------------------|-----------------|
| Rangers 1 | Eloise Bishop |
| Rangers 2 | Becca Harris |
| Rangers 3 | Miami Choudhury |
| U15 | Phoebe Hoskin |

Most Improved

| |
|------------------|
| Ainslie Drysdale |
| Kirsty Alder |
| Maria Rowley |
| Natalie Grimes |

Sportsmanship Award

| | |
|------------------|---------------|
| Rangers 1 | Ellie Burt |
| Rangers 2 | Liv Pottinger |
| Rangers 3 | Hayley Varney |
| U15 | Darcy Lowe |

Club Player

Eloise Bishop (U16)

Young Volunteer Award

Emma Butcher (U16)

Juniors

Player of the season

| | |
|------------|-----------------|
| U14 | Laura Butcher |
| U13 | Yasmin Jenkins |
| U12 | Grace Mathieson |
| U11 | Millie Rowland |
| U10 | Ruby Spavin |

Coaches Player Award

| |
|-----------------|
| Ciara Walsh |
| Alex Povey |
| Libby Evans |
| Georgia Shanley |
| Lottie Green |

Most Improved

| | |
|------------|------------------|
| U14 | Charlotte Graham |
| U13 | Amelia Middleton |
| U12 | Jasmine Barnard |
| U11 | Kirsten Gee |
| U10 | Tilly Dymock |

Spirit Award

| |
|-------------------------------|
| Amber Lindars |
| Emma Sharkey |
| Ruth Pattison |
| Lucy Balaam |
| Hannah Pattison & Evie Atkins |

Thank you to everyone who came along to support us at this year's presentation at Roller City in Welwyn Garden City. It was a very enjoyable evening!

Individual Player and Coach Achievements

Our U15 player Phoebe Hoskin and U16 Player Eloise Bishop both gained awards in the Hertford and District League which is one of the leagues we play in on a Wednesday night throughout the summer and winter. In this league, at the end of every game, each team picks a player of the match from the opposing team. Eloise received the most nominations for match player for the whole of division 1 consisting of 9 other teams. Phoebe received the same award in division 2, also consisting of 9 other teams. This is such a great achievement for both girls considering they are still young players, both aged 15 at the time, playing in a predominantly adult league.

Pictured: Eloise (*left*) and Phoebe (*right*)



Congratulations to our Coaches Julie and Helen

Julie Francis has been a part of Rangers for a good seven years now and has worked very hard over the years in helping with our junior players, giving her time and dedication to the club which is truly appreciated. We have seen Julie grow into a confident coach over the years passing her Level 1 Award and this year she passed her Level 2 coaching award which is a fantastic achievement for the club and Julie. We are all really proud of her! Julie also works very hard behind the scenes coming up with new ideas to help develop the club and we look forward to seeing her in action over the next season.

Helen Lindars has been with the club for 3 years after taking a keen interest, due to her daughter, Amber, playing for us. Helen has really taken on the passion for coaching and she too has grown in her role and we congratulate her for passing her Level 1 coaching award this year.

Congratulations again to both ladies from all at HHR! Julie is pictured to the left and Helen to the right of the picture.

Satellite and Mavericks success

Well-done to three of our girls from our U13 squad: Lucy Martin and Kelsey Mitchell were both selected for Satellite Academy. And Yasmin Jenkins and Kelsey Mitchell were both successful at the trials for the Mavericks development squad. Great achievements girls - we hope you can continue to be selected over the years so you can keep on aiming higher.

The girls are pictured here along with some of the U13 Squad. Kelsey C, Lucy GA and Yasmin WA.



Netball a sport that just keeps on growing

In a historic day for the sport, ten athletes have gone professional for the first time as the national governing body aims for success at the 2019 World Cup, which is being hosted in Liverpool.

Sara Symington, England Netball Performance Director, said that the sport was “now a genuine career option” and that the first 10 players are “pioneers” and “role models for women and girls across the country”.

The majority of those becoming full-time will be paid centrally via England Netball.



Rangers County Team

Since gaining county promotion a few years back and the squad storming through the divisions into Division 1, it was this season where we were unfortunately slowed down in progressing to Regional level. With only a small squad of County players, we struggled when key players went travelling and girls away to university. For the majority of the games, the remaining squad had to adjust to new players that we were playing up from our Rangers 2, 3 and U15 squads. It's hard for a team to read where each other is when you don't play all the time together and this season, a lack of consistency went against us.



The main thing to take from this season is that we remained in Division 1, at the middle of the table no less, and all the girls that played showed great determination in their games.

We would like to take this opportunity to welcome back past players Emma Steele and Elizabeth Dawson who have recently returned to our county team and also, Claudia Mead, who has just come back and is playing for Rangers 1. It's great to have you all back at Rangers.



With some players returning to Rangers and younger girls coming through, we look forward to a new season in the Hertfordshire League. The club always has great talent coming through from our junior section and, with some girls turning 14 next season, they will be selected to train with the seniors to gain more experience and maybe even get some senior games. Girls that stand out will hopefully get the opportunity to train alongside our county squad.

Pictured here to the left is our County coach, Gemma Fitzpatrick Graham, with England Netball's Manager, Tracey Neville. We welcomed Gemma on-board last year and look forward to her working with us again in the new season. Her passion and enthusiasm for netball is truly impressive.



U13 Wildcats (by Maureen Perez)

An amazing squad of girls with great talent amongst them, it has been a great 2015/16 year! The Wildcats have performed extremely well in both winter and summer Leagues. This is a large squad and sometimes it's not possible to always field certain players when meeting up against stronger opponents, but whatever the squad we have, the girls adjust and show great determination on match days.

The BDNL final place for Wildcats was in fourth position. The girls were so near to getting in the top three, but lost out on valued points by shortages of players on certain fixtures and having to cancel some games.

In the Turnford Summer League we came sixth, playing up against some strong teams but the girls certainly gave a good challenge on court.

I am looking forward to working alongside the girls come the new season and we have plans for some of the girls that I feel need to be pushed even further.



Player of the Year went to Yasmin Jenkins, who had the most player of the matches and coach nominations. Yasmin works very hard during her games and never gives up. Yasmin always strives to achieve her goals - she is also part of the Maverick's Development Squad and hopefully will be selected again for the new season.

My Coaches Player of the Year, was Alex, she is a wonderful young player who has great potential to go far. I have plans for this young player, who, I am sure, will achieve her goals with the club.

Amelia, is the most improved player and deservedly so. Amelia never gives up, always listens taking on board what is expected of her in games and is also a great team motivator encouraging her team mates - keep up the good work.

Spirit Award goes to Emma, who has great attitude, encourages her fellow team mates with great focus and determination. We are very proud of her.

All the players in the Wildcats have great enthusiasm for the sport and if they keep aiming to do better, I can see many of them going far in netball.



U15 Coyotes (by Vicky Perez)

Our U15's have been playing senior league for a year and although competition is tougher and more physical, the girls are really stepping up to the challenge. The players have improved immensely in their game, growing in confidence to try new tactics and skills and I have watched many of their games with great pride.

They are probably one of our smaller squads in the club, but certainly one that over the years has bagged a lot of silverware. They have a great track record and each player has great passion for the sport.



Some of the players have proved themselves so much that they have already been playing extra league games by not just playing on a Wednesday night with their own squad but also they have been selected to help with our senior teams in the Turnford League on a Monday night. Players so far that have excelled in playing more games are Natalie Grimes, Emily Mathieson, Darcy Lowe and Phoebe Hoskin.

Phoebe has also played a few county games and been selected for next season. Well done girls and best of luck for the new season where they will be changing leagues from the Hertford and District League to the Turnford League, which is more of a mix age-wise so they get to play competitively against teams in their age group as well as experienced adult sides.



Rangers 2

This squad has really developed into a strong team over the last year and it's not just down to the talented players we have but also having a consistent team turn out for their matches has helped them form into a solid unit. Rangers 2 performed so well in the winter season last year that they were promoted to being the second team for the club and have really earned this status. Some of the squad have also been selected for the county side and have had the chance over the winter 2015/16 season to play alongside our first team players in the Herts League. I can see many great things for these players and wish them all the best in the coming season.



U14 Bears (by Maureen Perez)

Our U14's have ended junior league and this September, it will be senior league. We came to a decision that the squad would strengthen by fielding certain players into our existing senior teams come the new season. Players who aren't yet ready for senior league will gain valuable experience in training, which the club will always offer to help our girls continue to develop their game. We hope to see all Bears at some point in the near future progressing through to the higher standard leagues and I have confidence in all girls that have the hunger to improve their game.



In the Turnford Summer League the girls played 12 teams and came in 7th. The games get more physical as they get older and I hope that they can continue to work hard as individuals as it becomes tougher on court.

Laura Butcher was awarded the Player of the Year Award and this is one player who deserves this award. She has listened and has really come on in the last year. There is passion and determination and her overall approach and attitude is fantastic. Keep this up Laura and we hope you enjoy senior league.

Coach's player of the year is Ciara. She has a brilliant approach to netball, with great positivity and focus on the game. Ciara has come a long way and we are very proud of her. You deserve this award Ciara.

Most Improved Player of the Year goes to Charlotte Graham, who has worked so hard over recent months and with more training behind her and a steer in the right direction, Charlotte can certainly progress further. A well-deserved award!

Spirit award goes to Amber Lindars, who for me is a great team motivator, always willing to do her best and is one of those players of the last year that has really upped her game. Keep up the hard work and with her great positive approach, she will achieve those goals no doubt about it.

I'm looking forward to seeing the 'Bears' girls progress over the next few years into great senior players, so please keep up the training and determination to succeed.



A Fundraising Summer for Rangers

As with most sports clubs, we always look to increase our funds where we can. League entries, umpires, new sports equipment and hiring of courts and entering tournaments (to name a few) all cost money which certainly impacts on club finances.

This year we ran our second Junior Tournament with many clubs entering and making the event a success. The other event which we try to do annually is the Hertford Heath Village Fete where we run a tombola, 'guess how many sweets in the jar' and also, in keeping with the theme we do a 'netball shootout' competition.

Next year we are looking to do a senior mixed netball tournament which has always been good fun in the past.

And of course we will do the village fete again as we look for new stall game ideas. Please feel free to share any other ideas you may have to help us raise much-needed funds.

Thank you to all volunteers that helped out at both events. Your time was hugely appreciated and helped the club in so many ways.

Our next fundraiser will be a Halloween Party on Friday, 28 October. Further details will follow....



Hertford Heath Village Fete July 2016

To keep up to date with all upcoming events, if you are a social media user, please join us on Facebook, Twitter and Instagram where we aim to promote the club and events we are organising.



Hertford Heath Rangers Junior Tournament 2016

The Blues on Tour

Over the years, we have been away on numerous tours with our players. Senior or junior tours, they always prove to be very popular with the girls and obviously a great way to bond with team mates and play netball all weekend.

One of our favourite venues that proves to be a great weekend away every time, is Condover Hall in Shropshire. We have been here many times with the juniors and seniors, the venue also provides other activities for the girls when they are not playing netball and everything the players need is on one big site of an old manor house.



weekend and bringing back the silverware (always a bonus you take away from being on tour) but even without the trophies, the memories made are a treasure in themselves.

Pictured are some photos from our Tours over the years to Condover hall so you can see the adventure it has to offer.

As with going on tours we also like to enter tournaments held over the year, including running our own. It also gives the opportunity for teams to play up against clubs they wouldn't meet in league



games as certain teams have travelled from further afield. Tournaments are great for experience and allows for even more netball and with games being shorter, it teaches players to use different tactics about holding onto a lead as anything can happen when you don't have as much time.

So please keep a listen out for any upcoming tournaments which we may enter in the next year and don't miss out!

Our last tour was October 2015 and we travel again to the same venue this autumn with a few more of our junior teams, so we look forward to an eventful weekend of netball and fun activities!

Many of the tours we have been on have been successful for both juniors and seniors, putting our stamp on the



HHR Tigers U12 (by Julie Francis)

This year for the Tigers has seen players leave and join over the two seasons. Going from a long squad of 14 to a talented team of 9. With this movement, the Tigers have continued to develop their skills, although getting runners up last year in the league. With squad movements the girls still managed to achieve 6th place in the winter league and 5th in the summer league. Over the last few months the Tigers have really connected well as a team and their talent is starting to show through in their games, they have become hungrier for the win while maintaining their sportsmanship. They have had several high scoring wins this season made by the talented efforts resident shooters Ruby, Libby, Emily R and Hope with other players who offer the opportunity for back up from Grace and Ruth. Mid court is held by Grace, Jasmine, Emily M, Ruth and Hermione playing in both attacking and defence with Ruth and Jasmine playing defence in the goal third where needed. This goal third is dominated by Libby, Emily R and Ruby with Hope progressing in her occasional role as GK and in training this bunch can often be found mid court as well. Tigers have shown their commitment to understanding all areas of the court and all these girls can play up to 3 positions, allowing the Tigers great depth where needed. I'm sure they will continue to gain strength over the coming seasons, continuing to apply pressure on the opposition.



I must take a quick opportunity to announce my end of season awards as we run out of time at the presentation evening. These were hard as this is such a diverse and talented bunch of girls:

Player of the year was Grace Mathieson; she has dominated the court in attack and defence this year and has been an important part of the shooting circle when missing players, her continued efforts at training and in matches has been dedicated and are matched by her attitude on and off the court to the game and the team.

Coaches player of the year was awarded to Libby Evans. Libby has gained confidence in both her shooting and her defence this year listening well to coaching in training and during match play taking on board ideas and putting them in to practice she is a well-liked member of the team and encourages others and for this she had been given the opportunity to captain the Tigers this year supported by Hope.

Most improved player this year was Jasmine. Jasmine started off hesitantly in WD this season after playing GD and on the bench as part of the long squad last year. She has gained in confidence attacking the ball at every opportunity causing tips and interceptions all over the court and applying great pressure over her opposition. She has also made a vast improvement in her positioning skills allowing her to come out in attack as C for support making her a valuable member of the team.

Ruth won the Spirit award this year for her continued efforts in training and match play; often taking the bench she has shown great maturity and understanding towards the team. She is committed and although a quieter member of the squad her force is not to be underestimated in defence and now starting to come through as a GS after committing herself to practising her shooting techniques. She sadly broke her elbow this season, which caused her to miss several games, but she continued to come along to training helping alongside Emma and myself and learning some umpiring skills.

I am also pleased to have awarded Emma Butcher the young volunteer award. Emma has been a constant companion to me from coaching her on one of my first teams to her continued support to me at training and umpiring many matches. She is a well-loved member of my coaching team at U12 and U9 and a huge support to the club at our events, along with her wonderful family. I hope that she inspires others to follow in her footsteps.



The Tigers are a colourful and lively bunch of girls but huge fun to coach. Emma and I look forward to a promising season together and as they embark on their first tour together to Condoover.

HHR Leopards U9

Recently formed U9 team the Leopards are an enthusiastic and talkative bunch of girls who are showing progress in their training and ability to interpret this into side based games. With continued commitment, this large bunch of girls will develop a solid foundation for potential league matches next summer.

As this age group have only been together a few months they didn't qualify for any of the usual awards at the presentation evening. But a coach's commitment award was presented to Amelia for her willingness to listen and learn and her enthusiasm for knowledge and improvement at training.

Rangers 3 (by Maria Rowley)

Rangers 3 have had a fairly steady season, despite the team falling short on numerous occasions. Thankfully, the team had been able to call on girls from our younger teams who were excellent in stepping up to the mark. The Rangers 3 defence consists of Gemma Cranfield, Miami Choudhury, Michelle Rawlings and Alice Martin, when she is not playing GS. Unfortunately Michelle has been out most the season due to a back injury and at the time of writing, had not long got out of hospital where she had to have an operation. We miss Michelle's determination and cheerfulness on court and wish her all the very best in her recovery and hope to see her soon. Both Gemma and Miami have built up a solid and consistent defence and when we have been short, we have been able to call on Kirsty Paget, our second claim comrade from Bengeo Netball Club. Miami will be leaving to go off to University in September and we will miss her very much. Miami is a huge asset to the team, often flying out of nowhere to make amazing interceptions and we will look forward to her playing for us when she returns in the holidays. Mid court we have Maria Rowley, Hayley Varney, Cheryl Hodge and Chloe Norris who work hard to control the ball and keep the game flowing. In the shooting circle we have our regular shooters, Charlotte Windsor, Alice Martin and Chloe Hart. Currently, Charlotte is not playing as she is expecting her first baby so we wish her all the very best and we can't wait to meet her new addition! Whilst on the subject of babies, we congratulate Chloe Norris who has also recently announced her pregnancy and is due early next year along with Victoria Perez from Rangers 1, who is also expecting early next year. Exciting times ahead! We would also like to take this opportunity to congratulate Alice Martin who recently received her GCSE results and obtained 11 A* grades no less! What an amazing achievement for such a cool, calm and collected girl both on and off court! Special mention to Chloe Hart who has received many a compliment from our opponents over the past season for her very impressive long shots and we are looking forward to seeing her back in action!

We also welcome to the team for the new season, Ciara Walsh and Odett Racz (who is currently in Hungary). Ciara played a few senior games for us last season and showed such positivity and determination which will be a huge asset to the team.

Finally, a big thank you to Gemma Cranfield who has worked hard to organise the team every week, it is very much appreciated. Without dedicated team organisers, the games would just not happen!

Vixens Scoop Third Place (by Tracy Reece)



I have been delighted to Coach the Vixens for the second year now and have really got to know the girls well and their lovely personalities – they certainly are a lively bunch! The majority of the girls have been with me now since they started in year 4 and I am looking forward to having them for another season. The newly formed team have had a cracking first season competing against other teams in the summer league and I have been so proud of every single one of them. They have all been working really hard at training and this is now starting to pay off when competing. All the girls have showed team spirit and supported each other throughout their games

which is great to see. We came an amazing THIRD place in the league, a real achievement for their first season and one to be proud of. We are really starting to see now that this team is going to be one to watch out for as we look forward to the winter season! Vixens squad: Evie Atkins, Kacey Salter, Hannah Pattison, Keira Burdett-Coutts, Natalia Gibilaro, Ruby Spavin, Lottie Green, Tilly Dymock, Lily Bridge, Olivia Ward. Jessica Scott has also helped the team out. The awards presented at the end of season presentation went to: Player of The Season – Ruby Spavin, Coaches Player – Lottie Green, Most Improved Player – Tilly Dymock and the SPIRIT AWARD went to both Hannah Pattison and Evie Atkins. Finally a big thank you to youth player, Emily Mathieson, for assisting me each week at training, your commitment is appreciated.



HHR Jaguars (by Helen Lindars)



I think on the whole, this has been a very positive season for The Jags, and one which we can take a lot away with us. The team has certainly matured, and this is showing in their confidence when facing other clubs and when making decisions on court. A more aggressive approach and dominating games as soon as they start will certainly help us and is something we will be looking at and talking more about as we head back into the winter season. We are lucky that most of The Jaguars are confident at playing at least two or more positions, but we are going to look at further developing this, so players will be given more opportunities to play different positions. This will be good for all the players and will give them a wider skill

set of the game, and will also give us more flexibility and choices when players are not available.

We had some very impressive wins during the summer, and we came 6th out of 15 teams. We won 8, lost 4, cancelled 1, and Wodson Park B withdrew from the league. This was a solid result and one which I know the girls can certainly be proud of and improve on next season. April brought us The Crosskeys tournament and it was a long day where The Jaguars played 8 games. The first game we lost, but after that The Jags put all the pieces of their game into the right places, and after watching them play some really wonderful netball, it was a pleasure to watch them make it to the semi-finals, this was a very proud coach moment, they absolutely deserved to make top 4!! Our own HHR tournament took place in July, and despite 4 players being unavailable and sickness and injury causing problems on the day, the girls worked hard and showed true team spirit. You all had a great focus about you and gave the tournament your absolute best and finished 5th out of 8 teams. Looking ahead, we have the Condoover tour in October. This will be an amazing weekend of netball for you and one which you will gain so much from. You will also be able to enjoy other activities with your team mates. Lastly, I must mention the presentation evening at Roller City. I hope all the girls that attended had loads of fun. It is always very, very hard to pick winners, but I want to say that, Lauren, Tily, Jess, Emily, Francesca, Isis, Kirsten, Lucy, Georgia, Rosie, Millie, have done really well and congratulations to you all. You all have a very exciting winter season to look forward to. I hope you are all having a relaxing and enjoyable summer, and we look forward to seeing you all in the new season.

Closing the season

After a very busy year for the club we thank all our players, coaches, and volunteers. Listed below are the names of who we would like to thank SO MUCH!

Julie Francis
Helen Lindars
Tracy Reece
Amy Law
Gemma Cranfield
Gemma Fitzpatrick
Charlotte Bower
Emily Mathieson
Emma Butcher
Maureen Perez
Maria Rowley
Victoria Perez



Our coaches, umpires and scorers are there in all weathers and their presence is hugely appreciated.

Going forth into the 2016/17 season, it is time the club to be re-accredited for our Silver England Netball CAPS (Clubmark Award). This involves a lot of hard work behind the scenes and we hope, we can soon go for the Gold CAPS award.



Look forward to seeing you all on court!