

# Ashtead All Stars : Weekly Update

## W/c Monday 10th March

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### Results from Last Week:

#### Nonsuch League:

U12 Vega v Richmond Ravers      LOST 9 - 18

U12 Vega v Hawks                      WON 33 - 6

U12 Polaris v Hawks                  WON 8 - 6

U12 Polaris v Merton Merlins      WON 7 - 5

Vega kicked off the morning with a match against Richmond Ravers, and unfortunately after a major panic, the girls went 7-0 down in the first quarter. After regrouping at quarter time, the girls really pulled themselves together and the next three quarters saw them neck and neck at 11 goals to 9, but with the first quarter's result unfortunately, the final score was 18-9. Richmond were a good team and we should be proud how we came back, and at least we know that next time we meet them, we'll be able to give them a run for their money. Vega's second match was much more successful with a fabulous 33-6 win against Hawks. The girls passed beautifully down the court and looked really strong. Well done girls! My star player for today was Sophie Porter for being so unflappable, controlling the play down the court. Well done Sophie!!

Polaris had an outstanding morning. I am so proud of the massive improvement the girls have made over this season. They are now real netballers, with great passing, movement and control down the court. They are playing brilliantly as a team, with great support for each other. Their first match saw them take on Hawks and although it was a tight match, they came away with an 8-6 win. The girls defended really well and brought the ball up the court in such a controlled way. It was a pleasure to watch. Their second match was against Merton Merlins and again, although tight, Polaris were victorious with a fantastic 7-5 win. Well done girls! My star player for the day was Johanna Gadsby for great shooting, lovely positioning and passing of the ball. Well done Johanna!

U13 v Wandsworth Opal                      LOST 11 - 18

U13 v Chequers                              LOST 14 - 18

The U13s played some lovely netball today, with some good controlled passing down the court. Lovely atmosphere because the U13s are very much a team, supporting and encouraging each other. Great results considering we played with 6 players for half of the first match and all of the second match. We all hope Charlie is up and running again soon. Player of the match today was Phoebe Amer whose ability and confidence has notably improved over the season, and this was her best performance so far. Well done Phoebe.

#### Friendlies, played on Monday 3<sup>rd</sup> March:

U11 Orion v Oxshott U11A              WON 4 - 2

U11 Draco v Oxshott U11B              WON 17 - 0

U12 Vega v Oxshott U13                  DREW 4 - 4

U12 Polaris v Oxshott U13              LOST 2 - 7

U13 v Oxshott U13                      WON 4 - 1

Particular mention to Orion and Vega, who are beginning to get the hang of 7 – a –side netball, and showed that they have plenty of potential for next year. We have a very exciting season ahead!  
Well done girls.

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### **The Week Ahead:**

Mon 10th March 4pm – 8pm: Training at the Rec. All Years  
Wed 12<sup>th</sup> March, 6-7pm: U10 indoor training at Downsend  
Sun 16<sup>th</sup> March: U14 League matches at Dorking

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### **Any Other News/Business:**

- PLEASE NOTE : U13s/U14s do not have any more indoor training, until possibly 2<sup>nd</sup> April.
- Please look out for the Surrey Youth Games netball. I would encourage all girls in years 5 to 8 to apply. Free training sessions plus the chance to play in the Surrey Youth Games for Mole Valley.
- I am running Summer Netball sessions, 10 sessions throughout the Summer Term, £40, please let me know if you are interested. Year 5 and Year 6 Wednesdays 6pm and year 7, 8 and 9 Wednesdays 7pm.

### **Dates for your Diary:**

Wednesday 12 <sup>th</sup> March, 6 – 7pm	indoor session at Downsend for U10s
Sunday 16 <sup>th</sup> March	U14 final League matches at Nonsuch
Wednesday 19 <sup>th</sup> March, 6 – 7pm	indoor session at Downsend for U11s
Sunday 23 <sup>rd</sup> March	Dorking League End of Season tournament
Monday 31 <sup>st</sup> March	LAST Monday night training session for the season
Saturday 26 <sup>th</sup> April	AAS End of Season Tournament
Monday 12 <sup>th</sup> May	AAS AGM

\*\*\* Jane \*\*\*