

#CLUBCORNER



THIS WEEK WE HEAR FROM FALCONS NETBALL CLUB IN MIDDLESEX, LEARNING ALL ABOUT THE FALCONS FAMILY, THE JACK PETCHEY ACHIEVEMENT SCHEME, AND THEIR LOCKDOWN ACTIVITIES

DESCRIBE YOUR CLUB IN 3 WORDS

Friendly, Inclusive, Family

WHAT WOULD YOU LIKE TO SHOUT ABOUT?

At FNC, we pride ourselves on being a club for all and call ourselves the 'Falcons Family'. With the support of Victoria McBain, lifelong Falcon and proud mum of two, we now have an adorable Mini Falcons section which offers training to girls and boys in reception all the way to year 4. After that they are invited to trial for a place in our U11s squad, and this summer we will be welcoming the first influx of young players. Training takes place at the well-equipped Royal Masonic School for Girls in Rickmansworth on a variety of Sundays each month.

We are always looking for exciting opportunities to support and commend the young people at our club, and what better way to do this than in partnership with the incredible Jack Petchey achievement scheme. We have already had two very deserved winners - Ella Rafter and Danielle Mitchell - and look forward to presenting more with the prestigious Jack Petchey medallion once we return to normality.

Following a successful trial last June which welcomed over 60 younger players, and not wanting to turn away anyone who loves the sport as much as we do, we set up our first ever development squad training session. This occurs once a week and is a platform for any player, boy or girl, who would like to play netball, either just for fun or competitively. Players who have developed their skills are then offered a place in the squad and we have had lots of successful girls so far. It's been brilliant, as it allows players to work 1:1 with a coach on specific areas as well as grow in confidence.

We have also secured sponsorship from Eat Natural for the second year in a row now. This has allowed us to do so many things including re-branding and upskilling our coaching team. We are really proud of our extraordinary coaching team and committee who have been tirelessly working to provide the players with virtual activities to do during lockdown. These have included fitness sessions, skills videos, training plans and live virtual sessions which has kept everyone's spirits up! You can join in on the latest wall work session here: <https://www.youtube.com/watch?v=gmdIR1bRcHM> and search 'Falcons Netball Club' on YouTube for archived sessions.

WHAT'S NEXT FOR FALCONS NETBALL CLUB?

We're currently waiting to hear about the U16 Regional league - our girls finished top of the local league and are looking forward to taking the next step up. They also got through to the second round of the SnS Cup. We're also continuing to grow our mini section through links with local schools and education centres.

HOW CAN PEOPLE FIND YOU?

- St Helens Sports Centre, Green Lane, Northwood, HA6 1AF. Squad training is every Thursday, 6-8pm for youths (10-16) and 8-10pm for the adults (16+)
- Royal Masonic School for Girls, Rickmansworth Park WD3 4HF. Development training (10-16 year olds) every Tuesday 7-8pm
- Mini Falcons (reception to Year 4 aged children) Sundays (email for exact dates)

Contact: falconsnetballclub@hotmail.co.uk
www.falconsnetballclub.com
@falconsnetballclub on Facebook and Instagram

