

## Our Sponsors



## Flamstead Netball Team News

### Winter League 2008

We have now played a few matches and the results are sent out roughly every 2 weeks so we can see how we and other teams are doing. I send this out by e-mail, so any players who do not have access to e-mail but would like to see them please speak to your Captain.

### Affiliation rules

Some of you may be aware that on Sunday 16<sup>th</sup> November, Green team inadvertently broke an affiliation rule. Blacks also broke the same rule on 2<sup>nd</sup> November. This was to do with a player who helped us out, unbeknown to us she was affiliated to another Team in the Watford League already.

You are only allowed to be affiliated to one. Strictly speaking both teams should have a penalty of 2 points deducted each but the League may only take points from one team as they realise it was an innocent mistake.

We have requested that the player in question be moved to our club, which is acceptable.

For future games if you need to borrow players please check their affiliation details carefully and then pass their name & address etc to Sarah Johnson in plenty of time for her to affiliate them to the Club and process the payment.

Captains will need to complete the League form to register them to a particular team and **MUST** post it in the box before the game. (Please can Captains keep spares in their Match Bag for those last minute changes !)

## November 2008

### Christmas Party

The balance is now due, please give £29.50 to Rebecca ASAP.



She is also running the Secret Santa, if you do not want to be in the draw please let her know otherwise it will be assumed that you are willing to take part.



### Youth Team

Further to the article regarding this last month, I had one offer of help so I will not be pursuing this. This is not a reflection on the person who offered her help, I just feel it would be too much for only two people!

### What do you want from training ?

I am conscious that recently we have not had full teams at training. The numbers attending have also

Please double check if the player has played or been affiliated to any other Club in the Watford League. They can ask to move clubs but a two match gap is required. We don't want to do this again do we ?

Any queries regarding this please speak to Tracy Cripps.

**If I am asked which team will 'take' the penalty points what are your views ? Blacks have currently won all their games and are 2<sup>nd</sup> in their League. Greens have just won their first, had one draw and lost 2. It may make the difference between being demoted to the Greens or promoted to the Blacks.....  
Let me know your thoughts.**

**It's good to talk**

As you know I like a good chat and am as guilty as any of you of doing this DURING training! Let's try and save our chats for the pub/playground/car parks etc and we might learn more !!

Sorry to be such a nag but I just can't help it and I know you expect it from me.

not matched the availability. This obviously means that the training session has had to be adapted on the night and we have not been able to work on any weak spots in the team. I personally find this frustrating, as how are we going to improve if we never get to work things out at training ? Is there actually any point in paying a Coach if we can't make full use of her. We could just work on fitness instead ?

I know that players can't always make training but when players are more often NOT at training, or their attendance doesn't match their submitted availability something needs to give !

Should we only train on the weeks when we have full teams and can therefore have a meaningful session ?

What will it take to get YOU at training EVERY week, or to turn up when you have said you will ? (Apologies to those who are ALWAYS at training, this is not aimed at you, I know you share my frustrations !)

Come on lets get focused and start improving our game !

**Remember: -I am more than willing to step down and let someone else take on the nagging job, just say the word.....or, do what you need to do to shut me up ! Tracy xxxxx**