This past season has been one of a mixed bag, whilst the training session were working well with high attendance each week unfortunately the Essex Met League was not completed.

We as coaches had chosen to and withdraw all teams from the Thurrock League this year and had entered our juniors into the Essex Met League only. This we believe was a good move going forward as the standard of play was much higher. It also prepared the juniors when moving up age groups their matches would be on a Saturday so the transmission from Junior to Senior would be made easier, along with our coaches who also played at Redbridge.. There was also other support from the senior players which the junior players liked.

The U16’s were developing really strong after an unsettled start some changes to their coach and they were set to win the league, however when COVID-19 hit, a decision was made to not play their the final 11th game against Cumberland, which then meant they finished 2nd in the league with 40 points to Cumberland’s 45. The u14 A Green Team started strong as a team and was holding their own in this new league, with a good selection of players helping the u16s out with their games in the beginning to make up the numbers. They had played 8 games out of 10, before COVID-19 stopped all matches which meant they finished 5th in the league with 21 points with Aces winning the league. U14 B Blue Team played 7 games out of 10, finished 9th with 12 points in the same league but continued to work extremely hard and never giving up. U13 white Team played 9 out of the 10 games with 26 points finished 4th with Cumberland winning the league. U12 Red Team played all 11 games and finished 2nd in their league with 30 points, just below Essex Open. No U11 Silver team was entered this year due to not enough commitment from players and parents.

During lockdown coaches were sending through different fitness sessions and challenges for their teams to try out. This was a team effort to stay in touch with our girls. Some junior players had participated in the virtual online senior sessions that were run by Holly and Taylor.

From 15th June, I had been working with parents and coaches to devise a Return to Training Plan and Risk Assessment to re-commence junior training from the 30th June in the local park. These sessions were aimed at preparing sessions from coach to court. The first session was based around the Hexagon Test and players were allocated their own household bubbles whilst working with their parents. This deemed successful, as we were able to coach the parents how to push their children slightly out of their comfort zone to increase their activity levels.

The following weeks the training sessions were held in the local park for 1 hour only, then were split into 3 sections 20 mins Fitness – with Leah and Ellie , 20 mins Balls Skills – Aimee and Sue and 20 mins Shooting - Liz, with coaches leading these sessions and parents becoming host coaches and with rotation of players between groups. Players were split into their age group bubbles, and then split into 2 groups of 6 players within the bubbles. This way I was able to oversee all groups and to ensure we were challenging the work rate and ensure a safe and smooth transition when the players rotated between each activity

We took 1 week off after 3 weeks of training until Dagenham Park School was able to re-open on the 28th July. Each coach took on selected roles, within the following areas: Fitness & Strength and Conditioning and shooting were carried out each week. Ball Skills in Attack and defence elements were rotated weekly, each lasting 20 mins each at High Intensity.

I wish a huge thank you to all our coaches, players, parents, guardians and grandparents for all your support. Since 30th June to present date we have seen over 150 players, and had on average 30 players attending training session each week

All members will need to be affiliated to England Netball through engage by September (you should have received an email) as you will not be insured. NCNC affiliation fees are to be confirmed.

NC CLUB AGM WEDNEDAY 12TH AUGUST 8.00PM

1st Session back for 2020/21 season Tuesday September 8th.

Mary Ann Ramsey Murphy Lead Junior Coach