



Half Way through the School Year!

Half term is a slightly longer break than usual at Magnet Netball Club, due to the block booking of the Sports Centre by Newlands School for their annual Gym & Dance Show. Unless you have been notified about alternative arrangements, there is no training at the Magnet for most groups in the week prior to 1/2 term, then the week of 1/2 term off—so a nice two week break for most of the girls! Those training at St Pirans, or whose session has been moved to St Pirans are obviously not affected—just a one week break!!

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Brean Sands Tour 2017 is Booked!

We are delighted to confirm that we will be taking the U13 team to Brean 23-25 June, and the U14 team on 30 June -2nd July 2017. All deposits from these girls should have been received.

Due to number of both players and coaches available, we are presently unable to commit to taking the younger teams, but may review this in the Spring Term.

If you have any queries about the tour, please email Annette at nettino@hotmail.com

Half Term Newsletter

Issue 10, 1st half of Spring Term 2017

The Importance of Support!

A little message to all parents of our girls about undies!! This is an excerpt from The Times, written by local sports journalist Peta Bee, "...one of my strong beliefs is that all young female athletes should begin to wear an adequately supportive sports bra as soon as they show signs of physical development. It's something I'm now grateful my own mum insisted on when I was 12.

It's a myth that you need to be buxom in order to 'fill' a sports bra. Emerging research has proven that even 'A' cups need support during strenuous activity like athletics.

Crop tops and normal bras will not suffice. Breast tissue and the ligaments that support it are extremely fragile. Damage to them at a young age will cause irreparable sagging and potential back pain in later life. The girls really need a high impact sports bra and to replace it **whenever they get new trainers**. Wash on cool and do not dry in a tumble drier (it weakens the fabric and support). Choose one with thick straps and chest band and

that says 'high impact activities' on the label.

With no muscle and only the fragile outer skin and connective tissues called Cooper's ligaments providing support, breasts are a law unto themselves when it comes to movement, swaying and bobbing independently of the torso. A series of experiments by the University of Portsmouth's Breast

become — therefore running causes more sway than walking.

Wearing the right bra, is likely to make a big difference. "It can reduce discomfort and soreness in about 85 per cent of women." But finding that elusive product is not easy. "Things have improved a lot but not every bra suits every person and people wear the wrong size or style, which reduces support," she says."

At the risk of sounding slightly odd, it is apparent that many of our girls are not adequately supported in training and match play! Netball is high impact, high velocity sport, where players stop and start, land hard, jump and stretch constantly. Without a proper sports bra,

they really run the risk of damage and 'stretch' that none of them will be pleased about in later life.

M&S have a good range of sports bras, as do Berlei, Shock Absorber, Asics, or Peta recommends a fab site called www.boobydoo.co.uk, which actually directs you to the right bra for your sport—netball included.

Please remember—only the netballs should be bouncing on court!!



Health research group found they do not merely bounce up and down but move through a complicated figure-of-eight pattern when a woman runs or walks.

During activity on a treadmill, Dr Scurr and her team found that each breast can swing as much as 21cm in space and there is still considerable movement while wearing a standard sports bra. The more vigorous the workout, the more mobile the appendages

Magnet Netball Club 'Home' Tournament—Saturday 29th April 2017

The courts are booked, and we have sent invites out to many local clubs for our annual club Tournament, which will take place at Furze Platt School.

This will be our second year hosting our own 'home' tournament, after the success of last year. It is a great way of raising our profile as a strong, growing club, and we hope to get some local press coverage again! Booking forms are already arriving from other clubs, so it seems that they enjoyed the day as much as we all did!

You should be shortly receiving notification from your Team Manager to keep the date free, if you haven't already. We also need as many parents to book the date into your diary—not only to come and cheer on your daughters, but as helpers on the day!! We will be needing marshalls, timers, scorers, bell ringers, cake sellers, cake bakers ... ANY help you can offer would be great & very very much appreciated!

If anyone has any other suggestions or ideas for anything on the day to raise funds for the club, or add to the atmos-

Please use magnetnetballclub@gmail.com for all correspondence with the club, effective immediately.

Match Results Spring Term 2017

	U11 Squad			U12 Squad			U13 Squad			U14 Squad		
	Played	Score	GoG	Played	Score	GoG	Played	Score	GoG	Played	Score	GoG
8/1/17	Woodley	M13-10	Maddie	Woodley	M15-15	Ella	Woodley	28-41W	Olivia			
22/1/17	Royals	12-17R	Amelia	Royals	23-36R	Ella	Royals	M56-19	Olivia			
29/1/17				W'ham	15-17W	Heidi	W'ham	M36-28	Maddie	Rushmoor	M45-34	Katie
30/1/17							Finch	M20-11	Savannah			
6/2/17							Diamonds	M21-13	Lola			

Upcoming Events & Fixtures for Your Diary

15/2//17	Training for U12 /13/14 at St Pirans, 6.15-8pm
20/2/17	U13 v Windsor @ Charters, 6.15pm
25/2/17	U11 v Rushmoor @ Bracknell, 9.00am
	U12 v B's Sky @ Bracknell, 10.00am
	U14 v B's Sky @ Bracknell, 11.30am
1/3/17	U13 v Charters Diamonds @ Charters, 6.15pm
5/3/17	U11 v Finch @ Windsor, 9.00am
	U12 v Finch @ Windsor, 10.00am
	U13 v Finch @ Windsor, 11.30am
6/3/17	U13 v SH Wasps @ Charters, 6.15pm
8/3/17	U10 v Claires Court @ Magnet, 4.30pm
15/3/17	U13 v Charters Crystals @ Charters, 6.15pm
20/3/17	U13 v Finch @ Charters, 6.15pm
27/3/17	U13 v Royals @ Charters, 6.15pm
23/4/17	Berkshire League Tournament, location / times tbc
29/4/17	Magnet NC Tournament, Maidenhead, 9am-4pm

Please let your Team Manager know ASAP if you cannot make any of these dates

Half Term Training is taking place for all girls in the Year 7,8 & 9 Competition Squads, at St Pirans from 6.15-8pm on Wednesday 15th February.

Easter Holiday Training Dates to be advised.

Can you Help the Club...???

Would anyone be interested in a sponsorship opportunity with the Magnet Netball Club? We are considering new kit for some of the older squads, and wondered if you might like to see your company logo branded onto the girl's kit?? If this is something that you might like to consider, please get in touch with either Annette or Marina to discuss.

Would you be interested in being the club's press officer?! We need more coverage of the great results the girls achieve, events that we run, and other club updates in the local press—is there a parent—or two, who would be interested in taking this on!? Please contact Sally if you can help.

Matches in RED are Charters League matches.

Matches in BLACK are Berkshire League Matches

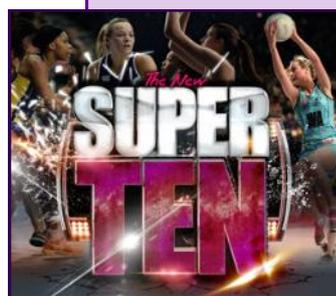
Netball Super League

We are incredibly lucky in this area to have several of the big Super-League clubs within driving distance of our base here in Maidenhead.

At this time of year, clubs are embarking on the start of the British Super-League, a elite division of ten of the country's top teams, all playing each other for a chance to win the Championship—the netball equivalent of the FA Cup!!

Surrey Storm, Hertfordshire Mavericks, Team Bath and Wasps all have home grounds within an hour or so drive from Maidenhead. The games take place between February and June, both at team's home grounds, as well as finals and big play offs at more central locations.

Last year, our current year 8 team all travelled up to the Copper Box Stadium in the Olympic Park to watch an incredibly exciting play off between Surrey Storm and Hertfordshire Mavericks—we cannot recommend it enough! The atmosphere was electric, especially when Mavericks defeated the favourites (and eventual winners of the League), Surrey Storm!



The upcoming 'Super 10 Saturday' is an amazing chance to see all ten teams in action—tickets are still available for this mighty clash on Saturday 25th February in Birmingham.

Watching these high level players is a great way to inspire, learn and develop your daughter's netball skills. Elite level netball is quite a different sport to what we see played; the teams are athletes, competing at the highest level. As funding slowly

grows at the top level for netball, so are we also starting to see some of these events televised, especially on Sky—so do look out for them, and watch if you can!

If your daughter is inspired by what she sees, do remember that many of these clubs run holiday workshops and training days—both for players and for coaches!

For more information, have a look at :

<http://www.netballsl.com/>

<http://surreystormnetball.co.uk/home.php>

<http://mavericksnetball.co.uk/>

<https://www.waspsnetball.co.uk/>