

# HERTFORD HEATH RANGERS

## NEWS 2011-12 SEASON

### Happy 20th Anniversary Hertford Heath Rangers

This year, Hertford Heath Rangers celebrates its 20th anniversary! Since being formed in 1992 by the clubs founder, Maureen Perez, the club has grown immensely and has gone from strength to strength! The club started with just the one ladies team that trained at the local primary school, Hertford Heath JMI. Maureen's involvement in netball was because her two daughters attended the school (Maria and Vicky) and she was asked to help the teachers in coaching the school netball team - the adult team was formed from mum's also wanting to get back into netball. Maureen's passion for netball has grown over the years, along with the club! Because of this and all the hard work that has gone into building Hertford Heath Rangers over the years, we will be officially marking this landmark year with a celebration. Later this year, we will be holding a joint anniversary and presentation party for all members of the club and their families. The party will have a fancy dress theme which will be to dress up as *anything/anyone* from the last 20 years, so from 1992 to 2012! We do hope you will come along to support us - further details will follow in due course...



#### Satellite Stars

Our under 13 players Maddy Davies (pictured left) and Elizabeth Francis (pictured next to Maddy on the right) have been accepted into Satellite Academy for the second year. Once again, the club is extremely proud of the girls and we wish them all the best in carrying on up the England Netball Excel pathway. Maddy and Liz both play attack positions and are a credit to the club.



Photo: Coyotes team



Photo: Coyotes team

#### HHR Coyotes Triumph

This talented under 11 side have certainly brought home the trophies this season! They came second in the winter league and have just finished first in the summer league, winning all 12 games played! The team have also taken part in a few tournaments this year - the best results have been first place in the Stevenage Storm tournament and second place in the end of season Turnford summer tournament. They also made it into the semi finals in the end of season Turnford winter tournament in May after winning the group stage. They have definitely made their mark and should be very proud of their achievements and hard work that they have put into training and matches. Vicky, their

Coach, is very proud of the teams achievements and is confident that this team can continue their success. Over the next couple of years some of these girls will be put forward for Satellite trials also. So keep up the hard work girls. Team is Milly Davies, Ellie Hackworthy, Summer Morris, Darcy Lowe, Amy Lite, Emily Mathieson, Natalie Grimes, Georgia Gvero and Phoebe Hoskin.



## Mixing with Mavericks

On February 10th, the club was given the opportunity to take some of our players to be ball girls for the Mavericks youth team at the Herts Sports Village in Hatfield. This was an excellent experience for the girls who were able to be court side and closer to the action! After the game, the girls were able

to have their photos taken with the youth squad and the Mavericks mascot.

We also stayed behind after to watch the Mavericks super league team play against Northumbria - a great learning experience for the younger players in the club and the evening was thoroughly enjoyed by everyone. We will aim to do more of this in the future and hopefully get a game that is televised on Sky Sports!



## Seniors on Tour

The senior team went back to Condover Hall in Shropshire which is where the organisers, Netfest, hold one of their many popular tournaments. Again, it was a very enjoyable weekend and this is why we went back and are taking the juniors in October. The seniors did very well and came joint second! Thanks again to Lil Dawson who joined last minute to help out with a player shortage.

As mentioned, we are taking the juniors this year to Condover Hall. The teams will be the Coyotes, Wolves and Hawks. We wish them all the best in the tournament and hope they all enjoy their weekend!

## Seniors get promotion in winter and summer leagues

The senior team has stormed their way up the divisions in both the Turnford winter and summer leagues, coming first place in both leagues! So now the seniors will be entering division 2 in the next winter season and next summer it will be division 2 as well. A great performance by all players and, once again, a great stepping stone for the club. Team has been Vicky Perez, Carley O'Rourke, Amy Hedges, Maria Perez, Gemma Cranfield, Ellie Burt, Cheryl Hodge, Linda Prentice and also thanks to Foxes player, Claire Daw and Kirsty Paget from Bengoe netball club who have both filled the void of GK.



## HHR U12 Wolves finish top half of the Summer League

This summer season our Wolves team entered the league under their new coach, Amy Hedges, and were reformed as one team instead of having the two under 12 teams we had previously had in the winter league. Obviously with the new set up, players had to get used to each other's gameplay and also the added challenge of only having one shooter amongst the team, meant it wasn't going to be easy for them. But, despite all this, the team still managed out of 12 teams in their division to finish the league in 5<sup>th</sup> place, triumphing over clubs such as Tegate, Cross-keys and Cheshunt. The club is very proud of all the girls and how they have adapted to the game and each other, we would also like to say that even though the team consists of more than 7 players, we are happy with the maturity the girls have taken to not always getting full games. Well done girls! Also, in the recently entered Stevenage Storm tournament, the Wolves took third place - another achievement to be proud of!



## Bright beginning for Bears

We have recently formed a new team named the 'Bears' consisting of U10's and U9 players. The Bears were entered into the Stevenage Storm tournament which was their first tournament and first proper match playing together as a team. The Bears came second place which is an amazing achievement considering the fact that some of the girls that played that day were on the clubs waiting list and hadn't yet been to a training session, and due to shortages of girls, we asked along some players waiting to join. The result was outstanding because obviously some of the team had only just met and, to then play with each other and win games, is a great start to the ever hoping success story of the Bears!



## A well earned trophy for Mo!

Head coach and club founder, Maureen, was awarded an England coaching award back in June this year. Maureen didn't know she was going to receive this award and because she couldn't make the presentation evening due to netball commitments within the club, she was awarded the trophy at the courts on a Thursday night by Sam Meade, the Hertfordshire Development Officer, from England Netball! In a way, it was probably more fitting that the trophy was awarded at the courts as having some of the junior players, coaches and parents around to see the presentation seemed to add that bit more of a personal touch! The Jenny Evans trophy is awarded to those people that contribute an outstanding amount of their time to netball, the progression of netball athletes and people involved within their club. So, once again well done to Maureen, it's hard work running a club and it takes a lot of time and dedication as most of the coaches onboard will know, but even though it is voluntary, we are all passionate about the sport and love being part of such a friendly and fulfilling club.



## Brief catch ups

We are always interested as to what our players are achieving away from the club so here is a quick look at what some of the girls have been up to.

Jodie Butcher of the seniors Ravens team (*pictured right*) who is now studying at Chichester University has been keeping up with her sport and has also recently achieved female games player of the year. Well done Jodie!



Katie Thomas (*pictured left*), also of the of the seniors Ravens team, has been spending the last few months volunteering in South Africa, lending a helping hand to local children and animal charities. In this time, she has also experienced a bungee jump from Bloukrans Bridge which is 216m in height, sky dived in Grahamstown and done cage diving to see sharks! Katie looks like she is having an amazing time and to see her sporting the HHR hoody on her travels is awesome!



Sacha Dowling of the Foxes team (*pictured right*) spent time earlier this year in Tanzania as part of a medical work experience programme as she wants to be a doctor. She also helped with some volunteer work. Brilliant stuff Sacha!



Lucy De Rosa, also of the Foxes team (*pictured left*), is currently backpacking in Kenya so we wish her all the best on her exciting travels and we can't wait to hear all about it!



Lucy Hoskin, of the Vixens team (*pictured right*), earlier this year attended a Mavericks master class which often takes place in the school holidays. The class was run by Mavericks coach and ex England player, Karen Atkinson. Lucy was awarded a netball for her great attacking play, so well done Lucy and also a mention for Elizabeth Francis (Hawks) who also attended the class with Lucy, even though it was above her age group, she was allowed to attend the master class as she is a Satellite player. If you would like your daughter to attend a Maverick's camp, please keep a look out on the Mavericks website for dates which are usually within the Easter and summer holidays - it is a great experience for the girls and we as a club try to encourage as much netball as possible!



## Walking and running for charity

Well done to Maureen Perez, Julie Francis, Emma Butcher and Abbi Ross from the Wolves who took part in a 10k sponsored walk for CHIPS which organises play schemes and social opportunities for children with special needs, living in East Hertfordshire and the Borough of Broxbourne. It was a damp day on the 29<sup>th</sup> April but they kept on through the rain and mud to complete the course. Julie Francis is pictured right with Emma and Abbi - *please excuse the blurry mobile photo, unfortunately it was the only one we had.*



A huge well done to senior player Emma Steele (*pictured left*) who completed the London Marathon in April with an impressive finish time of 04:17. Emma has recently moved away due to work commitments and we miss her - but hoping she will be available for tournaments and the odd match!

Coach and senior player, Gemma Cranfield (*pictured right*) also completed the British 10k in London in July and also finished with an impressive time - well done Gem Gems!



The Hertford and District Netball League which two of our teams play in, raised money for sport relief this year by having teams wear funky socks! Pictured here are some of the girls who took part that evening.

From left: Gemma Cranfield, Maria Perez, Linda Prentice, Ellie Burt, Claudia Mead, Chloe Kiln, Vicky Perez, Sian Butcher, Lucy De Rosa, Iona Ivemy, Lil Dawson, Claire Daw, Amy Hedges and Lucy Hoskin.



Coach and senior player Vicky Perez (*pictured right*) took part in a Santa run at Christmas which was 6.2 miles for the British Heart Foundation.



So, as you can see, quite a lot has been going on in the last year as the club keeps on growing and getting more successful. We hope to add to this success by obtaining our Silver England Netball CAPS Award - we are very nearly there and will keep you posted! Rangers are proud of all their teams; Bears, Ravens (new and old!), Coyotes, Wolves, Hawks, Vixens, Foxes, Falcons and the Seniors and also our girls who train every Monday progressing their game - it is not all about match play! We are happy that all our members share our passion for netball!

Please remember to keep looking on our website [www.hertfordheathrangers.com](http://www.hertfordheathrangers.com) as we aim to keep it updated regularly and this is where you can find out important information including match fixtures and training dates, not to mention all important league tables! We also have a Facebook group which is always updated with individual team match reports, photos and rolling news so if you haven't yet joined please do so - it is open for all players and their families!

Here's to a great 2012-13 season!

Newsletter by: Vicky Perez (August 2012)