



Dodgeball Delivery

Welcome to our first monthly newsletter...keeping you up to date with all things Mr. Dodgeball related!

May 2017

Latest developments.

- Exciting times ahead as Mr. Dodgeball continues to forge links with our parent club Manchester Bees. We soon hope to finalise the details of our academy for those aged 14 years and upwards.
- We were excited to hear that Bees finished a brilliant fourth in their first season in the dodgeball premier League. They are already training hard to beat this next season.
- Our Junior Bees team have progressed to the National finals in Leicester on June 24th...brilliant work Junior Bees!!!
- Mr. Dodgeball continues to grow with two more clubs: the Altrincham Dodgers that meet each Thursday between 5.20pm & 6.20pm at the Hub in Altrincham; and the Davenport Dynamos, a ladies only club meeting each Wednesday between 7.15pm & 8.15pm at St Gabriel's Church, Stockport.
- Mr. Dodgeball has teamed up with Kappa sportswear, our new range of club t-shirts will be arriving soon.....watch this space.

May Give away!!!!

During the month of May if you bring a friend to two Mr. Dodgeball sessions you will get one of our new, custom made cloth junior dodgeballs.



These limited edition balls are also available to buy at £10.50.....stocks are selling fast so don't miss out.

Dates for your diary

Up coming tournaments, 7 to 9pm

- May 14th, St Anne's High School, SK42QP
- June 16th Wilmslow prep, GROVE AVENUE, SK95EG
- July 14th, St Anne's High School
- May 21st. Manchester Cup, 12.30-4.30, Manchester Academy School, M144PX. Featuring 2 Mr. Dodgeball youth teams and the Nick Pinnock cup plate round 2 match between Manchester Worker Bees vs Ultimate Dodge. Free entry lots of fun to be had.

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To subscribe to emails and receive special offers and monthly newsletters please email:

admin@mrdodgeball.com

Mr. Dodgeball is looking for level two trained coaches to run children's parties and Hen/stag parties. if you are interested please get in touch.



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April Tournament

We had another great turn out for our April Tournament, keep up the good work. The competition is hotting up between the Hurricanes, Avalanches, Hawks and Whippets. Its great to see the progression and the improvements that each club is making.

The Handforth Hawks retained the lower junior cup for the third month running with the Heaton Hurricanes being the runners up.

In the upper juniors the Avondale Avalanches 3 took home the trophy with the Heaton hurricanes the runners up.

A special mention to Mia from the Hurricanes and Zac from the Avalanches who won the most valuable players medals.

A big thank you goes out to Hilly from our ladies team the Wilmslow Wasps, James from the Manchester Bees, Helen our senior coach and Steve who took photos. Without everyone's valued input these tournaments wouldn't be possible.



Coaching Corner

In this section we will focus monthly on techniques to improve your dodgeball game.

1. Team throws

- These can be game changers
- The importance of picking your target and throwing together greatly increases your chances of getting your opponents out
- Whenever you have two or more balls come together, agree on your target and count down the throw so you all release at the same time

- Go as far forward as you can when throwing
- Spread out
- Aim below the waist
- Aim for the strongest players first
- Don't throw alone unless you are certain of getting someone out or you are losing and running out of time
- Throw together, dodge alone

2. Catching

- Catching wins matches, don't however risk a tricky catch four seconds into a match!
- Don't reach for it. If it's not a comfortable catch leave it
- Stick to catches aimed at your chest that are hard to dodge
- Try and stabilise yourself with your body behind the ball (crouching if necessary)
- Catch with your hands not your fingertips
- Try and absorb the catch into your tummy/ mid section, remove as much speed from the ball by folding your arms around the ball