Caryn Fripp has been coaching netball on behalf of Leighton Buzzard Netball Club for over 10 years starting in the first instance coaching junior players. In 2016 she started coaching the Back to Netball sessions, investing her time to retrain ex players who were returning back to the sport of netball some of whom hadn't played since school. Many of these players have now gone on to join LBNC as fully fledged players having been given the confidence to play again through Caryn's support.

In 2018, Caryn further developed her skills and retrained to become a Walking Netball Coach. She set up and ran this new initiative through England Netball Programme unsure what the take up would be. Through her perseverance and determination she encouraged ex players, injured and retired players to participate in her sessions which reignited their passion in the sport they once loved.

Caryn's USP has to be her friendly coaching style which offers her players the perfect environment to learn new skills, develop their confidence and make friends. Sessions have continued through the heart of winter on the cold nights when turning out after a busy day at work would be everyone else's last thought. But to Caryn, this was always out of the question- she could never let her girls down. Even through her own battle with cancer her thoughts were always of others.

This year Caryn made the tough decision to bow out of her duties in coaching the Monday night Walking Netball and Back to Netball sessions which will continue at Vandyke Upper, opting to focus on her own game whilst playing for the Comets Veterans team at LBNC.

She leaves behind her a legacy thanks to her hard work, dedication and commitment to a sport that she loves. Without her, so many girls, mums aunties and grandma's wouldn't have found the fun, friendships and laughs she has provided.

Thank you Caryn, for everything you have done for the club and the opportunities you have provided to get even more women involved in the sport we love.