

IN THE ZONE

Weekly




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Friday 20 September

Season 2019/2020 **25**



ASPIRING GREAT BRITAIN

Words Director Kim Humphreys

West Midlands Aspire and YBL girls attend GB Women's Camp ahead of GB campaign for 2020.

On Friday 13 September 2019 the GB Police Women's Basketball Squad arrived in Rugby for a weekend training session in preparation for the UPSE European Police Women's Championships due to take place between July 20 and July 26 in Worcester. The championships will see them face tough competition from six European Police teams all fighting for the coveted title.

The squad is represented by police officers and police staff from several different police forces throughout England and Scotland. The weekend training sessions are a really important weekend in preparing for the Championships. The sessions give the coaches opportunity to look at selecting the best team to face the European opposition, a chance for the team to develop skills, fitness and gameplay.

The squad have former England Junior ,Welsh Senior International and GB Olympian, Sally Bunyard-Spiers coaching them.

Sally and her assistant coach Sarah Westgate have been coaching the team for several years including at previous International European tournaments.

Girls from YBL and Basketball England Aspire Programme were invited to a two hour training session run by the GB coaches; firstly the girls were put through a rigorous warm up and stretching session run by new Head Physio; Laura Daly. The team wanted the girls to understand the importance of getting yourself both physically and mentally ready for training and games.

Next the girls were put through their paces by Sally and Sarah, before the GB women joined them and they were all put through their paces.

This was not only an opportunity to learn new skills and drills but it was also a fun way for them all to interact.

The session was a huge success. Kim Humphreys who is part of the GB Management team and YBL Director received the following comments from the girls; "that it had been a great session," and that "the police were really nice," "it was a once in a lifetime experience" "loved it" "when is the next session".

The event was also attended by Police Community Support Officers from Warwickshire Police who also spoke with the girls and parents and handed out reflective back pack strap covers and crime prevention information.

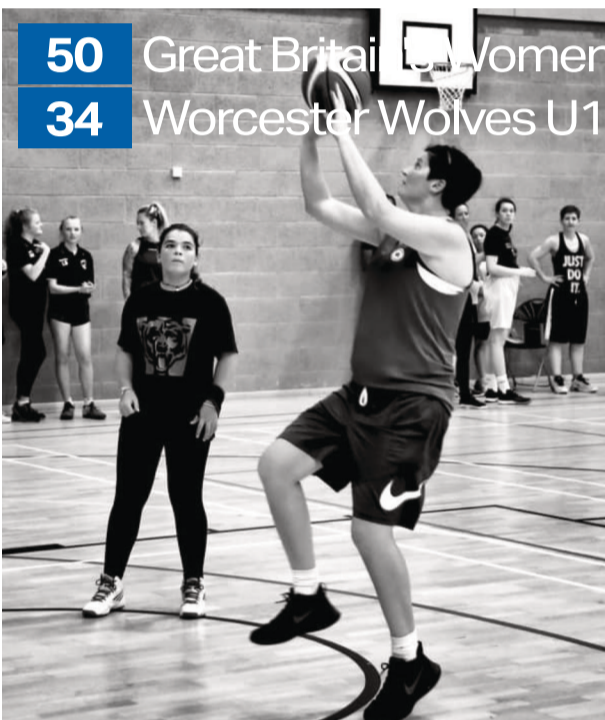
Some of the girls took the opportunity to stay a little longer and be involved in a scrimmage game.

Sally Bunyard-Spiers said "both Sarah and I thoroughly enjoyed the opportunity to work with the junior girls. It is so important to encourage young girls to be active in sport, not only for their health and wellbeing, but also to have an opportunity to represent their country at the highest level".

In whole the session was a great success, allowing young girls currently playing to see that there is a pathway from playing basketball at school, in local league, national league, Apsire, college, university and employment. Policing recognises the importance of the mental and physical wellbeing of its staff and supports their involvement in sport to achieve this.

Finally on Sunday the GB squad played Worcester Wolves Academy U14s National League team for the Barry Bunyard Inter Association Plate. This was a great game for both teams as the U14 squad were going to be entering their first season at National League and it gave the GB team opportunity to try out new offenses and defences and play different team combinations.

Congratulations to the GB Women's Police Team for winning the Barry Bunyard Inter Association Plater for 2019.



Little Bits of News

Aspire Training Dates

- 27th October 2019
- 24th November 2019
- 22nd December 2019
- 5th January 2020
- 20th February 2020
- National Aspire Conference
- 23rd February 2020
- 15th March 2020
- 24th May 2020
- 14th June 2020

James Davies M.D., Q&A Answer

Basketball, is the second biggest team sport in the UK and is rapidly growing in popularity. Basketball helps fitness, mental wellbeing, teaches discipline. You can develop new social skills and friendships. Best of all lots of fun and enjoyment. Basketball is a very friendly community, wherever you play!

Game Photos



Photos: Frankley Falcons vs Redditch Raptors



YBL Supports Aspire

The YBL Board met with West Midlands Regional Aspire Lead, Danny Williams, in August ahead of the new season to see how Aspire and the YBL can work together to develop and identify talented players across the region.

Danny and his team will identify players to attend the Regional training sessions (dates above top right) to compliment the players already selected from last season. So that we do the best for all players within the YBL Danny has agreed to consider YBL players so if you identify a suitable player in your club can we encourage you to see the B.E website for the nomination form and instructions.