

MMNL e-Zine

Winter Season 2011-2012

Week 4 - Update

Welcome

To another week ☺

We have all your weekly updates and results right here...

If you have anything you or your team would like to add to the newsletter please feel free to email me
Clare@cjoycephotography.co.uk

Jokes & Quotes will be appreciated as well as special occasions coming up.

Till next time

Players Looking for Teams

Name	Division	Position
Alys Leach	6 or 7	Flexi
Charlotte Bosley	4 or 5	GD/WD
Chrissy Sargent	6 or 7	Flexi
Debbie	6 or 7	WD
Emily Gane	2 or 3	WD
Hannah Miles		
Helen Brooker	4 or 5	GA/WA
Joanne Bublik	2 or 3	GD/WD
Katie Toulson	2 or 3	GK/GD/WD
Katy Farrell		
Natasha Knibbs	6 or 7	Court

MMNL Youth League

We offer a pay and play session for girls from 10-16yrs every Sunday for £2.00 per session. You do not need to be a member simply turn up and play on the day..

We meet every Sunday for a 10 o'clock (prompt) start. The session will begin with group coaching for the 1st half. We will then put you into teams and move you into a game situation. Because of the age range and size it is necessary to split into 2 groups; however as the League grows the numbers of groups will increase.

In the event of bad weather an email will be sent to all members before 9am. If you do not receive an email you should assume the session is going ahead.

Ali & Team



For Sale

MMNL Team First Aid Kits £15 each

Ice Packs £1 each

For details or to order please email
Natalie via mmnl@talktalk.net

PREMIER	GAMES	POINTS	GOALS
Polar Cooling	4	12	230
Aquilla	4	10	217
Solution Facilities Ladies	4	10	171
Lashings	4	10	170
Westcombe Park 1	3	7	141
Halsion	4	6	149
TTE Cougars	4	6	146
Wealdon	3	5	131
Lighter Life Ladies	3	5	129
TTE Panthers	4	2	118
Sandhawks Saracens	3	2	87

DIV 1	POINTS	GAMES	GOALS
Ibex Crusaders	6	2	88
MNM Alpha	6	2	83
SIG Vixens	6	2	74
KH Tigers	4	2	67
Enterprise	3	1	40
Westcombe Park 2	3	1	39
Contrast	2	2	60
Lordswood	2	2	47
Lashings Lunar	1	1	38
Breakaways	1	1	35
Sandhawks Scorpions	1	1	32

DIV 2	GAMES	POINTS	GOALS
KH Jaguars	4	12	172
TTE Cubs	4	10	184
Obv Print Solutions	4	10	181
Bearsted Bombers	4	8	164
Riverside	4	7	134
Ibex Raiders	3	7	111
Sensations	4	6	181
Yalding	4	6	131
TTE Coyotes	3	5	128
Vespers	3	4	106
Coles	4	3	124

DIV 3	GAMES	POINTS	GOALS
Future Generation	4	10	182
Three R Mustangs	3	9	119
KH Jets	3	9	117
Ibex Co-Op	4	8	125
Maidstone Meerkats	3	7	104
Headcorn	3	5	110
BG Breezers	3	5	85
Sandhawks Springboks	3	5	61
Woodbury Councillng	3	3	84
Aventis Network	3	2	73

DIV 4	GAMES	POINTS	GOALS
Bearsted Sharks	4	12	163
Ladybirds	4	10	182
Yalding Manor	4	9	138
Fruity Ladies	3	9	113
Red Angels	3	9	77
MNM Kappa	4	8	147
Cobras	4	3	38
KH Harriers	4	2	111
The Lovlies	3	2	75
SS	4	1	66
Divas	3	-2	28

DIV 5	GAMES	POINTS	GOALS
Woodies	4	10	168
Phoenix	4	9	153
Curves	4	8	113
SIG Mixers	3	8	86
KH Dakota	3	7	73
The Tango Girls	2	6	63
TTE Lynx	3	5	84
Larkfield Belles	3	5	51
Scorpions	3	2	61
Dolphins A	3	1	45

DIV 6	GAMES	POINTS	GOALS
Sandhawks Sapphires	4	12	196
Popi Pixies	4	12	169
Tootie Fruities	3	9	117
Parma Violets	4	8	116
7th Heaven	3	6	88
GBM Ibex	4	6	56
KAS	4	5	79
Yalding Georges Dragons	4	3	86
Dolphins B	3	3	59
Sapphire Cabs	3	2	61
SOE Hoopets	4	1	66

DIV 7	GAMES	POINTS	GOALS
Fireflies	4	10	109
Dragonflies	3	9	119
Allsorts	3	9	83
Late Bloomers	4	7	96
ATG	3	7	73
Allington Alligators	4	6	92
Black Panthers	4	6	71
Atac	3	5	51
Hospice Hoopers	3	4	51
Black Mambas	4	4	43
Sparks	3	0	14

Dynamic Stretch

10 Mins

This is completed in a similar fashion to that of the active warm up but the stretches are done differently.

Players start by jogging at least 4 lengths of the court. (6-8 half court lengths if having to share the court with the opposition)

Dynamic stretches.

Complete 4 of these from the baseline to the first transverse line and then jog back to the start.

Dynamic stretches include lunges, hamstrings walks, quad balances and heel toe walks, sumo squats, footy kicks, torso twists and arm swings.

Leg Swings. Complete these by standing next to the goal post or another player for support and balance. Swing 1 leg at a time backwards and forwards getting higher each time. Complete 10 on each leg.

Dynamic stretches. Complete 4 of these from the baseline to the first transverse line and then jog back to the start.

Run through. At least 2 half court efforts.

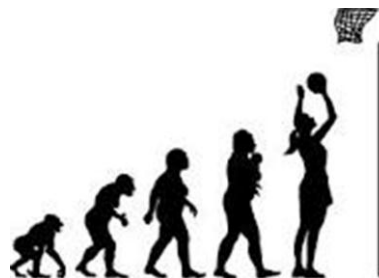
Final stretch of anything that feels tight or may be a little sorer than any other spot.

Information provided by www.holdingcourt.com.au

Quote of the Week

Even the biggest failure beats never trying

Erin Bell



MALLING & MAIDSTONE NETBALL LEAGUE HOW TO CONTACT US

e. mmnl@talktalk.net
w. www.mmnl.info

Special Occasions

Congratulations to...
Bethan Brooker
from all the girls on the Aventis Team
On your wedding last Saturday
Have a wonderful Honeymoon x

Birthdays
Anniversaries
Weddings
New Babies...

Please email me to add yours
Clare@cjoycephotography.co.uk

“WE NEED YOU!”

AS WELL AS THE COMMITTEE PROVIDING UPDATES FOR YOU, THIS IS YOUR E-ZINE AND WE WOULD LIKE TO INCLUDE EMAILS, REQUESTS AND INSPIRATIONAL STORIES FROM YOU GUYS TOO.
IF YOU HAVE ANYTHING YOU WANT US TO INCLUDE PLEASE EMAIL US WITH THE HEADER “E-ZINE”