

# RIBBLE VALLEY NETBALL CLUB



**December 2023  
Newsletter 1**

## WELCOME!

We are pleased to share with you our first newsletter. Our aim is to produce a newsletter, at the end of each term of the academic year, to share our good news with you. There will be information about our teams, the pathways that some of our players are on, information about the club and opportunities.

We hope you enjoy reading and if you are not already, then please follow our social media accounts to stay up to date:

Facebook - Ribble Valley Netball Club

Instagram - rvnc\_

Twitter - @RVNC\_

Thank you for all your support over this year - enjoy your Christmas, a rest from netball and we will look forward to seeing you all in January!

We wish you all a very Merry Christmas and all the very best for 2024!

RVNC Coaching Team and Committee

## 100 Club!

Thank you to those who have supported the club by buying a number for our monthly draw. December saw our first draw and number 73 winning the guaranteed £100 prize.

Each month the draw will take place and the winning number will take 50% of the monthly payments.

It is not too late to get your number!

There will be an opportunity to buy numbers in January or to purchase a number each month. Please look out on Spond for more information or contact our treasurer on

[rvnctreasurer@gmail.com](mailto:rvnctreasurer@gmail.com)

You've got to be in it to win it!!

## Sports Bras!

We were lucky this year that Nike worked in partnership with England Netball and pledged to donate a sports bra for every goal scored by the Vitality Roses at the Netball World Cup - to help raise awareness of proper breast support for women and girls in sport. Nat Metcalf then chose RVNC to donate her share of 522 bras to! England Netball asked that our donation was given to our U14 and U15 girls, codes were shared and bras purchased. A massive thank you to England Netball and of course to Nat!

# Coaching Team

This is our wonderful coaching team who volunteer their time to share their passion of netball with our members. A massive thank you to them all, for the time, dedication and support they give. Please contact your lead coach in the first instance, for any issues.

## Seniors:

Prem - Marion



Champs 1 & Champs 2  
Lead - Amy



## Juniors:

U16 Lead - Sarah  
Assistant - Grace



U15 Lead - Georgia  
Assistant - Dom



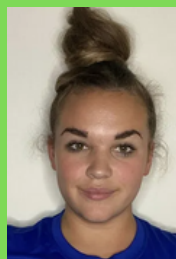
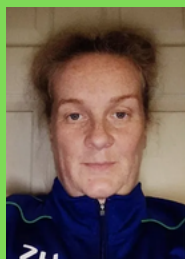
U14 Lead - Karen  
Assistant - Sam



U13 Lead - Nikki  
Assistant - Kate



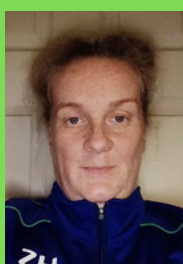
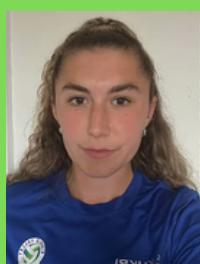
U13 & U12 Development  
Lead - Zoe  
Assistant - Grace



U12 Lead - Mrs T  
Assistant - Kate



U11 Lead - Hannah  
Assistant - Zoe



U10 Lead - Maya



U9 down  
Lead - Mrs T



# Senior Season - Prem:

After a nervy end to the 2022-23 season, our Prem squad hosted a number of successful trial dates and Coach Marion selected her new team. With a number of girls from last year's team plus a few new additions, this season was set to be a competitive one with this squad.

The first match of the season saw the Prem team take on close rivals Manchester Netball Club; a physical and closely contested game but one that Ribble took control of and managed to take their first win of the season. The next few matches and training sessions went the same way, much to our surprise. Our hard work in training and our sense of team togetherness stood us in good stead to have a really strong start to the first half of the season (and words like 'promotion' and 'play-off's' being mentioned in hushed tones from spectators and supporters of the team).

The next few matches saw us defeat newly promoted Kingsway Power as well as the Northern powerhouse that is Oldham Netball Club – a result we were all really proud of as we had never managed this before! We took on Warrington at the neutral venue of Edge Hill University and with a few injuries occurring, were left to fight for the one goal win after mixing some positions up – our own Amy Stevens being as versatile as ever ending up in the shooting circle!

The team battled hard against a tough Bury opposition in November, but with a few key players missing, saw their first loss of the season. We bounced back the following week and made the journey over to Chester for what we knew would be our toughest match yet! A match that went goal for goal almost the whole way through, we started the fourth quarter with a level score. After a calm few minutes of playing our own game and settling into the quarter, we managed to take a 5 goal lead and maintain this by playing some of our best netball as a team. The game finished 48-53 to Ribble and we added another win to our total tally!

Our final few matches of 2023 were tough ones; we travelled all the way to Wrexham for the top of the table clash against Deeside Netball Club. We had been plagued with injury so were happy to invite our very own Hannah Wilkinson to be part of the squad – and what an impact she made, making 2 interceptions in her first 2 minutes on the court! A great team effort with some solid individual performances meant we left with our heads held high, despite losing by 18 goals.

Overall, it has been a wonderful start to the 2022-23 season with this squad – a group full of experience, talent and youth as well as a Coach who's been there and done it all makes for a very exciting second half of the season. One we can't wait for and hope to continue our recent successes as we move into the second half of NW Premier Division netball.

Sophie Layfield.

Premier League									
League Points Table									
Team Name	Played	Won	Drawn	Loss	Goals Scored	Goals Against	Goals Avg	Goals +/-	Points
Deeside	10	10	0	0	568	370	1.54	198	50
Ribble Valley	10	6	1	3	400	425	0.94	-25	36
Oldham	10	6	0	4	540	561	0.96	-21	34
Chester	10	5	0	5	569	495	1.15	74	32
Manchester	10	5	0	5	438	418	1.05	20	31
Kingsway Power	10	5	0	5	536	527	1.02	9	30
Warrington***	10	5	0	5	460	389	1.18	71	28
YWCA Bury***	10	4	0	6	513	497	1.03	16	25
Tameside	10	3	1	6	452	480	0.94	-28	24
Capricorn***	10	0	0	10	343	657	0.52	-314	0

\*\*\*Penalties Applied - Please see Results Table





# Senior Season - Champs 1:

The end of the 2022/23 season was a nail biting experience to say the least for our Champs 1 side. We needed to take a win in our last game to secure our spot in Champs 1 for the current year. With the help of our Prem Captain Sophie Layfield we confidently did this!

Champs 1 saw a new coach come through from our junior section, Amy Preedy, she was thrilled with the talent shown at our senior trials, which made selecting a squad of 12 very difficult.

Our first game was against a fast skilled Kingsway Power, which we knew would test our ability. We were leading throughout the game but the final score was 52-52 a result which we were all thrilled with, despite not being able to keep hold of our lead. After our first game, you could really see us bonding as a team and supporting each other on and off the court, this showed in our next fixture against local team - Mellor. This game had all spectators on the edge of their seats as it went goal for goal in the last 5 minutes. The experience within some of our Champs 1 players shone through, as they knew to keep hold of the ball after a turn over which took us 2 goals ahead, with the final score 43-41 to Ribble. Again, a result we were absolutely thrilled with.

The team took to training over the next few weeks to work on zone defence and variation of centre passes. Things were slowly coming together and falling into place ready for our next game against a strong DNA. Unfortunately, combinations didn't gel and unforced errors cost us a loss, 63-38. We bounced back as a squad and dug deep at training, the determination of the girls to get things right on court showed over the next two games, as we took 2 more wins against Trafford 47-45 and Northwich Sapphires 45-33.

At the end of the 2023 calendar year, we sit 3rd in the table with 3 wins, 1 draw and 1 loss, a position we hope to keep hold of!

The second half of the season in NW Champs 1 is something to look forward to with this squad!

Georgia Ashworth.

Championship 1									
League Points Table									
Team Name	Played	Won	Drawn	Loss	Goals Scored	Goals Against	Goals Avg	Goals +/-	Points
Blackpool	5	4	0	1	279	197	1.42	82	21
Dominoes	5	3	1	1	223	193	1.16	30	19
Ribble Valley	5	3	1	1	225	234	0.96	-9	19
Kingsway Power	4	3	1	0	209	167	1.25	42	18
YWCA Bury***	5	4	0	1	259	224	1.16	35	18
Tameside	5	2	1	2	222	202	1.10	20	16
DNA	5	2	0	3	250	255	0.98	-5	13
Mellor Pioneers	4	2	0	2	195	205	0.95	-10	13
Trafford	4	1	0	3	156	178	0.88	-22	9
Northwich Sapphires	5	1	0	4	200	251	0.80	-51	9
Chester	4	1	0	3	203	232	0.88	-29	8
Warrington Town***	5	0	0	5	178	261	0.68	-83	2

\*\*\*Penalties Applied - Please see Results Table





# Senior Season - Champs 2:

I have been a player at RVNC now for around 7 years and have recently started my journey towards my Level 1 Coaching. I have always enjoyed netball within the club and when I got the opportunity to trial for our senior squads, I was so excited.

The trials were very nerve-wracking but when I got the email a few days later saying I had been selected, I knew it was all worth it!

Since September, my hard work and dedication to the club has continued with me training twice a week and playing for our Wednesday team in the Social League and the Champs 2 Team. Our Champs 2 Team is a newly established squad with some players completely new to the club and with others coming into or continuing their journey at RVNC within the Seniors section.

Our team has been working hard to develop our overall abilities and strengthen our skills, resulting in winning 1 out of 4 games.

As we go into 2024, we hope to build on our Champs 2 journey and make our club proud.  
Ellie Hallam

Championship 2B									
League Points Table									
Team Name	Played	Won	Drawn	Loss	Goals Scored	Goals Against	Goals Avg	Goals +/-	Points
City of Manchester White	4	4	0	0	200	134	1.49	66	20
Macclesfield Black	4	4	0	0	198	164	1.21	34	20
Burnley	4	4	0	0	184	151	1.22	33	20
South Ribble	3	2	0	1	123	117	1.05	6	11
DNA***	3	2	0	1	138	102	1.35	36	9
Wyre Youth	3	1	0	2	137	112	1.22	25	9
Manchester	3	1	0	2	121	100	1.21	21	8
Trafford Seniors Blue	3	1	0	2	108	138	0.78	-30	7
Ribble Valley***	4	1	0	3	144	197	0.73	-53	4
Formby	3	0	0	3	128	162	0.79	-34	3
Chester	3	0	0	3	90	143	0.63	-53	3
Blackpool Orange	3	0	0	3	99	150	0.66	-51	2

\*\*\*Penalties Applied - Please see Results Table



# Thank you!

On a chilly Saturday morning, two of our Seniors collected our donation from the proceeds of Clitheroe Castle Bonfire. We were grateful to be selected again to receive part of the amazing amount of money raised. The donation will continue to support the development of our club and support our girls. A massive thank you again to Clitheroe Castle Bonfire!



# Pathways:

We are extremely proud of our members who have been successful in being selected for the following pathways:

## North Yorkshire:



Bea, Grace, Sophie, Lucy, Darcie, Ella and Charlotte were all successful in being selected for North Yorkshire U15 Squad. They travel over to Harrogate each Thursday for training and have recently played their first 'Play Day' where the two North Yorkshire teams took 1st and 2nd place in the tournament! Well done girls!

## Lancashire:



Annabel, Ava, Annie, Martha, Olivia, Eva, Florence, Georgia, Liv and Emily were all successful in being selected for Lancashire U13 and U15 Squads. They are all enjoying representing their county and have recently played their first 'Play Day' against other regions in the North West. Well done girls!



# Elite:



All the girls above were successful in gaining a place within the Elite U15 and U13 sessions.

Our on going partnership with Elite Netball has now entered its second year with U14 being the focus. The partnership has continued to strengthen, with several coaches involved with coaching at the hubs - assisting and learning from high performance coaches. Last week, our Talent I.D. cohort were treated to a Q&A with Loughborough Lightning Captain Nat Panagarry, which was such an informative experience. They have more to look forward to in 2024.

## Individual Success:



Huge congratulations to all of our girls who have been successful this year. We look forward to sharing all of your achievements on your pathways and look forward to many more of our members following in your footsteps in the future.



# Sponsorship:

We have had some wonderful companies that have sponsored coats and equipment for our girls. We thank you so much and are very grateful.

If you or anyone you may know are interested in sponsorship then please contact Lucy Hargreaves via [rvncchair@gmail.com](mailto:rvncchair@gmail.com)

## THANK YOU HARRISON'S TYRES!!



Sponsorship of new  
bibs for our teams -  
looking smart!



## THANK YOU!

Our 12's would like to thank the following  
companies for their sponsorship:



Bethell Construction for our  
training tops!



Farley's Solicitors for our  
hoodies!



McMurray Haulage for our  
Flyhawk Netballs!

A massive RVNC  
thank you to  
Principle Accounting  
for their sponsorship  
for our U13 Rooks!  
It is very much  
appreciated and the  
girls look great! ❤️💙



## THANK YOU CHRIS WRIGHT ROAD PLANING LTD!



Sponsorship for our U12s coats and bags ❤️💙



# U16 and U14 Regionals

## U16 Regional Local

### Qualifying Round - Great Success!

A huge well done to the U16 Regional squad which is a combination of both U16s and U15s from the performance squads. Having played 6 matches squeezed in between November and December, in addition to their Bury and Greater Manchester County League games, this was an achievement in itself but the success they should all be proud of is winning all 6 matches against local clubs and coming top of the table! A huge well done to all who train and who have taken part! The next step in our journey will be a tournament scheduled for the 14th January playing against other regional clubs in the wider North West area. Our focus remains and all should be really pleased with what they have achieved.



Under 16s

League Points Table

Team Name	Played	Won	Drawn	Loss	Goals Scored	Goals Against	Goals Avg	Goals +/-	Points
Ribble Valley	5	5	0	0	256	141	1.82	115	25
Wyre	5	4	0	1	231	132	1.75	99	22
Chorley	5	2	0	3	214	180	1.19	34	12
Blackpool	5	2	0	3	166	181	0.92	-15	12
South Ribble	5	2	0	3	182	198	0.92	-16	12
Longridge	5	0	0	5	81	298	0.27	-217	0

## U14 Regional Local

The U14s have been working hard towards their U14 regional season, with some of the current U14s featuring in the regional league last year they knew the intensity and commitment needed.

There are a few steps before you can qualify for the North West Prem division.

Firstly, it was the battle of Lancashire. Their first game was against Longridge, which saw a convincing win of 58-11. Up next was Wyre, a game we knew would be tough from start to finish, unfortunately it wasn't our day at the office and we lost 31-23.

The girls returned to training with a positive mentality, as our aim was to now finish 2nd. The U14s then faced a strong Blackpool, thankfully the girls dug deep and took the win 26-19. In their final Lancashire derby, they faced a hard working Chorley side, who made them work for every goal, Ribble took the win 34-22.

We are looking forward to the Thunderbird warm up regional tournament which will help the squad prepare for the Regional tournament in January, where our aim is to be placed in the Prem Division.



Under 14s

League Points Table

Team Name	Played	Won	Drawn	Loss	Goals Scored	Goals Against	Goals Avg	Goals +/-	Points
Wyre	4	4	0	0	169	86	1.97	83	20
Ribble Valley	4	3	0	1	141	83	1.70	58	16
Chorley	4	2	0	2	139	119	1.17	20	12
Blackpool	4	1	0	3	109	103	1.06	6	8
Longridge	4	0	0	4	62	229	0.27	-167	0

\*\*\*Penalties Applied - Please see Results Table



And finally ...



**MERRY  
CHRISTMAS AND  
ALL THE VERY  
BEST FOR 2024!**

**FROM ALL AT RVNC** 💙💚

**THANKS FOR ALL YOUR SUPPORT, ENJOY  
FAMILY TIME AND WE WILL SEE YOU ALL IN  
JANUARY XX**