

# KNOW YOUR VITALITY ROSES!

PE &  
LIFE SKILLS

## ALL ABOUT THIS CARD

The Vitality Roses Top Trump Player Cards have been designed to increase awareness, provide inspiration and accelerate engagement in the England netball team.

They can be used to introduce the playing positions and understanding of the positional playing areas of the netball court. This card will encourage your students to play, practice and be like the Vitality Roses.

## LEARNING OUTCOME

- Develop an understanding of netball positions.
- Assess and apply the skills of key players.
- Encourage collaboration and formation of new friendships.

## ACTIVITIES YOU CAN ENGAGE WITH

### ACTIVITY 1: PLAY LIKE THE VITALITY ROSES

Download and print the Vitality Roses Top Trump Player Cards. Play a game of netball using the cards to allow your students to select a position to play in. Can they stay in that position for the duration of the game? Can they play like the Vitality Rose on that card?

#### EXTENSION ACTIVITIES:

- Download the Player Passport worksheet. Encourage your students to take ownership to play in every position over the duration of the tournament. Each time they play in a position they can colour in that position bib.
- Use the Vitality Roses Top Trump Player Cards to pick teams, selecting which positions to use.

### ACTIVITY 2: PRACTICE LIKE THE VITALITY ROSES

Download and print the Vitality Roses Top Trump Player Cards. Practice the key skills of the player on your Top Trump card. What activities can you do to improve your speed, strength, power and endurance? Can you create a warm-up for your team to ensure you are fully prepared for your match?

#### EXTENSION ACTIVITIES:

- Discuss where and when the movements and skills would be most effective in the game.
- Discuss your pre-match meal. Research what a good pre-match meal might look like and how far in advance of a match you should eat it.

### ACTIVITY 3: BE LIKE THE VITALITY ROSES

Download and print the Vitality Roses Top Trump Player Card template. Create your own player card using the template. How would you measure up against your role model?

#### EXTENSION ACTIVITIES:

- Conduct fitness tests for speed, strength, power and endurance to support your students with a measure for each to add to their card.

### ACTIVITY 4: WINNER TAKES ALL!

Download and print the Vitality Roses Top Trump Player Cards. Follow the rules on the worksheet to support gameplay.

#### EXTENSION ACTIVITIES:

- Include your own deck of player cards created in activity 3. How do you measure up?
- Include the LEGENDS deck of player cards and those additional ones you created. How do they measure up?

## FAN ZONE LINKS

- 1 Add your player cards to the school tournament FAN ZONE area.
- 2 Celebrate successful completion of player passports in school assemblies.

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## GET SOCIAL

Share your "Be like the Vitality Roses" cards with us on social media. We would love to see how you measure up against the Vitality Roses.

**TAG US:** @englandnetball on any channel

**USING:** #NetbALL #ItsUsItsNow

#RosesRISING



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12TH-21ST JULY

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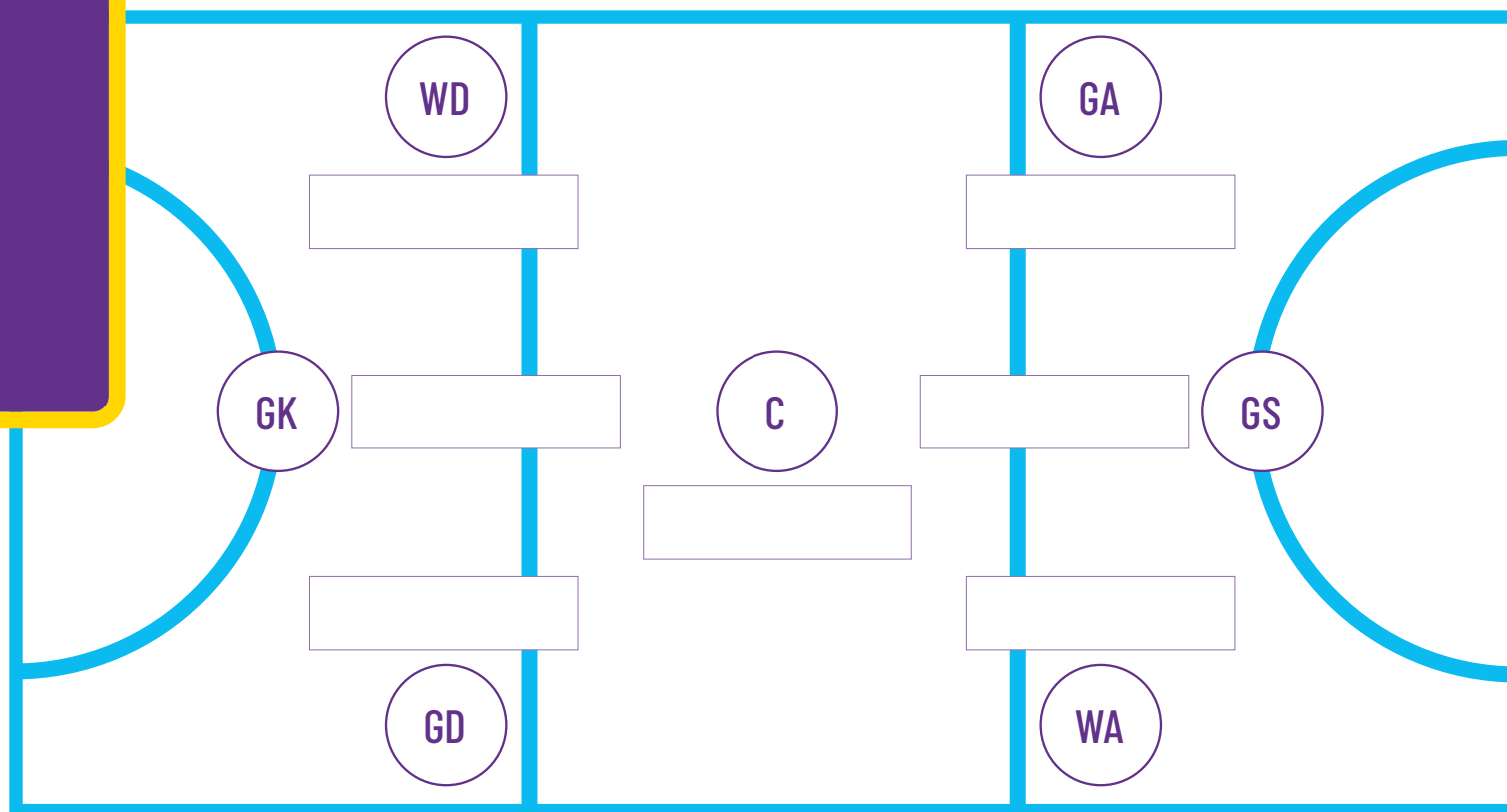
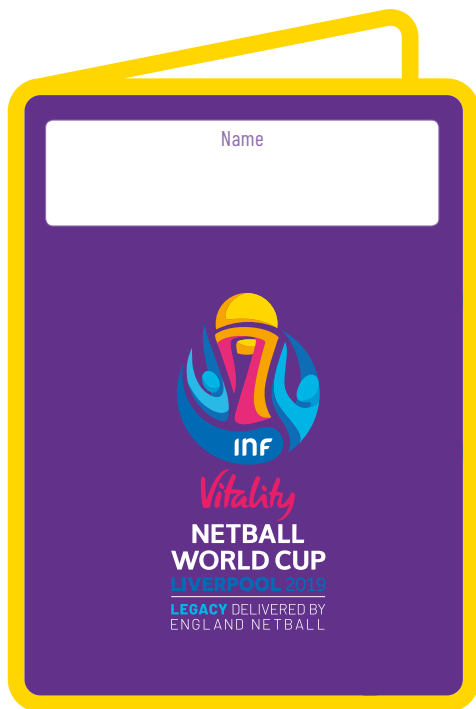
## ACTIVITY 1: PLAY LIKE THE VITALITY ROSES



### CAN YOU COMPLETE YOUR PLAYER PASSPORT?

Every time you play in a position colour it in and sign to say you have completed the position.

Can you play in every position?



# KNOW YOUR VITALITY ROSES!

## ACTIVITY 4: WINNER TAKES ALL!



### AIM

The aim of the game is to trump your opponent, using the numerical data on the card to win the whole pack.

### GAMEPLAY

Deal out all the cards amongst the players. There must be at least two players, and at least one card per player. The starting player selects a category from his or her topmost card and reads out its value: – E.g. Number of caps = 99

Each player then reads out the value of the same category from their cards. The best value (highest number) wins the “trick”, and the winner takes all the cards and places them at the bottom of their pile.

The winner then looks at their topmost card and chooses the category for the next round.

In the event of a draw, the cards are placed in the centre and a new category is chosen from the next card by the same person from the previous round. The winner of this new round obtains ALL the cards in the centre, as well as the new round of cards just played.

Players are eliminated when they lose their last card.

The winner is the player who obtains the whole pack.

**GOOD LUCK!**

### VARIATION 1

Play with just the Vitality Roses' cards.



### VARIATION 2

Play with the Vitality Roses' and Legends cards combined.



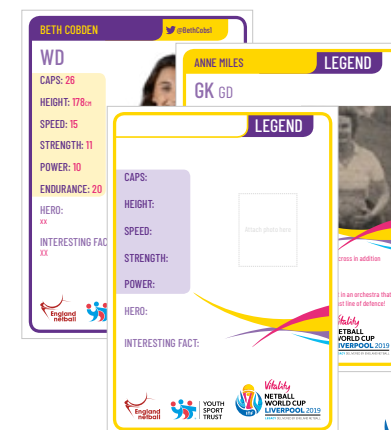
### VARIATION 3

Play with the Vitality Roses' and your own player cards combined.



### VARIATION 4

Play with all cards combined! Vitality Roses', Legends and your own player cards.



AMA AGBEZE

 @amaagbeze

GD GK

CAPS: 100

HEIGHT: 184cm

SPEED: 12

STRENGTH: 12

POWER: 8

ENDURANCE: 13



HERO:

Nelson Mandela

Oprah Winfrey

Michelle Obama and Miep Gies

INTERESTING FACT:

Ama can ride a motorbike.



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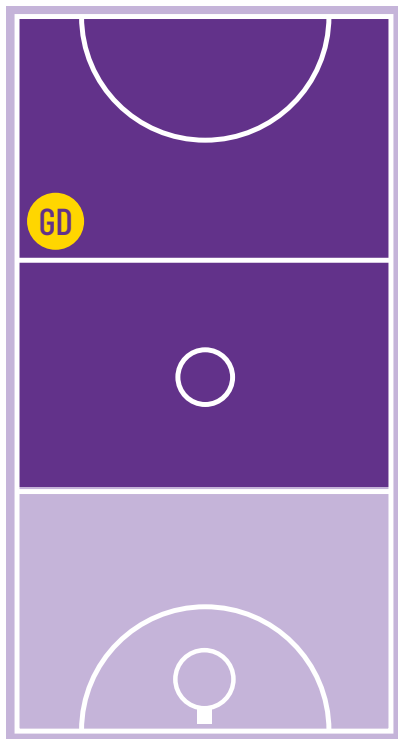
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**RESPECT**

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**OPEN COMMUNICATION**



**ADAPTABILITY**

**INDIVIDUALITY**

AMY CARTER

 @AmyJcarter6

C WD

CAPS: 0

HEIGHT: 175<sub>CM</sub>

SPEED: 14

STRENGTH: 7

POWER: 10

ENDURANCE: 25

HERO:

Serena Williams

INTERESTING FACT:

For her party trick, Amy can make a good dolphin noise.



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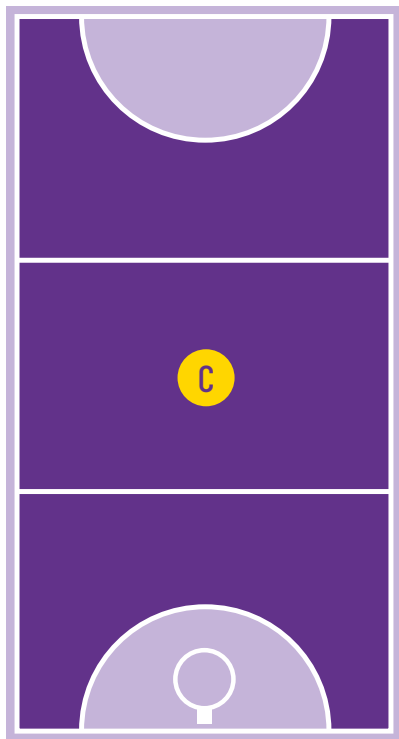
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**INDIVIDUALITY**

BETH COBDEN

 @BethCobs1

WD

CAPS: 26

HEIGHT: 178<sub>CM</sub>

SPEED: 15

STRENGTH: 11

POWER: 10

ENDURANCE: 20

HERO:

Jessica Ennis-Hill

INTERESTING FACT:

Beth has swum in the Amazon River.



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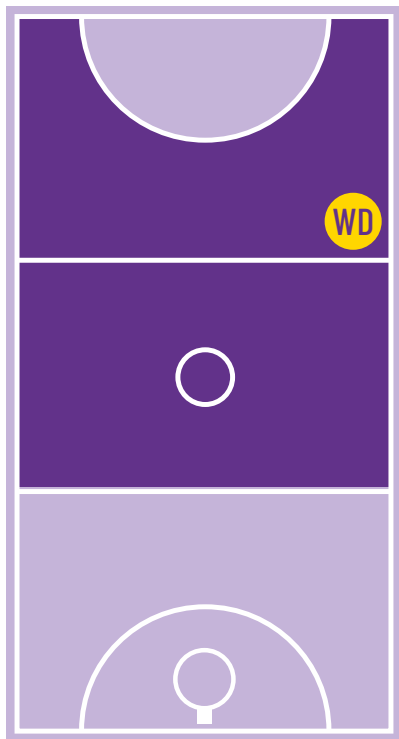
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## WA

**CAPS: 28**

**HEIGHT: 181cm**

**SPEED: 11**

**STRENGTH: 11**

**POWER: 8**

**ENDURANCE: 18**

**HERO:**

Turia Pitt

**INTERESTING FACT:**

Chelsea's super strength is her deception with the ball.



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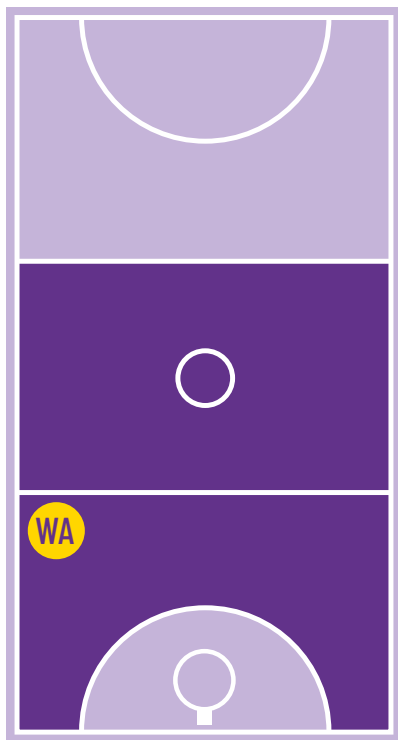
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**INDIVIDUALITY**

EBONI USORO-BROWN

 @EboniBChambers

GD GK

CAPS: 96

HEIGHT: 185cm

SPEED: 8

STRENGTH: 11

POWER: 7

ENDURANCE: 11



HERO:

Michelle Obama  
Serena Williams

INTERESTING FACT:

Eboni's favourite food is spaghetti bolognese and she is a qualified solicitor.



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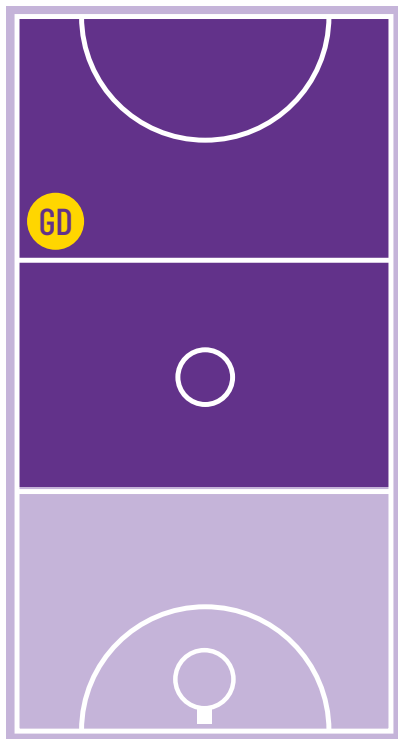
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ELEANOR CARDWELL

 @ECardwell11

GS GA

CAPS: 20

HEIGHT: 186cm

SPEED: 11

STRENGTH: 7

POWER: 6

ENDURANCE: 11



HERO:

Kelly Holmes

INTERESTING FACT:

Eleanor is a black belt in taekwondo.  
She has also played every position except  
centre in a Vitality Netball Superleague game.



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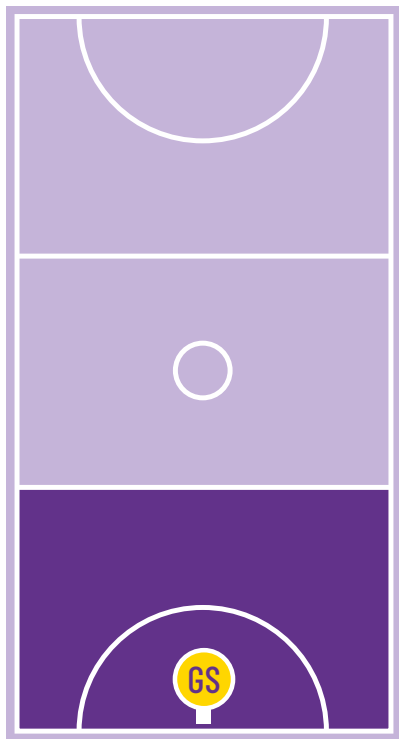
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ELLA CLARK

 @EllaClark\_

GA GS

CAPS: 5

HEIGHT: 191cm

SPEED: 11

STRENGTH: 8

POWER: 8

ENDURANCE: 12

HERO:

David Attenborough

INTERESTING FACT:

Ella has 40 caps for GB Basketball. Her super strength is that she can eat non stop all day!



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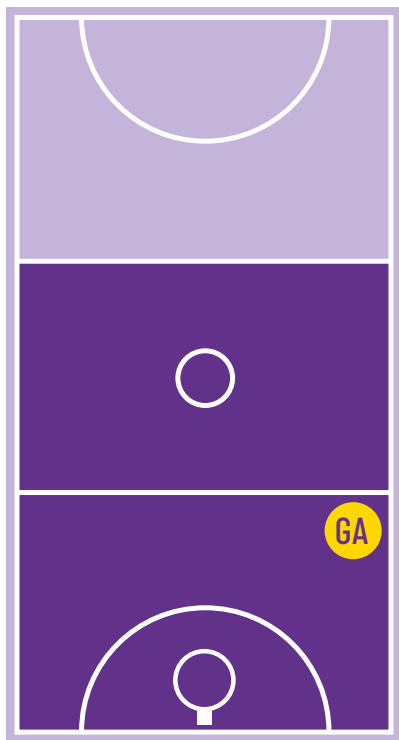


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**INDIVIDUALITY**

# FRANCESCA WILLIAMS

 @fwills11

## GD WD

CAPS: 3

HEIGHT: 183<sub>CM</sub>

SPEED: 10

STRENGTH: 8

POWER: 7

ENDURANCE: 17



HERO:

Dina Asha Smith

### INTERESTING FACT:

Francesca is currently studying economics at university.



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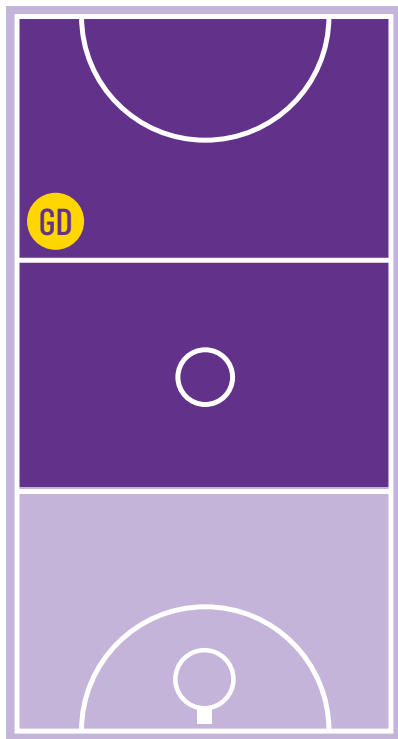
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# GABRIELLA MARSHALL

 @GabsLMarshall

## C WD

**CAPS: 6**

**HEIGHT: 174<sub>CM</sub>**

**SPEED: 14**

**STRENGTH: 12**

**POWER: 8**

**ENDURANCE: 20**



**HERO:**

Laura Langman

**INTERESTING FACT:**

Gabby's favourite warm-up exercise is juggling.



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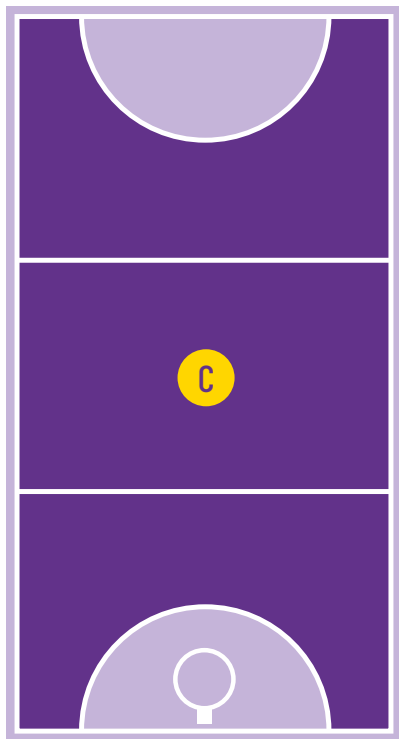
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**INDIVIDUALITY**

GEORGE FISHER

 @GeorginaFisher4

GS GA

CAPS: 6

HEIGHT: 189<sub>CM</sub>

SPEED: 9

STRENGTH: 6

POWER: 6

ENDURANCE: 15

HERO:

Captain Marvel

INTERESTING FACT:

George manages to fit in naps  
anytime and anywhere.



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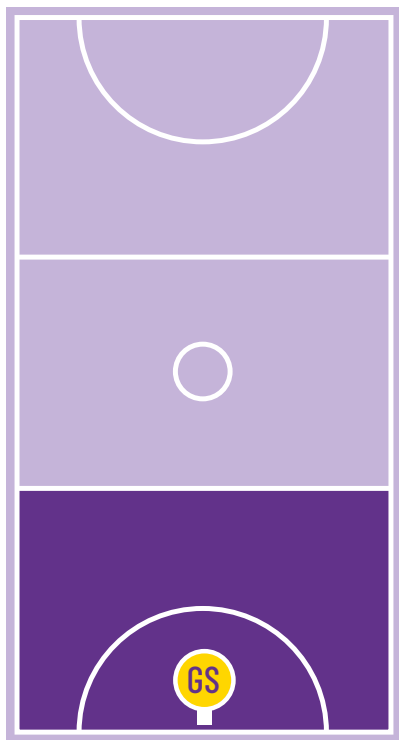
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## GK

**CAPS:** 138

**HEIGHT:** 191<sub>cm</sub>

**SPEED:** 10

**STRENGTH:** 10

**POWER:** 7

**ENDURANCE:** 11



**HERO:**

The Queen (Elizabeth II)

**INTERESTING FACT:**

Geva is a travel lover and outdoors enthusiast. She can also do the worm!



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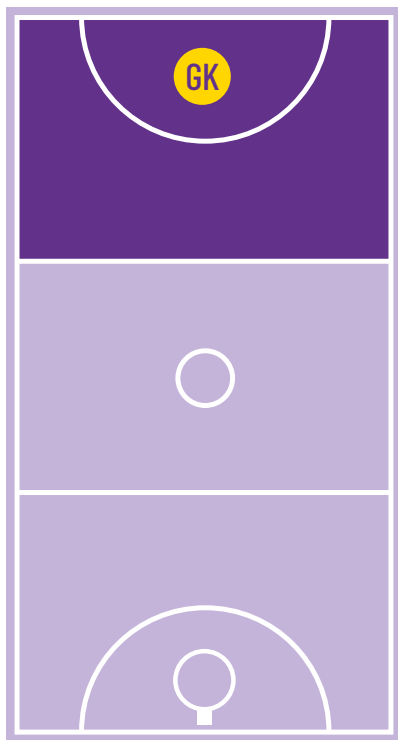
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HALIMAT ADIO

 @HalimatAdio

GK GD

CAPS: 0

HEIGHT: 183<sub>CM</sub>

SPEED: 11

STRENGTH: 9

POWER: 9

ENDURANCE: 10

HERO:

Serena Williams

INTERESTING FACT:

Halimat is scared of mushrooms!



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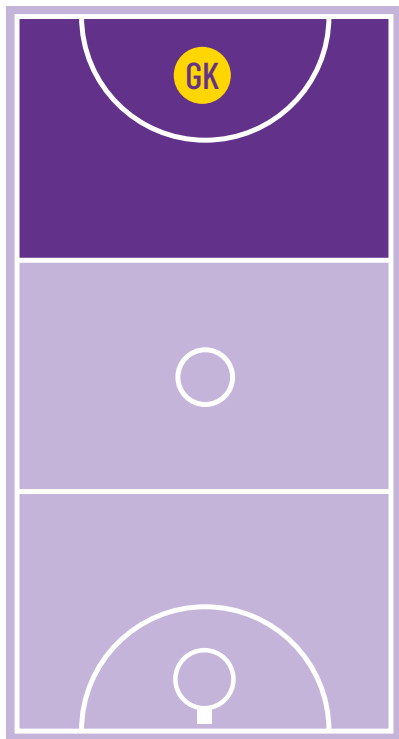
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HELEN HOUSBY

 @Helenhousby1

GA GS

CAPS: 58

HEIGHT: 184cm

SPEED: 13

STRENGTH: 10

POWER: 10

ENDURANCE: 19



HERO:

David Beckham

Roger Federer and her mum

INTERESTING FACT:

Helen's super strength is shooting game winners.

Helen can juggle with her hands and feet (doing keepy uppy).



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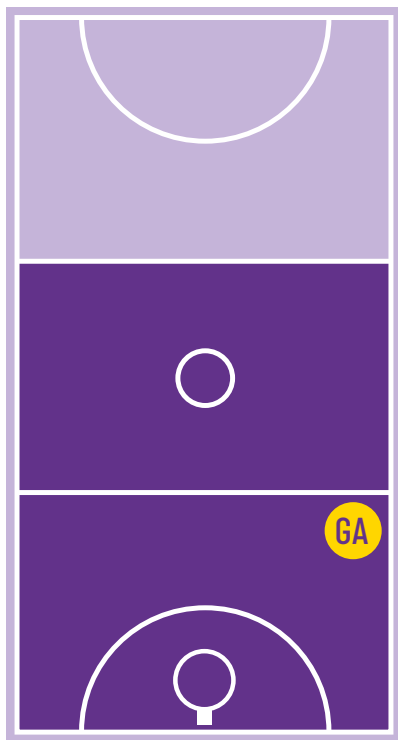
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**INDIVIDUALITY**

IONA DARROCH

 @Iona\_Darroch

WA C

CAPS: 0

HEIGHT: 168cm

SPEED: 13

STRENGTH: 11

POWER: 10

ENDURANCE: 25

HERO:

Jessica Ennis-Hill

INTERESTING FACT:

Iona is currently studying illustration at university.



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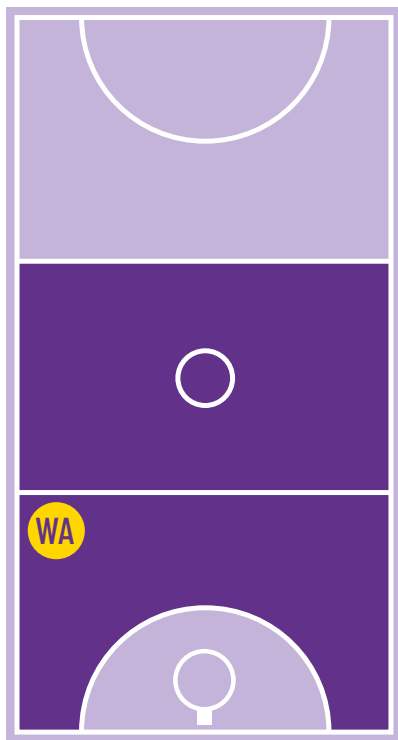
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**INDIVIDUALITY**

JADE CLARKE

@jadeyclarke

WD C

CAPS: 161

HEIGHT: 174cm

SPEED: 10

STRENGTH: 11

POWER: 8

ENDURANCE: 22

HERO:

Kelly Holmes

INTERESTING FACT:

Jade's super strength is that she can nap anywhere!



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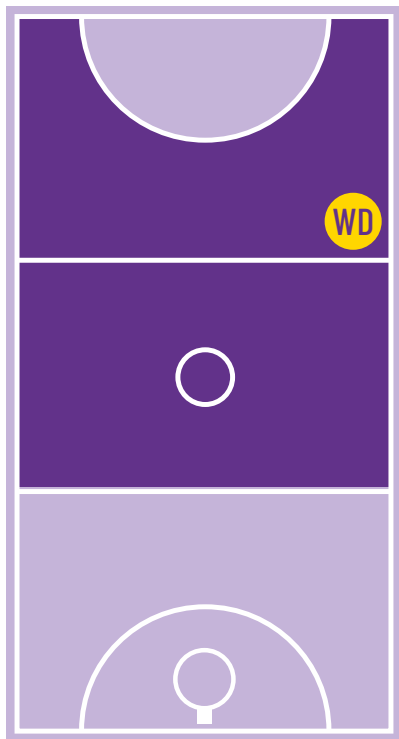
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JOANNE HARTEN

@Jarten

GS GA

CAPS: 99

HEIGHT: 188cm

SPEED: 12

STRENGTH: 10

POWER: 9

ENDURANCE: 13



HERO:

Roger Federer

INTERESTING FACT:

Jo's super strength is predicting people's next move.



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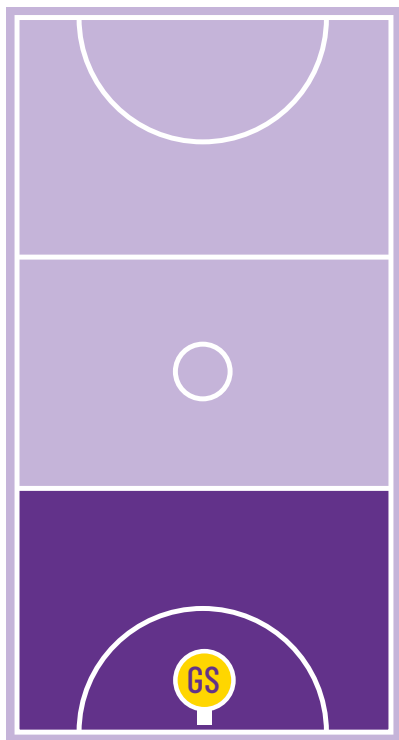
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JODIE GIBSON

 @missgibsonx

WD GD

CAPS: 25

HEIGHT: 178cm

SPEED: 13

STRENGTH: 13

POWER: 10

ENDURANCE: 21

HERO:

Serena Williams

INTERESTING FACT:

Jodie has very stretchy skin.



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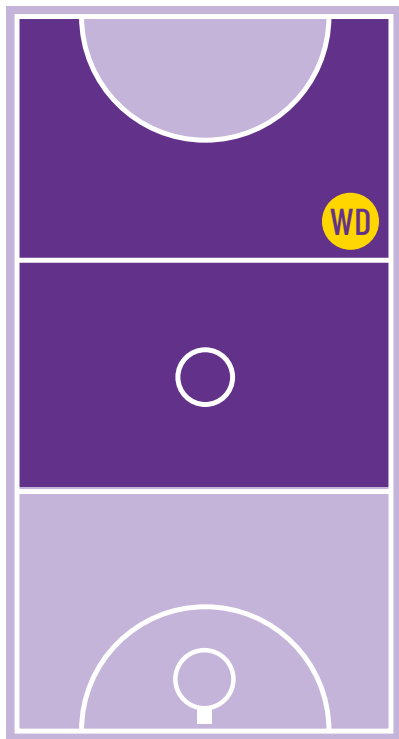
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**INDIVIDUALITY**

**KADEEN CORBIN**

 @Kadeen\_Corbin

**GS** GA

**CAPS: 64**

**HEIGHT: 178<sub>CM</sub>**

**SPEED: 15**

**STRENGTH: 12**

**POWER: 10**

**ENDURANCE: 17**



**HERO:**

Serena Williams

**INTERESTING FACT:**

Kadeen is a demon on roller skates.



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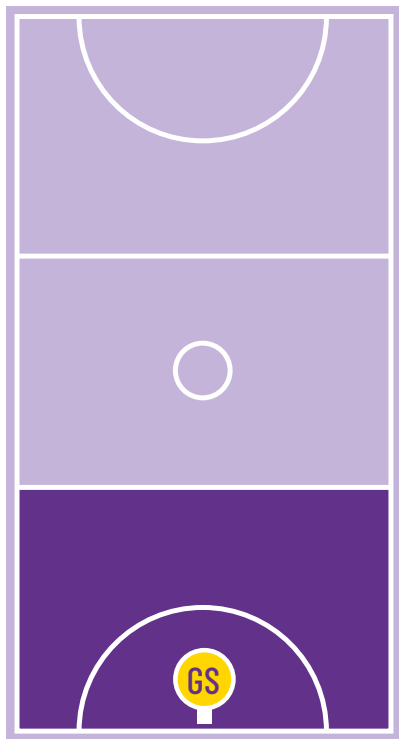
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**INDIVIDUALITY**

LAYLA GUSCOTH

 @LaylaGuscoth

GD WD

CAPS: 24

HEIGHT: 183<sub>CM</sub>

SPEED: 14

STRENGTH: 13

POWER: 12

ENDURANCE: 22

HERO:

Allyson Felix

INTERESTING FACT:

Layla's super strength is her 1v1 hustle and chasing the intercept.



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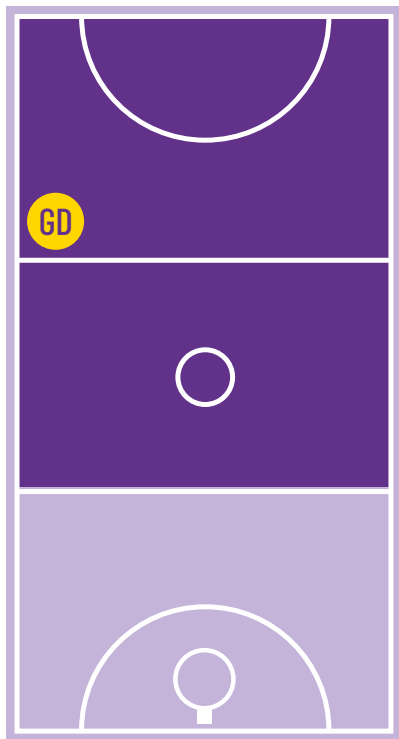
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NATALIE HAYTHORNTHWAITE

 @nataliesymone

WA GA

CAPS: 36

HEIGHT: 174cm

SPEED: 12

STRENGTH: 11

POWER: 9

ENDURANCE: 21



HERO:

Her fiancé Josh and her whole family

INTERESTING FACT:

Natalie can play the flute. Her super strength is her speed and change of direction. She is also a qualified speech and language therapist.



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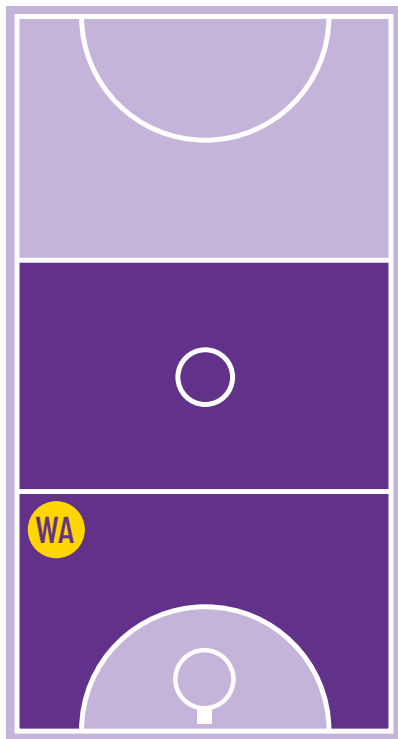
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**INDIVIDUALITY**

# NATALIE PANAGARRY

 @Npanagarry

## C WD

**CAPS: 8**

**HEIGHT: 170<sub>CM</sub>**

**SPEED: 13**

**STRENGTH: 12**

**POWER: 11**

**ENDURANCE: 20**

**HERO:**

Jessica Ennis-Hill

**INTERESTING FACT:**

If Natalie was a superhero, she'd love to be able to fly. Her super strength is shopping and fashion.



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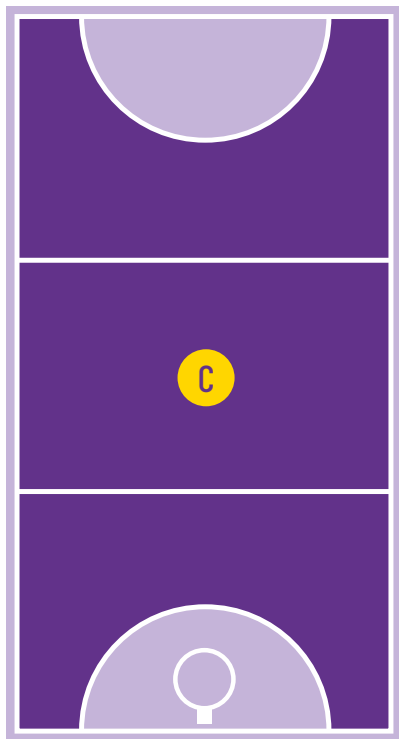
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**INDIVIDUALITY**

OLIVIA TCHINE

 @Liv\_Tchine

GS

CAPS: 0

HEIGHT: 190<sub>CM</sub>

SPEED: 12

STRENGTH: 5

POWER: 5

ENDURANCE: 12

HERO:

Her mum

INTERESTING FACT:

Olivia loves the smell of the tape physios use for strapping



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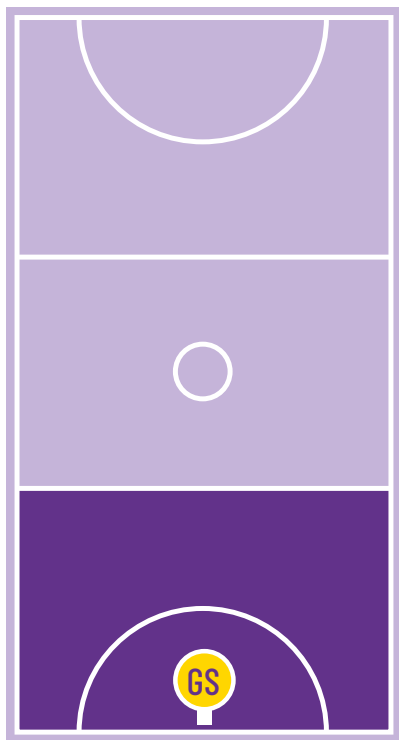
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PAIGE REED

 @reedthepaige

GA GS

CAPS: 0

HEIGHT: 178<sub>CM</sub>

SPEED: 11

STRENGTH: 6

POWER: 5

ENDURANCE: 15

HERO:

Iron Man

INTERESTING FACT:

Paige likes to pretend shes a DJ at a music festival when listening to music in her car.



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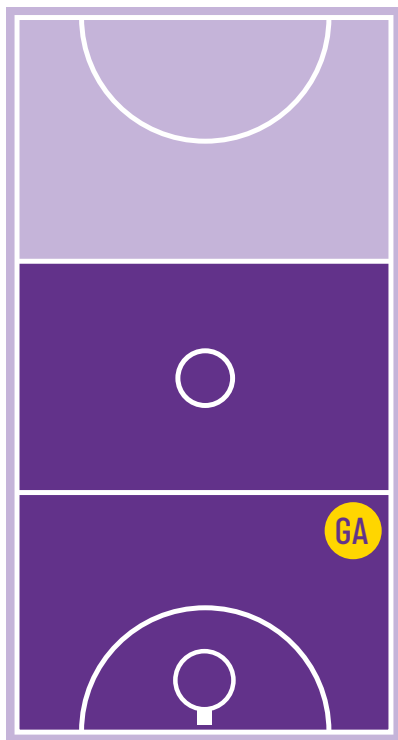


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**INDIVIDUALITY**

RACHEL DUNN

 @rachdunn

GS GA

CAPS: 86

HEIGHT: 187<sub>CM</sub>

SPEED: 10

STRENGTH: 12

POWER: 7

ENDURANCE: 18

HERO:

Denise Lewis

INTERESTING FACT:

Rachel works as a genetic technologist and her super strength is her catlike reactions. If Rachel wasn't a netballer, she'd be a stand-up comedian.



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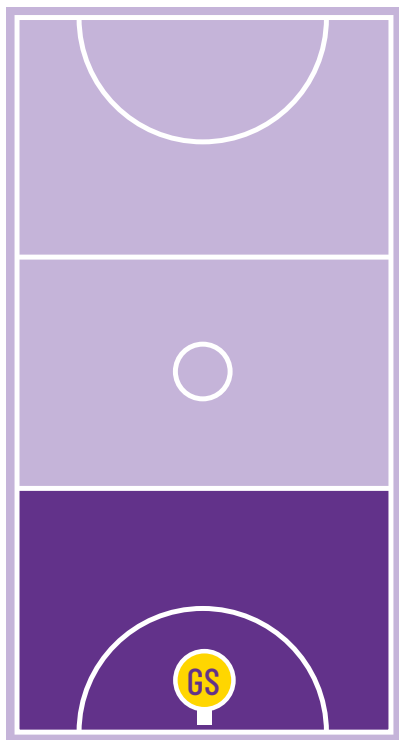
Vitality  
NETBALL  
WORLD CUP  
LIVERPOOL 2019

LEGACY DELIVERED BY ENGLAND NETBALL

**RESPECT**

**TEAMWORK**

**ADAPTABILITY**



**OPEN COMMUNICATION**

**INDIVIDUALITY**

# RAZIA QUASHIE

 @R\_Quashie\_

## GK GD

CAPS: 6

HEIGHT: 186cm

SPEED: 14

STRENGTH: 7

POWER: 14

ENDURANCE: 11



HERO:

Serena Williams

### INTERESTING FACT:

Razia has pet tortoises that are over two decades old. If she was a superhero, her super power would be teleportation.



YOUTH  
SPORT  
TRUST



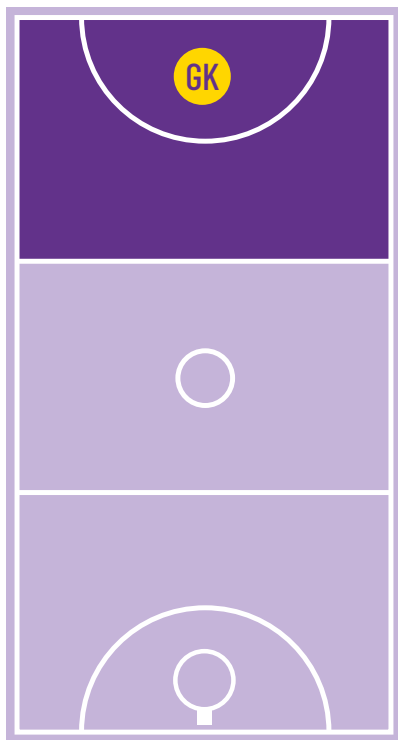
**Vitality**  
**NETBALL**  
**WORLD CUP**  
**LIVERPOOL 2019**

LEGACY DELIVERED BY ENGLAND NETBALL

**RESPECT**

**TEAMWORK**

**ADAPTABILITY**



**OPEN COMMUNICATION**

**INDIVIDUALITY**

REBEKAH AIREY

 @RebekahAirey1

GD GK

CAPS: 0

HEIGHT: 183<sub>CM</sub>

SPEED: 12

STRENGTH: 6

POWER: 12

ENDURANCE: 18

HERO:

Hermione Granger

INTERESTING FACT:

Rebekah's favourite books are the Harry Potter series.



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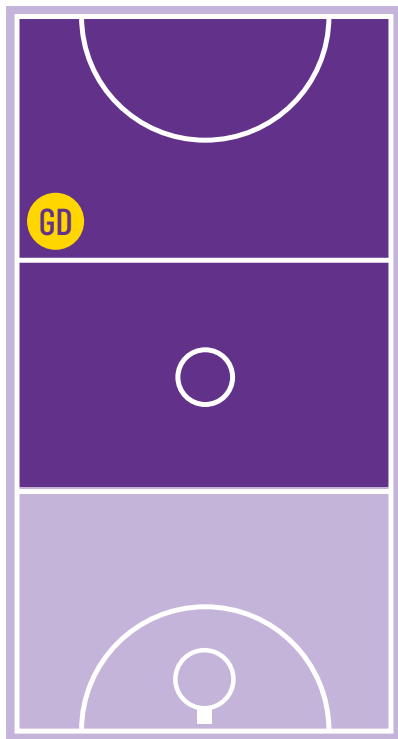
**Vitality**  
**NETBALL**  
**WORLD CUP**  
**LIVERPOOL 2019**

LEGACY DELIVERED BY ENGLAND NETBALL

**RESPECT**

**TEAMWORK**

**OPEN COMMUNICATION**



**ADAPTABILITY**

**INDIVIDUALITY**

SASHA CORBIN

 @Sasha\_Corbin

WA C

CAPS: 71

HEIGHT: 170cm

SPEED: 15

STRENGTH: 13

POWER: 10

ENDURANCE: 20

HERO:

Serena Williams

INTERESTING FACT:

Sasha's super strength is her speed and power



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TRUST



**Vitality**  
**NETBALL**  
**WORLD CUP**  
**LIVERPOOL 2019**

LEGACY DELIVERED BY ENGLAND NETBALL

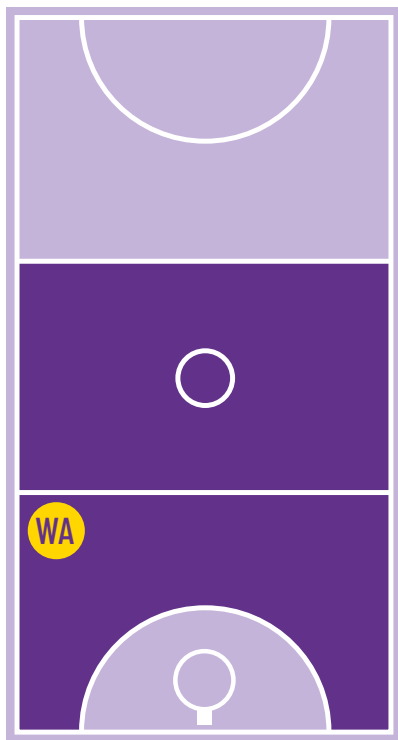


**RESPECT**

**TEAMWORK**

**OPEN COMMUNICATION**

**ADAPTABILITY**



**INDIVIDUALITY**

# SERENA GUTHRIE

 @serenabob

## C WD

**CAPS: 90**

**HEIGHT: 178<sub>CM</sub>**

**SPEED: 14**

**STRENGTH: 12**

**POWER: 11**

**ENDURANCE: 23**

**HERO:**

Batman

### INTERESTING FACT:

Serena loves 1940s blues and jazz. Serena is a dive master – she spent six months in Bali learning to become a dive professional. Her strength on court is her fitness.



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TRUST



**Vitality**  
**NETBALL**  
**WORLD CUP**  
**LIVERPOOL 2019**

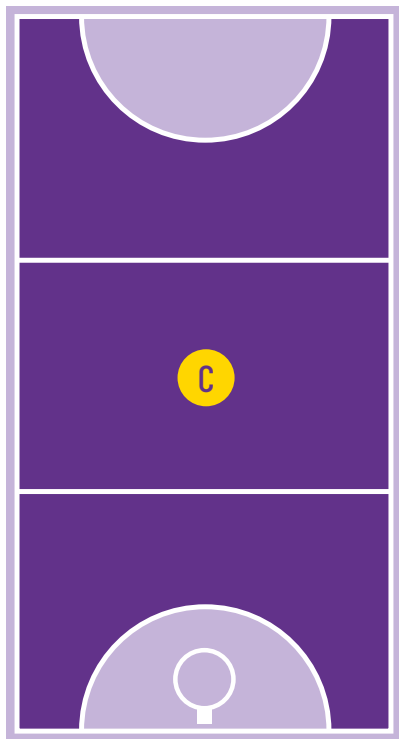
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**RESPECT**

**TEAMWORK**

**OPEN COMMUNICATION**

**ADAPTABILITY**



**INDIVIDUALITY**

SOPHIE DRAKEFORD-LEWIS

 @Sophie\_\_DL

GA WA

CAPS: 1

HEIGHT: 179<sub>CM</sub>

SPEED: 14

STRENGTH: 7

POWER: 11

ENDURANCE: 20



HERO:

Pamela Cookey

INTERESTING FACT:

Sophie has been a ball girl for Andy Murray and Novak Djokovic. If she wasn't a netballer, she'd be a tennis player.



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SPORT  
TRUST



**Vitality**  
**NETBALL**  
**WORLD CUP**  
**LIVERPOOL 2019**

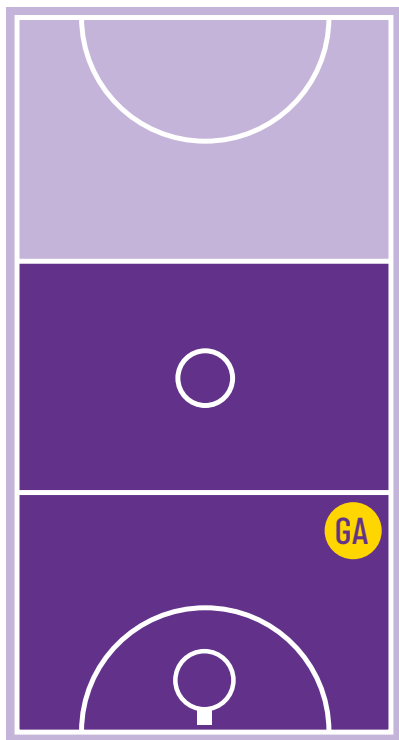
LEGACY DELIVERED BY ENGLAND NETBALL

**RESPECT**

**TEAMWORK**

**OPEN COMMUNICATION**

**ADAPTABILITY**



**INDIVIDUALITY**

## GK

**CAPS: 4**

**HEIGHT: 188cm**

**SPEED: 13**

**STRENGTH: 10**

**POWER: 8**

**ENDURANCE: 11**

**HERO:**

Jesus

## INTERESTING FACT:

Summer can communicate in sign language, she is an aspiring clinical psychologist and is doing her Masters at Bath University. Summer has an autoimmune system disease but that doesn't hold her back from competing at the highest level.



YOUTH  
SPORT  
TRUST



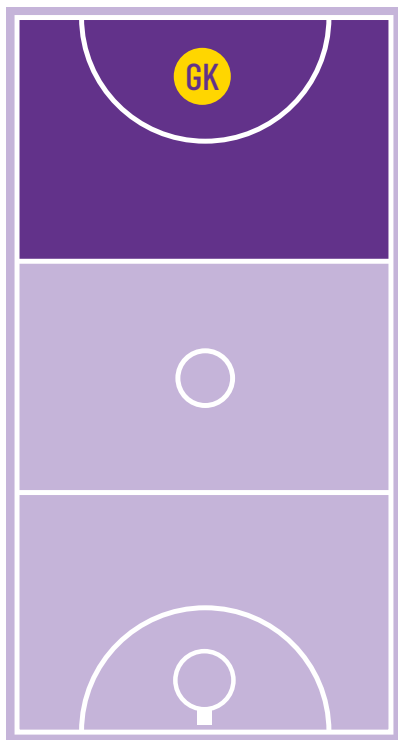
**Vitality**  
**NETBALL**  
**WORLD CUP**  
**LIVERPOOL 2019**

LEGACY DELIVERED BY ENGLAND NETBALL

**RESPECT**

**TEAMWORK**

**ADAPTABILITY**



**OPEN COMMUNICATION**

**INDIVIDUALITY**

CAPS:

HEIGHT:

SPEED:

STRENGTH:

POWER:

ENDURANCE:

Attach photo here

HERO:

INTERESTING FACT:



YOUTH  
SPORT  
TRUST



*Vitality*  
**NETBALL  
WORLD CUP  
LIVERPOOL 2019**

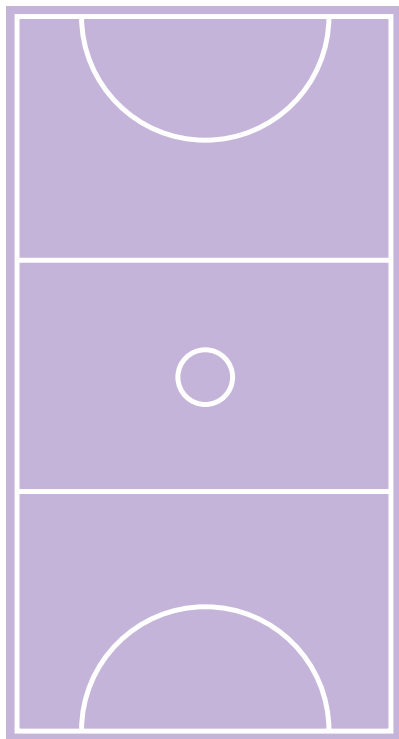
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**RESPECT**

**TEAMWORK**

**ADAPTABILITY**



**OPEN COMMUNICATION**

**INDIVIDUALITY**

AMA AGBEZE

@amaagbeze

GD GK

CAPS: 100

HEIGHT: 184cm

SPEED: 12

STRENGTH: 12

POWER: 8

ENDURANCE: 13

HERO:

Nelson Mandela  
Oprah Winfrey  
Michelle Obama and Miep Gies

INTERESTING FACT:

Ama can ride a motorbike.



AMY CARTER

@AmyJcarter6

C WD

CAPS: 0

HEIGHT: 175cm

SPEED: 14

STRENGTH: 7

POWER: 10

ENDURANCE: 25

HERO:

Serena Williams

INTERESTING FACT:

For her party trick, Amy can make a good dolphin noise.



BETH COBDEN

@BethCobs1

WD

CAPS: 26

HEIGHT: 178cm

SPEED: 15

STRENGTH: 11

POWER: 10

ENDURANCE: 20

HERO:

Jessica Ennis-Hill

INTERESTING FACT:

Beth has swum in the Amazon River.



CHELSEA PITMAN

@ChelseaPitman

WA

CAPS: 28

HEIGHT: 181cm

SPEED: 11

STRENGTH: 11

POWER: 8

ENDURANCE: 18

HERO:

Turia Pitt

INTERESTING FACT:

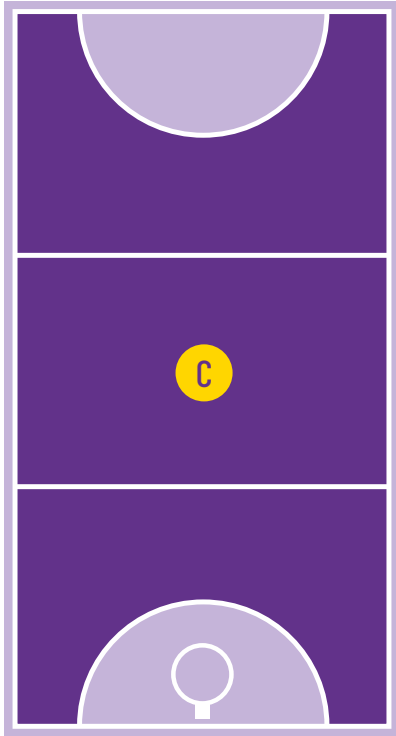
Chelsea's super strength is her deception with the ball.



RESPECT

TEAMWORK

ADAPTABILITY



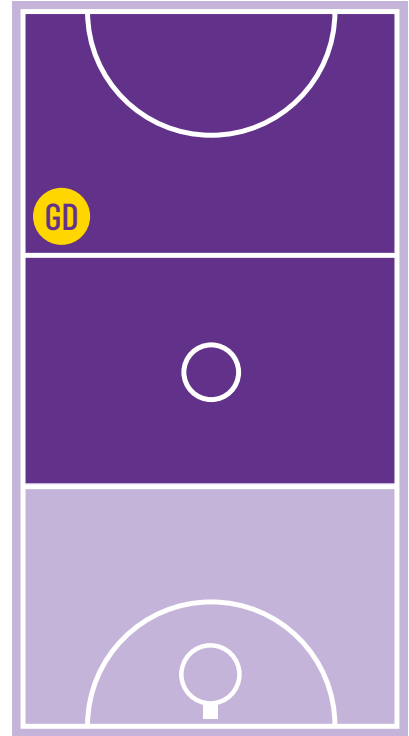
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RESPECT

TEAMWORK

ADAPTABILITY



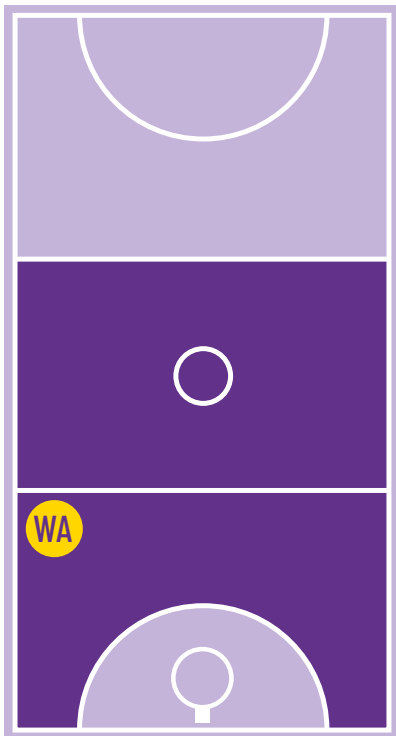
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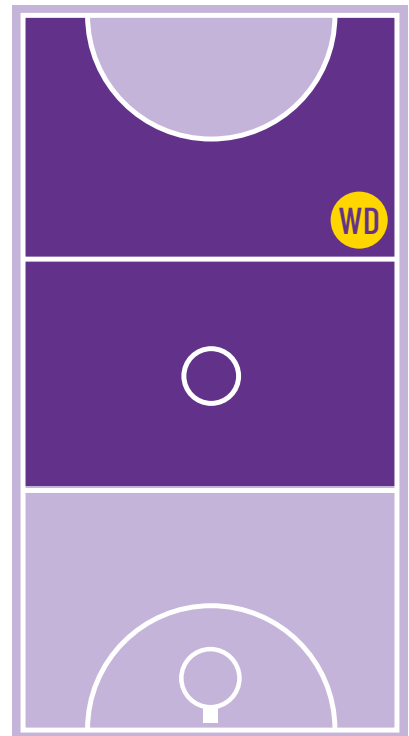
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INDIVIDUALITY

RESPECT

TEAMWORK

ADAPTABILITY



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INDIVIDUALITY

EBONI USORO-BROWN

@EboniBChambers

GD GK

CAPS: 96

HEIGHT: 185cm

SPEED: 8

STRENGTH: 11

POWER: 7

ENDURANCE: 11



HERO:

Michelle Obama  
Serena Williams

INTERESTING FACT:

Eboni's favourite food is spaghetti bolognese and she is a qualified solicitor.



ELEANOR CARDWELL

@ECardwell11

GS GA

CAPS: 20

HEIGHT: 186cm

SPEED: 11

STRENGTH: 7

POWER: 6

ENDURANCE: 11



HERO:

Kelly Holmes

INTERESTING FACT:

Eleanor is a black belt in taekwondo. She has also played every position except centre in a Vitality Netball Superleague game.



ELLA CLARK

@EllaClark\_

GA GS

CAPS: 5

HEIGHT: 191cm

SPEED: 11

STRENGTH: 8

POWER: 8

ENDURANCE: 12



HERO:

David Attenborough

INTERESTING FACT:

Ella has 40 caps for GB Basketball. Her super strength is that she can eat non stop all day!



FRANCESCA WILLIAMS

@fwills11

GD WD

CAPS: 3

HEIGHT: 183cm

SPEED: 10

STRENGTH: 8

POWER: 7

ENDURANCE: 17



HERO:

Dina Asha Smith

INTERESTING FACT:

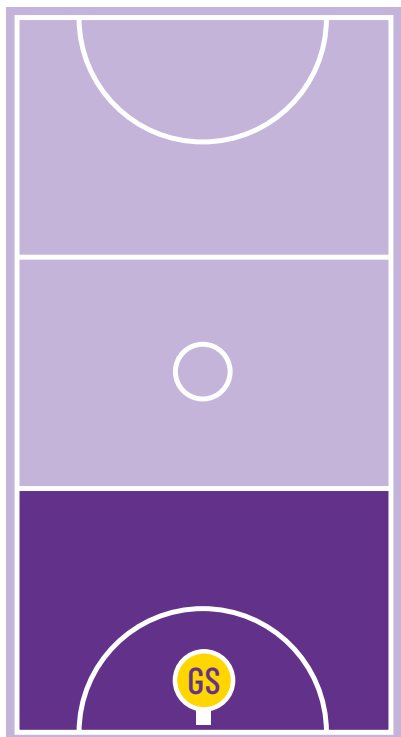
Francesca is currently studying economics at university.



RESPECT

TEAMWORK

ADAPTABILITY



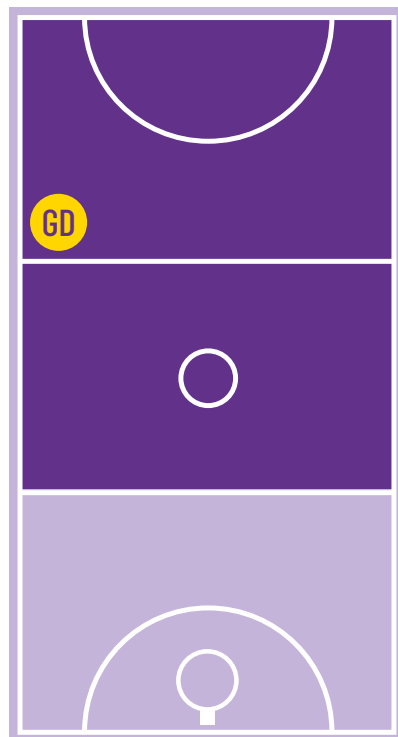
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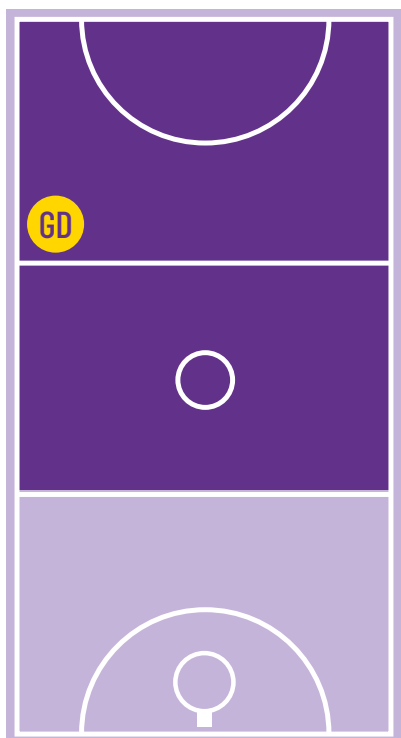
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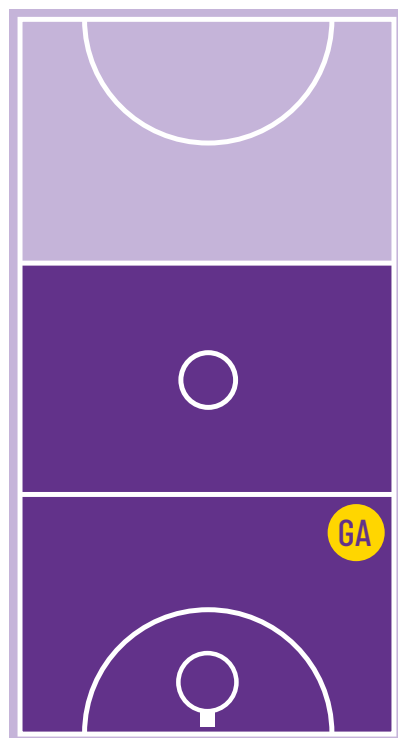
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RESPECT

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INDIVIDUALITY

GABRIELLA MARSHALL

@GabsLMarshall

C WD

CAPS: 6

HEIGHT: 174cm

SPEED: 14

STRENGTH: 12

POWER: 8

ENDURANCE: 20

HERO:

Laura Langman

INTERESTING FACT:

Gabby's favourite warm-up exercise is juggling.



GEORGE FISHER

@GeorginaFisher4

GS GA

CAPS: 6

HEIGHT: 189cm

SPEED: 9

STRENGTH: 6

POWER: 6

ENDURANCE: 15

HERO:

Captain Marvel

INTERESTING FACT:

George manages to fit in naps anytime and anywhere.



GEVA MENTOR

@GevaMentor

GK

CAPS: 138

HEIGHT: 191cm

SPEED: 10

STRENGTH: 10

POWER: 7

ENDURANCE: 11

HERO:

The Queen (Elizabeth II)

INTERESTING FACT:

Geva is a travel lover and outdoors enthusiast. She can also do the worm!



HALIMAT ADIO

@HalimatAdio

GK GD

CAPS: 0

HEIGHT: 183cm

SPEED: 11

STRENGTH: 9

POWER: 9

ENDURANCE: 10

HERO:

Serena Williams

INTERESTING FACT:

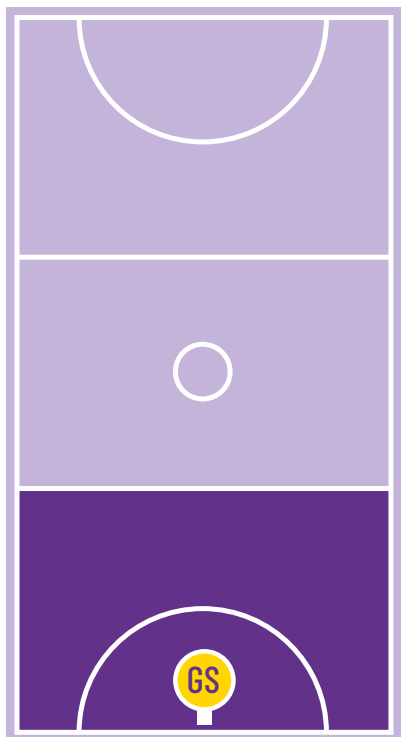
Halimat is scared of mushrooms!



RESPECT

TEAMWORK

ADAPTABILITY



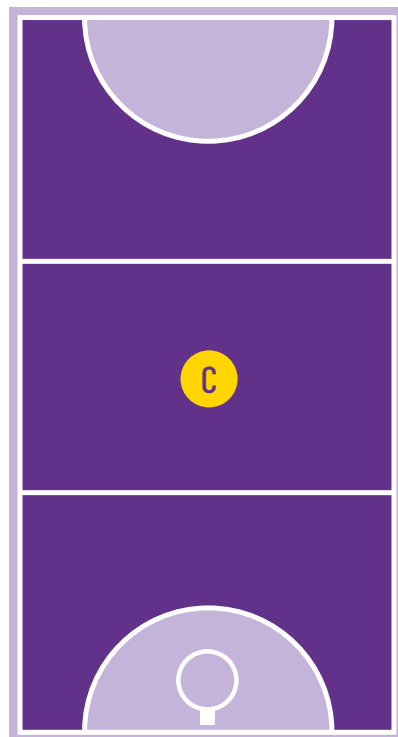
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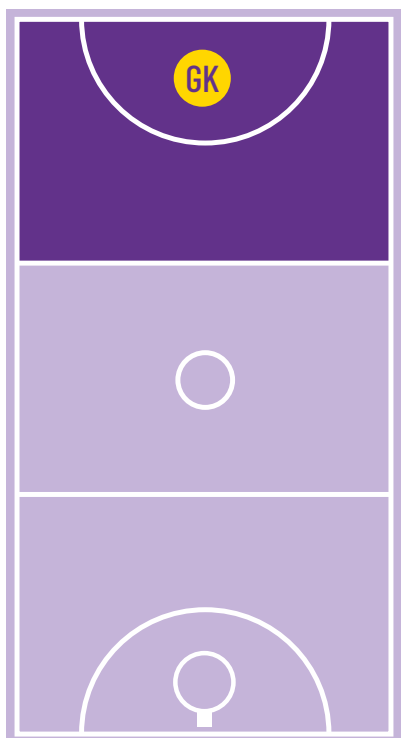
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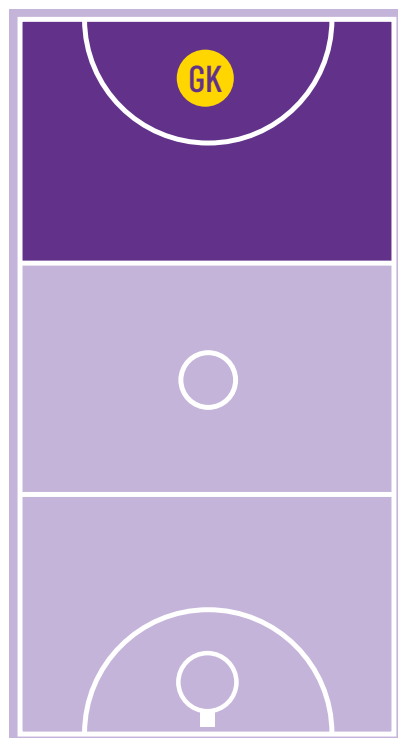
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RESPECT

TEAMWORK

ADAPTABILITY



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INDIVIDUALITY



HELEN HOUSBY

@Helenhousby1

GA GS

CAPS: 58

HEIGHT: 184cm

SPEED: 13

STRENGTH: 10

POWER: 10

ENDURANCE: 19



HERO:

David Beckham  
Roger Federer and her mum

INTERESTING FACT:

Helen's super strength is shooting game winners.  
Helen can juggle with her hands and feet (doing keepy uppy).



IONA DARROCH

@Iona\_Darroch

WA C

CAPS: 0

HEIGHT: 168cm

SPEED: 13

STRENGTH: 11

POWER: 10

ENDURANCE: 25



HERO:

Jessica Ennis-Hill

INTERESTING FACT:

Iona is currently studying illustration at university.



JADE CLARKE

@jadeyclarke

WD C

CAPS: 161

HEIGHT: 174cm

SPEED: 10

STRENGTH: 11

POWER: 8

ENDURANCE: 22



HERO:

Kelly Holmes

INTERESTING FACT:

Jade's super strength is that she can nap anywhere!



JOANNE HARTEN

@Jarten

GS GA

CAPS: 99

HEIGHT: 188cm

SPEED: 12

STRENGTH: 10

POWER: 9

ENDURANCE: 13



HERO:

Roger Federer

INTERESTING FACT:

Jo's super strength is predicting people's next move.

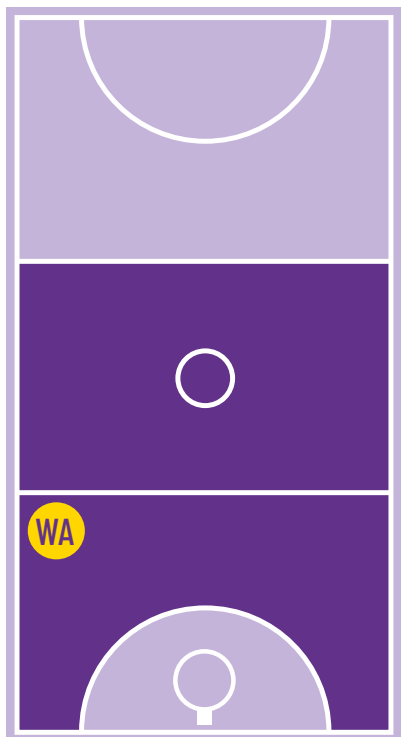




RESPECT

TEAMWORK

ADAPTABILITY



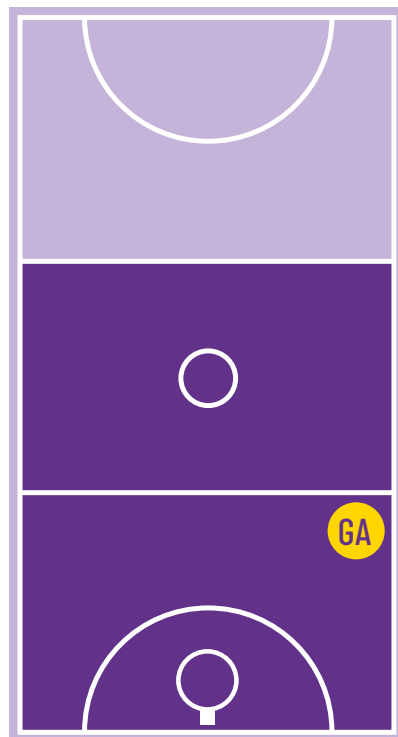
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RESPECT

TEAMWORK

ADAPTABILITY



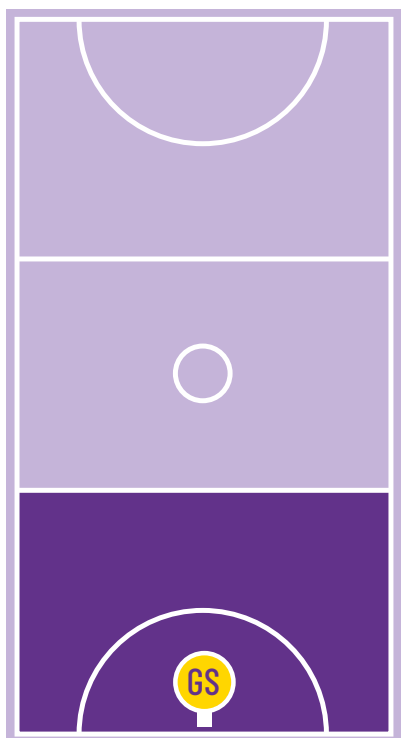
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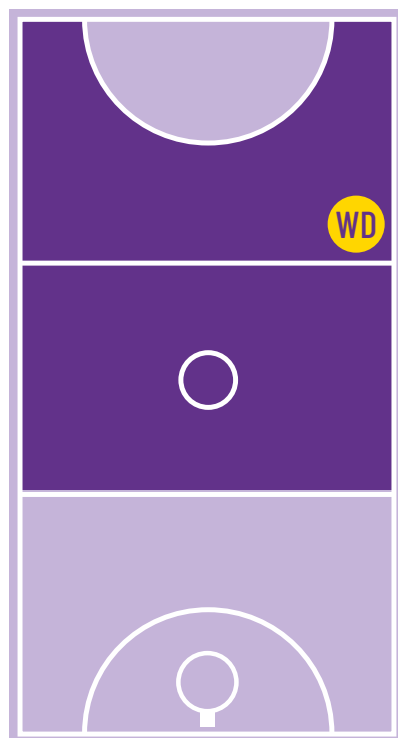
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RESPECT

TEAMWORK

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INDIVIDUALITY

JODIE GIBSON

@missgibsonx

WD GD

CAPS: 25

HEIGHT: 178cm

SPEED: 13

STRENGTH: 13

POWER: 10

ENDURANCE: 21

HERO:

Serena Williams

INTERESTING FACT:

Jodie has very stretchy skin.



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SPORT  
TRUST



Vitality  
NETBALL  
WORLD CUP  
LIVERPOOL 2019  
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KADEEN CORBIN

@Kadeen\_Corbin

GS GA

CAPS: 64

HEIGHT: 178cm

SPEED: 15

STRENGTH: 12

POWER: 10

ENDURANCE: 17

HERO:

Serena Williams

INTERESTING FACT:

Kadeen is a demon on roller skates.



YOUTH  
SPORT  
TRUST



Vitality  
NETBALL  
WORLD CUP  
LIVERPOOL 2019  
LEGACY DELIVERED BY ENGLAND NETBALL

LAYLA GUSCOTH

@LaylaGuscoth

GD WD

CAPS: 24

HEIGHT: 183cm

SPEED: 14

STRENGTH: 13

POWER: 12

ENDURANCE: 22

HERO:

Allyson Felix

INTERESTING FACT:

Layla's super strength is her 1v1 hustle and chasing the intercept.



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SPORT  
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Vitality  
NETBALL  
WORLD CUP  
LIVERPOOL 2019  
LEGACY DELIVERED BY ENGLAND NETBALL

NATALIE HAYTHORNTHWAITE

@nataliesymone

WA GA

CAPS: 36

HEIGHT: 174cm

SPEED: 12

STRENGTH: 11

POWER: 9

ENDURANCE: 21

HERO:

Her fiancé Josh and her whole family

INTERESTING FACT:

Natalie can play the flute. Her super strength is her speed and change of direction. She is also a qualified speech and language therapist.



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SPORT  
TRUST

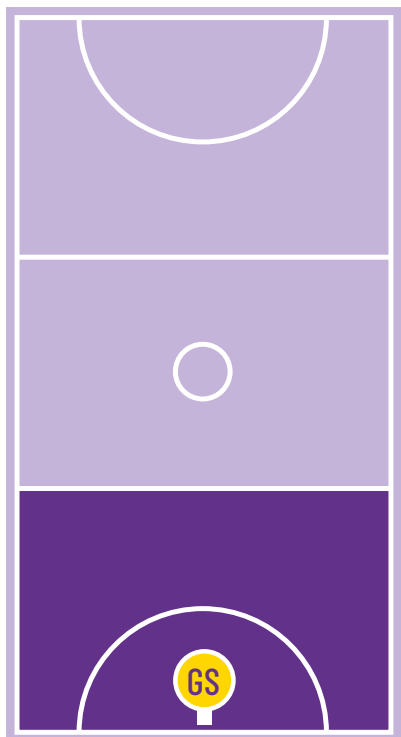


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NETBALL  
WORLD CUP  
LIVERPOOL 2019  
LEGACY DELIVERED BY ENGLAND NETBALL

RESPECT

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ADAPTABILITY



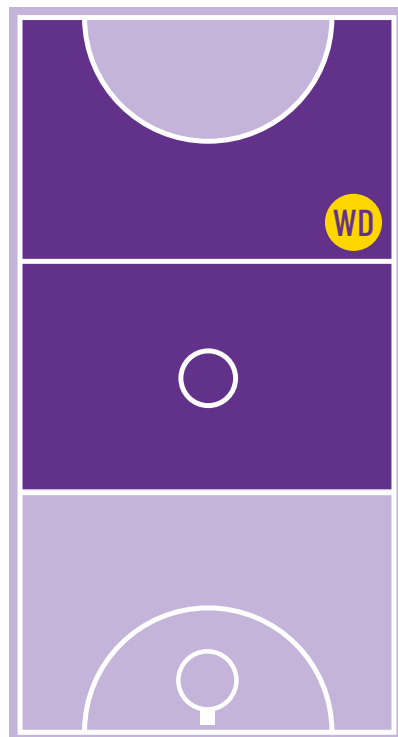
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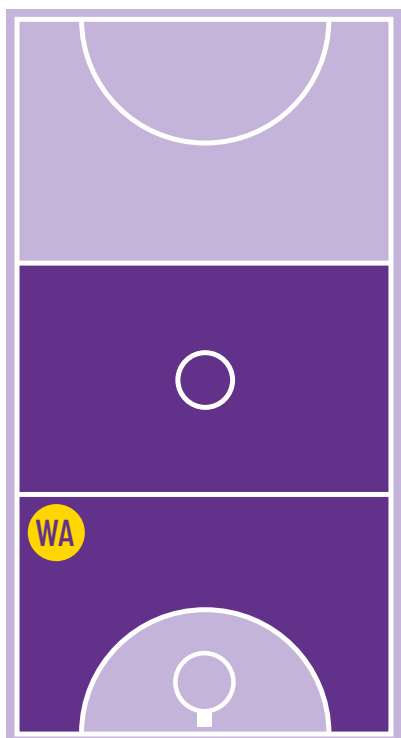
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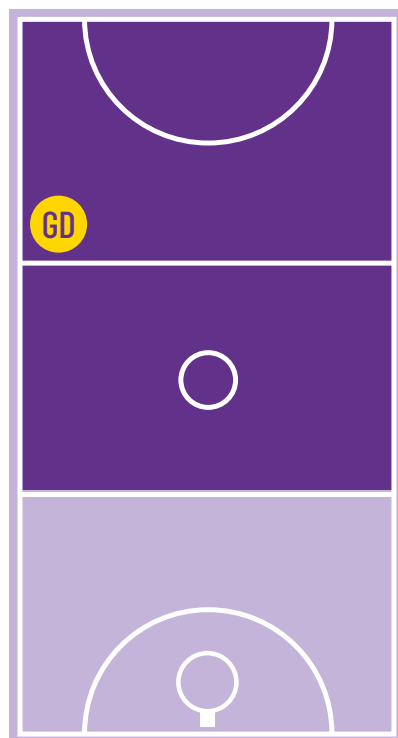
OPEN COMMUNICATION

INDIVIDUALITY

RESPECT

TEAMWORK

ADAPTABILITY



OPEN COMMUNICATION

INDIVIDUALITY

NATALIE PANAGARRY

@Npanagarry

C WD

CAPS: 8

HEIGHT: 170cm

SPEED: 13

STRENGTH: 12

POWER: 11

ENDURANCE: 20

HERO:

Jessica Ennis-Hill

INTERESTING FACT:

If Natalie was a superhero, she'd love to be able to fly. Her super strength is shopping and fashion.



OLIVIA TCHINE

@Liv\_Tchine

GS

CAPS: 0

HEIGHT: 190cm

SPEED: 12

STRENGTH: 5

POWER: 5

ENDURANCE: 12

HERO:

Her mum

INTERESTING FACT:

Olivia loves the smell of the tape physios use for strapping



PAIGE REED

@reedthepaige

GA GS

CAPS: 0

HEIGHT: 178cm

SPEED: 11

STRENGTH: 6

POWER: 5

ENDURANCE: 15

HERO:

Iron Man

INTERESTING FACT:

Paige likes to pretend shes a DJ at a music festival when listening to music in her car.



RACHEL DUNN

@rachdunn

GS GA

CAPS: 86

HEIGHT: 187cm

SPEED: 10

STRENGTH: 12

POWER: 7

ENDURANCE: 18

HERO:

Denise Lewis

INTERESTING FACT:

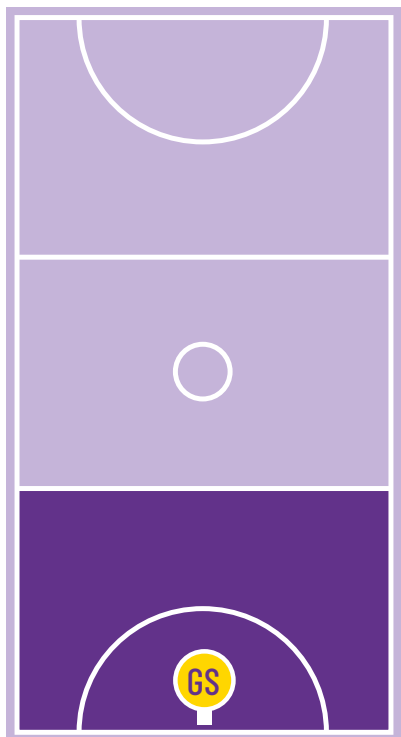
Rachel works as a genetic technologist and her super strength is her catlike reactions. If Rachel wasn't a netballer, she'd be a stand-up comedian.



RESPECT

TEAMWORK

ADAPTABILITY



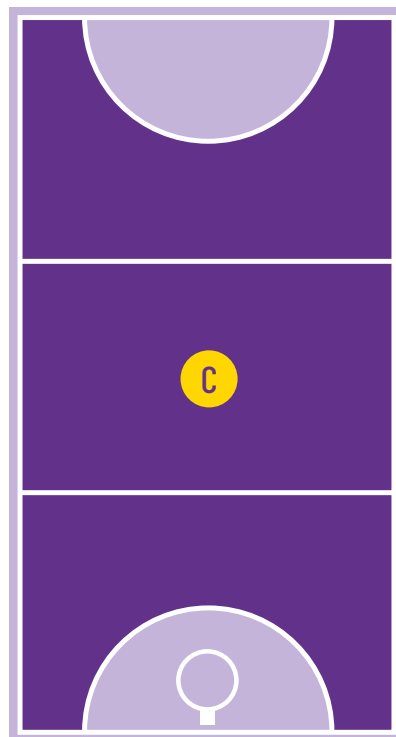
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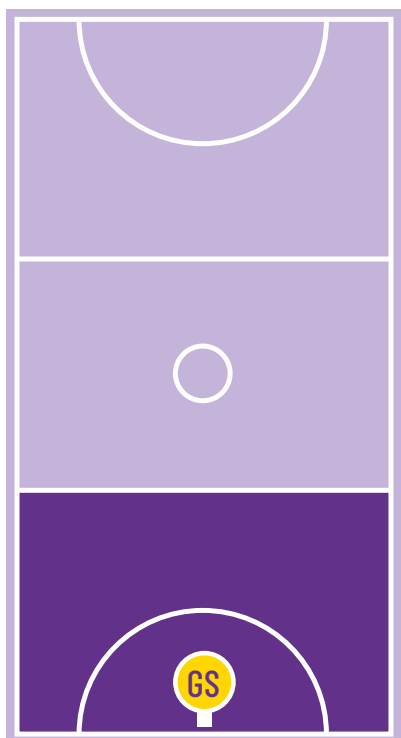
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RESPECT

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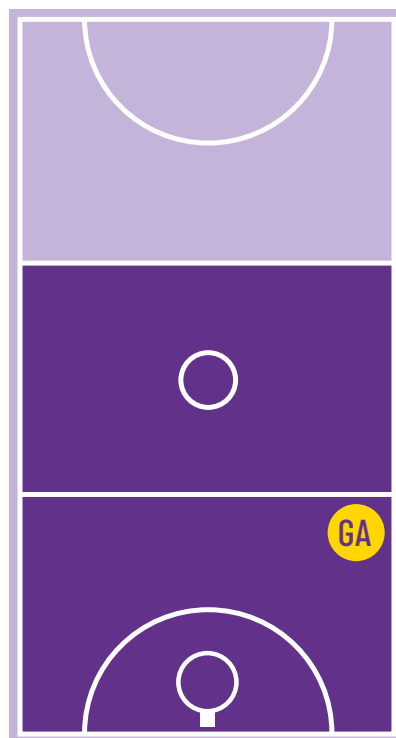
OPEN COMMUNICATION

INDIVIDUALITY

RESPECT

TEAMWORK

ADAPTABILITY



OPEN COMMUNICATION

INDIVIDUALITY

RAZIA QUASHIE

@R\_Quashie\_

GK GD

CAPS: 6

HEIGHT: 186cm

SPEED: 14

STRENGTH: 7

POWER: 14

ENDURANCE: 11

HERO:

Serena Williams

INTERESTING FACT:

Razia has pet tortoises that are over two decades old. If she was a superhero, her super power would be teleportation.



REBEKAH AIREY

@RebekahAirey1

GD GK

CAPS: 0

HEIGHT: 183cm

SPEED: 12

STRENGTH: 6

POWER: 12

ENDURANCE: 18

HERO:

Hermione Granger

INTERESTING FACT:

Rebekah's favourite books are the Harry Potter series.



SASHA CORBIN

@Sasha\_Corbin

WA C

CAPS: 71

HEIGHT: 170cm

SPEED: 15

STRENGTH: 13

POWER: 10

ENDURANCE: 20

HERO:

Serena Williams

INTERESTING FACT:

Sasha's super strength is her speed and power



SERENA GUTHRIE

@serenabob

C WD

CAPS: 90

HEIGHT: 178cm

SPEED: 14

STRENGTH: 12

POWER: 11

ENDURANCE: 23

HERO:

Batman

INTERESTING FACT:

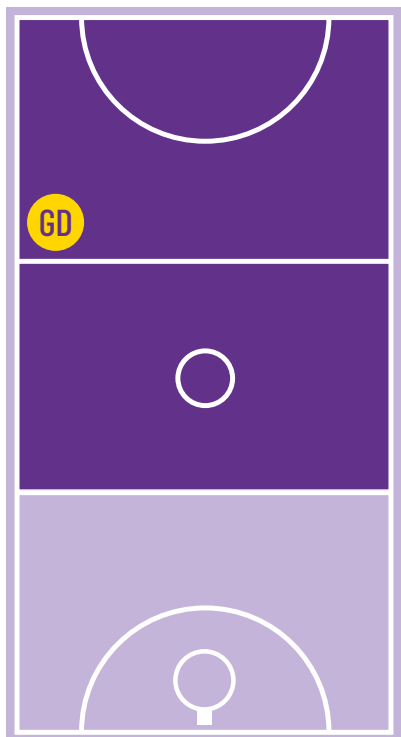
Serena loves 1940s blues and jazz. Serena is a dive master - she spent six months in Bali learning to become a dive professional. Her strength on court is her fitness.



RESPECT

TEAMWORK

ADAPTABILITY



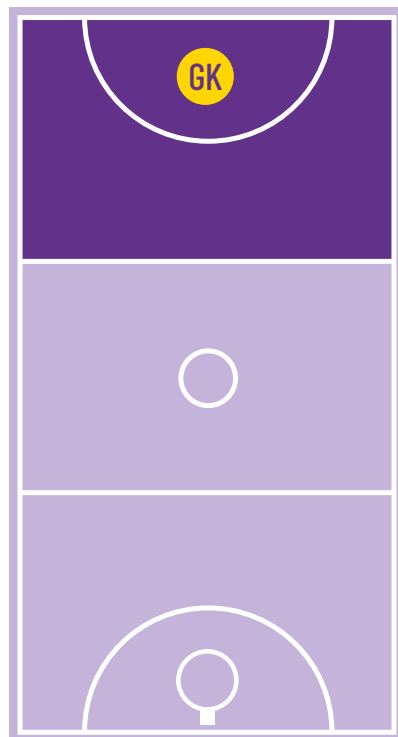
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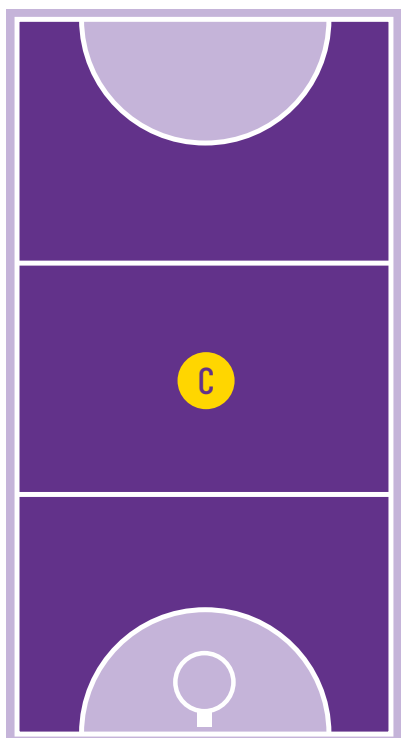
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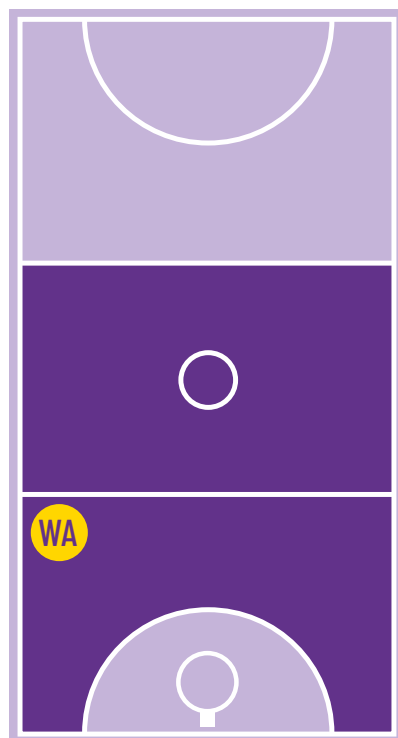
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RESPECT

TEAMWORK

ADAPTABILITY



OPEN COMMUNICATION

INDIVIDUALITY



SOPHIE DRAKEFORD-LEWIS

@Sophie\_\_DL

GA WA

CAPS: 1

HEIGHT: 179cm

SPEED: 14

STRENGTH: 7

POWER: 11

ENDURANCE: 20



HERO:

Pamela Cookey

INTERESTING FACT:

Sophie has been a ball girl for Andy Murray and Novak Djokovic. If she wasn't a netballer, she'd be a tennis player.



YOUTH  
SPORT  
TRUST



Vitality  
NETBALL  
WORLD CUP  
LIVERPOOL 2019  
LEGACY DELIVERED BY ENGLAND NETBALL

SUMMER ARTMAN

@Summer\_Artman

GK

CAPS: 4

HEIGHT: 188cm

SPEED: 13

STRENGTH: 10

POWER: 8

ENDURANCE: 11



HERO:

Jesus

INTERESTING FACT:

Summer can communicate in sign language, she is an aspiring clinical psychologist and is doing her Masters at Bath University. Summer has an autoimmune system disease but that doesn't hold her back from competing at the highest level.



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CAPS:

HEIGHT:

SPEED:

STRENGTH:

POWER:

ENDURANCE:



HERO:

INTERESTING FACT:



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CAPS:

HEIGHT:

SPEED:

STRENGTH:

POWER:

ENDURANCE:



HERO:

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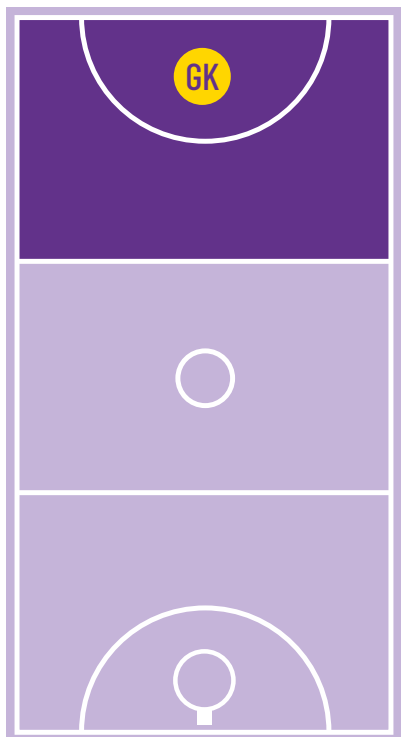
Vitality  
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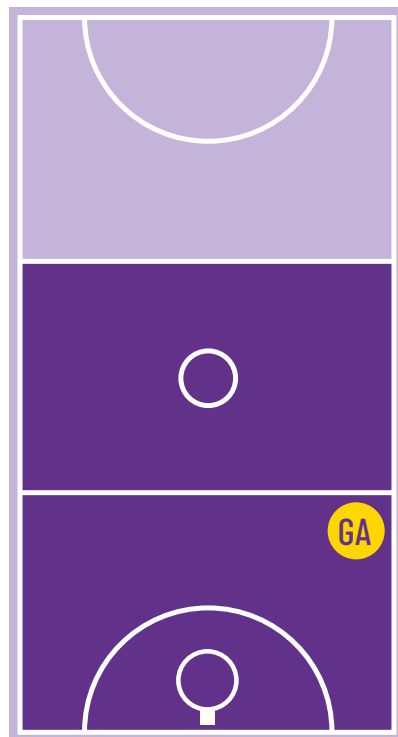
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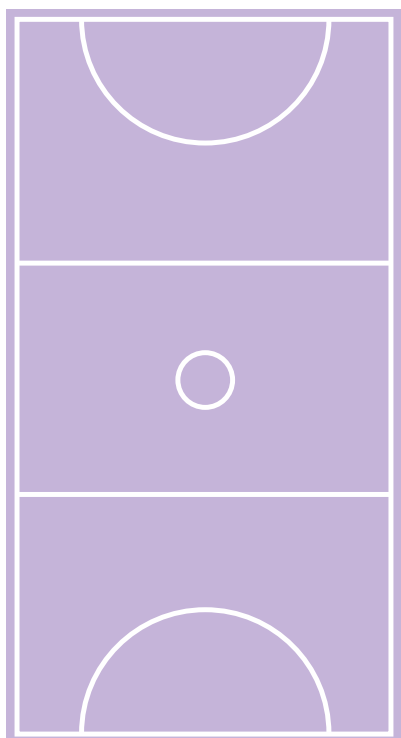
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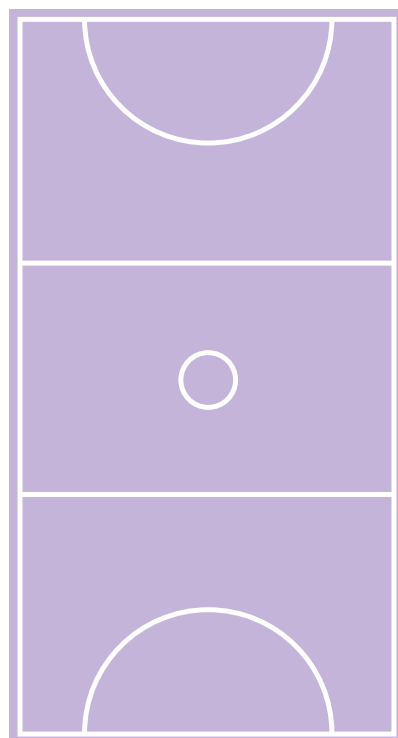
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