

East Midlands Netball Newsletter

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eastmidlandsnetball.co.uk

Summer
2020



Welcome to our Summer Quarterly Newsletter!

Keep up to date on all East Midlands news, including our Rise Again campaign, competitions, and news from around the counties. Also save the date of the upcoming Loughborough Lightning academy trials 2020/21.

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Rise Again

What Netball Means to Us Competitions

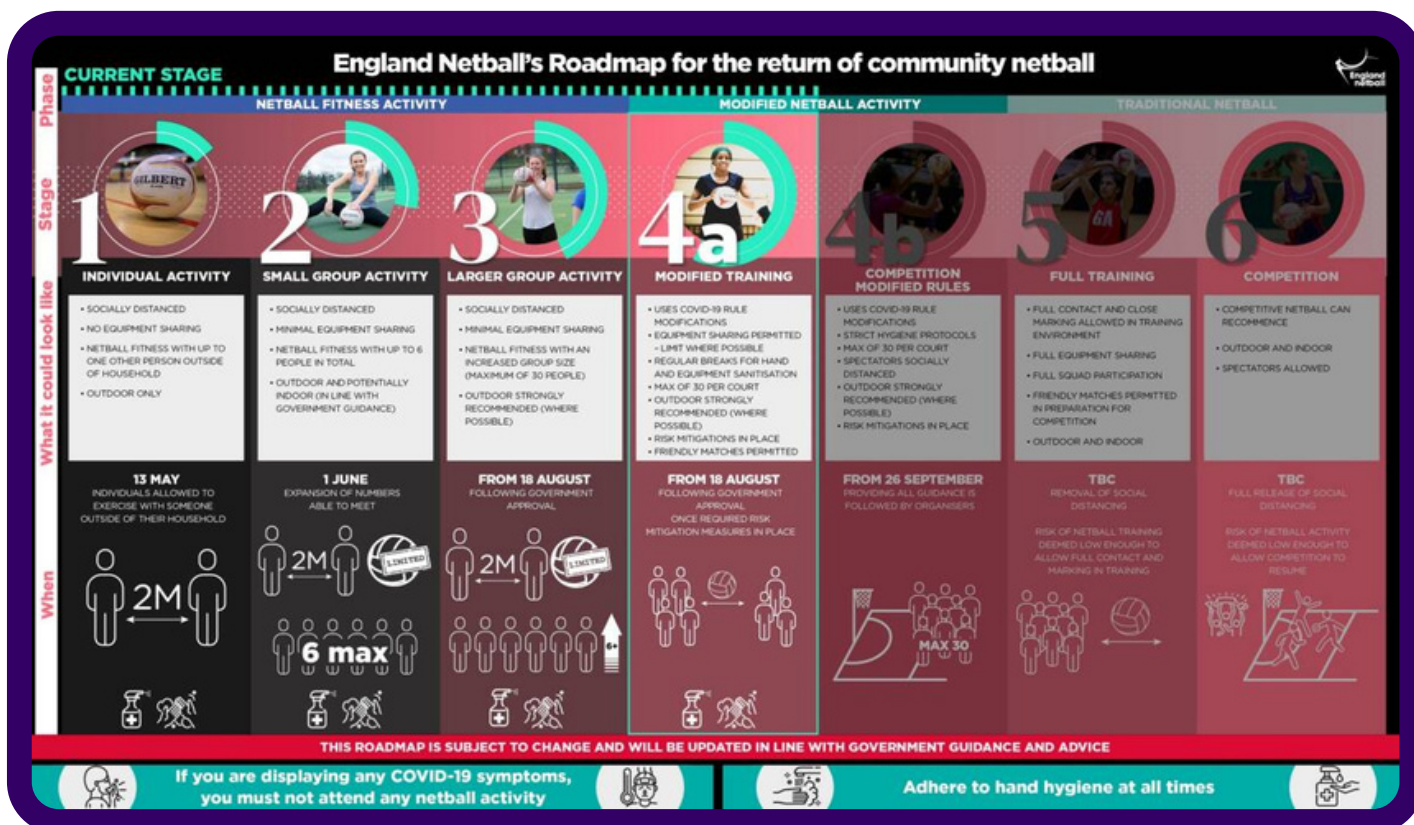
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#Rise Again

Thank you to everyone for your support in helping netball rise again!

On August 3rd the new England Netball campaign launched- #RiseAgain. We are extremely proud to be a not for profit membership organisation that puts every single penny back into our beloved game. Sadly, like so many businesses across the country, the financial strain caused by the pandemic stands to place considerable pressure on the sport we all love. England Netball will be offering a 30% discount* payable against the national element of membership until **30th September**.

The East Midlands regional management board agreed that your regional portion of your membership will be used to support the county associations and create a hardship fund for the wider netball community, anyone struggling to pay their membership can apply to the region for funding.

On August 18th, the Government gave netball the green light to accelerate its return through a modified version of the

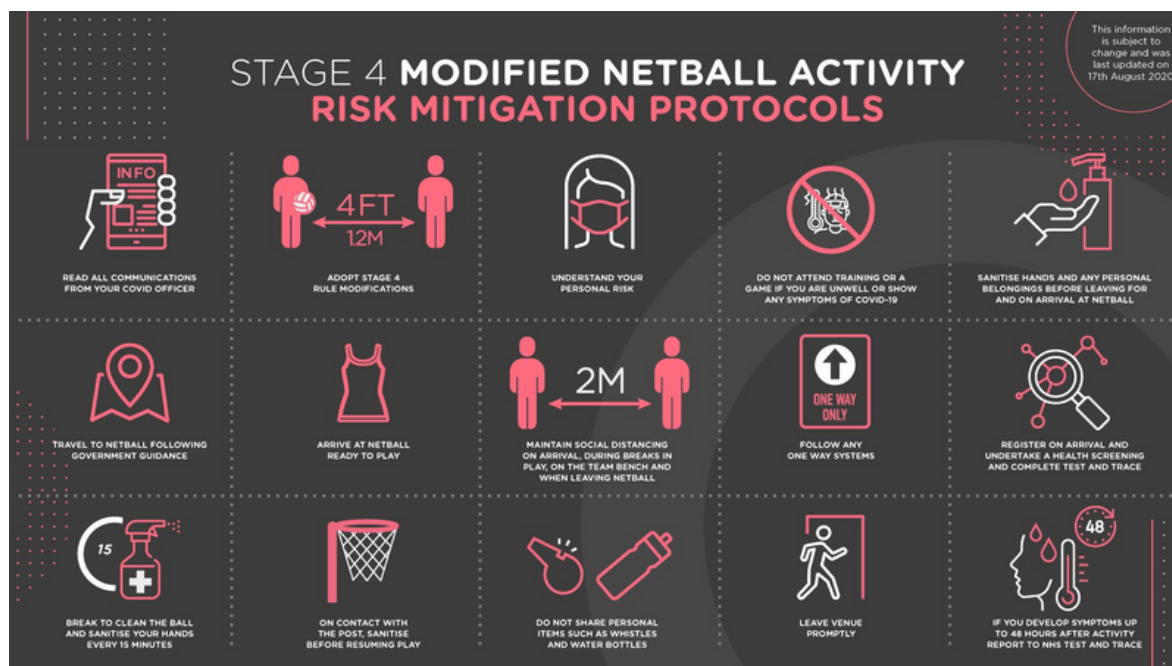


game. This means we can move onto stage 4a of the revised return to community netball roadmap. From 26 September, stage 4b of the Roadmap will be unlocked, meaning leagues and competitions will be able to recommence. This window will allow planning time for league organisations and a vital window for pre-season player conditioning. For more details see [here](#).

We hope you are as excited as we are too get back on court! Netball means a lot to us and our community. Help us support netball to #RiseAgain!

*Excluding Social & Supporting membership and all group memberships, including region, county, secondary school and college / university membership

#Rise Again



The UK Government have given us specific permission to re-start netball, but this MUST be carefully managed so that the virus does not spread as a result of any netball activity. This is a collective responsibility and all requirements must be considered and managed by all organisers of all activity.

Additional help through our care package is available to members that includes templates, videos and further guidance to support your return to modified netball.

Every netball organisation in the country has a role to play in the safe return of netball. All netball organisations are required to:

- Appoint a COVID Officer -Some helpful ENgage instructions [here](#)
- Read the restart guidance [here](#)
- Produce a Risk Assessment
- Produce and activate a Risk Mitigation Plan

What Netball means to us!

We just love it! We love to see the improvement of juniors and the big smile when they get something right. Netball is like life, you learn to deal with players of many abilities and how to deal with them and make friends with them. We've had so many parents thanking us, not just for the netball, but for bringing some confidence to their girls. As coaches we try and make it fun, whilst learning at the same time. The girls work to their own ability, but we push them to be the best they can be. Not everybody is going to make it to England level or even County level, but as long as they enjoy the game and love turning up every week for the matches, that's all we can ask for.



Julie Manlinski
Long Eaton Netball Club



After nearly 70 years as a player, coach, umpire, administrator etc in the sport. The highs and lows, the fun and frustrations, the joy and sadness, the elation and exasperations are too many to recall. However throughout it has provided for me and other women, friendships and a sense of family that only a netball environment can provide.

Netball through its clubs, addresses issues, such as race ,inequality and social deprivation in a progressive manner and players from all backgrounds are made most welcome to our sport.

I am proud of netball and what it represents within the community.

Pauline Shipman
Nottinghamshire Netball Chair

What Netball means to us!

Too many things to mention really but overwhelmingly what lockdown has shown is that it's the friends and community sense of belonging that the netball family gives that undoubtedly means the most. I miss my umpiring friends all around the country loads! All the little traditions we've built up over the years and the sharing of so many experiences both on and off the court. I love the interaction with people at every level. Coaching juniors to improve their skills and mentoring umpires to take that next step, it's just really rewarding!



Robyn Rogers
Lincolnshire Netball Chair



I've been a member of Bridgford Netball Club for over 20 years and it's part of my family. During this time I have met and made some great friends. A few years ago I went through a very difficult time and Netball was my saviour.

Our Club train hard and play to win but boy do we have some fun along the way. Netball is a Team game with everyone working together, I have no doubt that England Netball will soon get us back on court. I've hung up my boots in respect of playing but now Umpire which keeps me busy and also gives something back to the Sport. I believe that joining a Club is a great way of meeting people and making new friends.

Jenny Toner
West Bridgford Netball Club



What Netball means to us!

After months of zoom quizzes /murder mystery and fancy dress with my netball team HAWKS , we have finally been able to see each other face to face to do some training in a small group which we all loved. Although we spent most of the time chatting and laughing!

As Northants county officiating secretary I could of course, not go without taking my whistle. I do hope its not too much longer until all players, coaches and #teamwhite are able to hit the court again #staysafe.



Debbie Edwards
Northamptonshire Officiating
Secretary

It's the meeting and making new friends, I moved here 2 years ago and joined The Arc Angels at Clowne, they made me feel so welcome and through after play coffee, Zoom, meeting on the Rec' have made firm friends and joined the local WI too!

It keeps me mobile and active, part hosting the sessions keeps the brain working and all the joints moving.

Seeing the wider family on Facebook and Zoom sessions connects to the netball family!

Joan Girling
Clowne WN



What Netball means to us!

I first found netball when I was 7/8 years old! I was hooked! In my view, life without netball would never be the same! From junior, high school, club, county, regional. Representing Leicestershire every season (apart from 1997 because my daughter Francesca was born). All the way through until the final one in 2004.

My journey Roundhill, Bushby/Roundhill, Quorn/Harriers, (still running), Regional league TFC and Charnwood Sapphires, Hawks. Thousands of games, tournaments.....

As a player, umpire, coach, manager! Netball has been such a prominent feature in my life! It has been an positive, exhilarating, motivating, satisfying, wholesome, wonderful, immeasurable, friendly and inclusive.

To my netball family, whoever, wherever, I would like to say a huge THANK YOU! It's been a blast! See you all soooooooooon

Caroline Orton

Hawks Netball Club



What Netball means to us!

I've gained so much from netball over the years; friendships, exercise, team spirit and whilst I rarely play these days, I've continued my involvement through volunteering. I enjoy doing my bit for Derbyshire and East Midlands netball. I also feel increasingly connected to England Netball, I've always been a member and I'm proud to be a supporter, I feel good about it. Not only has our national team had some great sporting successes but on the wave of that, they are becoming known sporting personalities and are seizing the opportunity to shine a light on important issues. Netball is not only a great sport but it's also becoming a force for good and it's great to be part of the movement.

Della Louch

Derbyshire Netball Chair and East Midlands Communications lead



Netball is so much more than just a game that we play, it's about the whole Netball experience with my Netball family. I started playing at school and quickly progressed to club level, there saw the experience grow my passion for Netball and everything it brings with it. It's great being part of the community from school, club and the wonderful experience I have had at Loughborough Lightning U15. My passion and experience continued through two visits to Disneyland Paris playing in their Netball tournament. The experience and fun that we had by being together as a team playing the the tournaments (where we came 1st in 2017 and 2nd in 2019) and being able to share the magical experience in Disney with my team

Katie Beardsmore

Bingham Bullettes Netball Club and Loughborough Lightning Performance Pathway



Competitions

England Netball laid out their timescales for the completion of this year's national competitions. This included the Premier League, U14 and U16 National Clubs and planned for these to take place if it became safe and appropriate to do so before the end of the membership year. In light of the recent government's announcements, it has become apparent that these timescales cannot be met and it is with great sadness that we announce that all national and regional competition for this playing season has been cancelled.

NATIONAL EVENTS

- Completion of Premier League– Competition concluded by applying 'Average Points'
- Premier League Play offs – Cancelled. There will be no promotion/relegation between the Premier League and the regions this season
- U16 National Club Finals – Cancelled
- U14 National Club Finals - Cancelled

REGIONAL EVENTS

- Clubs High 5's - Competition cancelled
- Clubs U12s - Competition cancelled
- Regional Qualifying round of the U14 National Clubs - Cancelled
- Completion of the U16 Junior League -Competition concluded by applying 'Average Points'
- Completion of the Regional League -Competition concluded by applying 'Average Points'
- Regional League Play-offs – Cancelled. Promotion/relegation will operate on a 2 up/2 down system between Divisions 1/2 and between Divisions 2/3
- Regional League Qualifying Tournament– Cancelled. There will be movement between the Regional League and the counties.
- U14 Junior League 2020/21 Qualifying Tournament– Competition postponed. New date to be advised
- U16 Junior League 2020/21 Qualifying Tournament– Competition postponed. New date to be advised

Competition league for next season will be...

DIVISION 1	DIVISION 2	DIVISION 3
Northants Storm 1	Sleaford Barge	Brigg
Southgate	Nottingham Knights	Lincoln City 2
Hinckley Hurricanes	Cliftonettes 1	TFC Leicester Too
Charnwood Rutland	Grasshopper 1	Grasshopper 2
Nottingham City Aces	Northants JMs	Sleaford Barge 2
Lincoln City 1	Falcons Yellow	Nottm City Comets
Notts Sirens	Cliftonettes Navy	Louth
Bridgford	Northants Storm 2	Ripley

Junior League Winners

U16 regional results!



Long Eaton
U16 regional
winners



Nottingham City Jays
U16 regional
runners up

U14 regional results!



**Charnwood
Rutland**

U14 regional
winners



Northants Storm

U14 regional
runners up

Congratulations!

News around the counties

Market Harborough Youth Netball Club

By Julia Trapp



The spirits of Market Harborough Youth Netball Club have been lifted with the start of LIVE sessions! As soon as we were given the go-ahead from England Netball, we began to run socially distanced training sessions outside in groups of 5 players and a coach. We have had to come up with new drills and ideas that engage the players and develop the skills of netball – passing, catching and defending, without passing a ball or getting within 2 meters of anyone else.

Week on week we have filled our sessions, training up to 75 players each week in pre-planned timed sessions, grouping the players into similar levels. The coaches are running fun sessions and are seeing huge smiles at the end of the sessions from players & parents alike. The sessions are increasing fitness, ball skills, fast-feet, movement and hand-eye-coordination, as well as providing a safe environment for face-to-face interaction in a sport these athletes all love. In addition, we have been running live Facebook and Instagram fitness sessions weekly, especially for those who are still required to shield but available to all, focused on different areas of fitness each week with hundreds of views each week.

The face-to-face sessions are being run out of season and free of charge for all members signed up to Market Harborough Youth Netball, with an optional donation to Young Minds, a charity, who are committed to improving children's wellbeing and mental health. We have raised close to £300 so far!

News around the counties

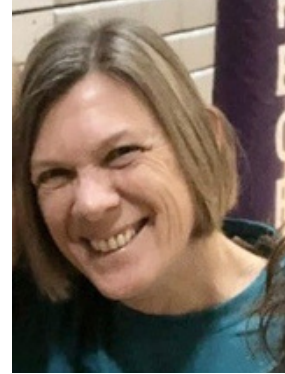
Derby Arena Walking Netball Group

By Mary Yardley

The Derby Arena Walking Netball Group has continued to hold its weekly Zoom meetings since the last actual session on 16th March. The group has only had a break of one week (Spring Bank Holiday) and there are usually between 14 and 20 participants logging on.

Our host, Pauline, has become a competent quiz woman; although some of us find the questions difficult and challenging! Alongside this, various tasks have been set. One very useful task was to name three things – for example ingredients, cleaning products, useful gadgets, recipes etc that members would recommend. The What's App group has also been very active with news, jokes. Videos and Birthday wishes being posted.

The most recent task was to highlight 3 positives from Lockdown and below is Pat's story.



We celebrated our birthdays in March & as we had a few special holidays booked we decided no birthday gifts but then lockdown came & my kind husband bought me a netball post.

Each morning we would go out walking & most afternoons I would have netball practice. I imagined all my netball chums were with me! "Push that ball up" I could hear Pauline say!

"Good shot, Pat" or "unlucky" says Mary!! Brilliant fun!

A mixture of good weather, walks & netball shooting all helped me through lockdown. It made me tired physically but also helped me to relax.

I regularly scored 10 goals in a row & increased that to 21 in a row which is currently my top score, though I am determined to hit 25!!

I can't wait to meet up with all my netball friends & have a real game!!

News around the counties

World Rainbow Day with the Lincoln League

By Kate Hall

East Midlands leads the way in thanking thousands of incredible people on 'World Rainbow Day' with the help from one of the Lincoln League members. Kate Hall, from Scarlets Netball Team, has been instrumental in helping to organise 'World Rainbow Day'. Originally an idea thought up by her dear friend's daughter, Tilly, which has since developed into what will be a truly special day for all involved.

'World Rainbow Day' Remembering Extraordinary

People 'above & below the clouds' is on the 2nd October 2020. A day led by children to encourage everyone to wear beautifully coloured clothing in rainbow shades, worn as a symbol to pay tribute to our incredible key workers and to all the other wonderful people within our communities that have provided support, including the thousands of volunteers that came forward, the vast number of groups and new initiatives set up to offer assistance, the charities and organisations that went the extra mile and the many friends and neighbours who shopped for each other.



'World Rainbow Day' is a special event to say a huge thank you and remember all of those extraordinary people who came together to help during these truly unprecedented times.

A symbol to also show our love to the many, many heartbroken families that have sadly lost loved ones to Covid-19. Those very special people that are now above the clouds who we will never forget.

It will also hopefully provide a unique day for schools to encourage children to talk about their feelings and share their experiences during this period and to learn more about all those truly remarkable people who came together to support one another.

To learn more about how to be involved in 'World Rainbow Day' please visit www.worldrainbowday.org

It would be wonderful if you would like to join Kate and take part in this truly special day x

News around the counties

Stiletto Netball Club

By Mary Yardley

Some members of Stiletto Netball Club, Derbyshire have been training in groups of 6 for the last few weeks. One of the team, Lucy, has persuaded her father to let them use one of his barns until harvest time. They have really missed netball and each other so have thoroughly enjoyed the sessions.



Stamford & Rutland Netball Club

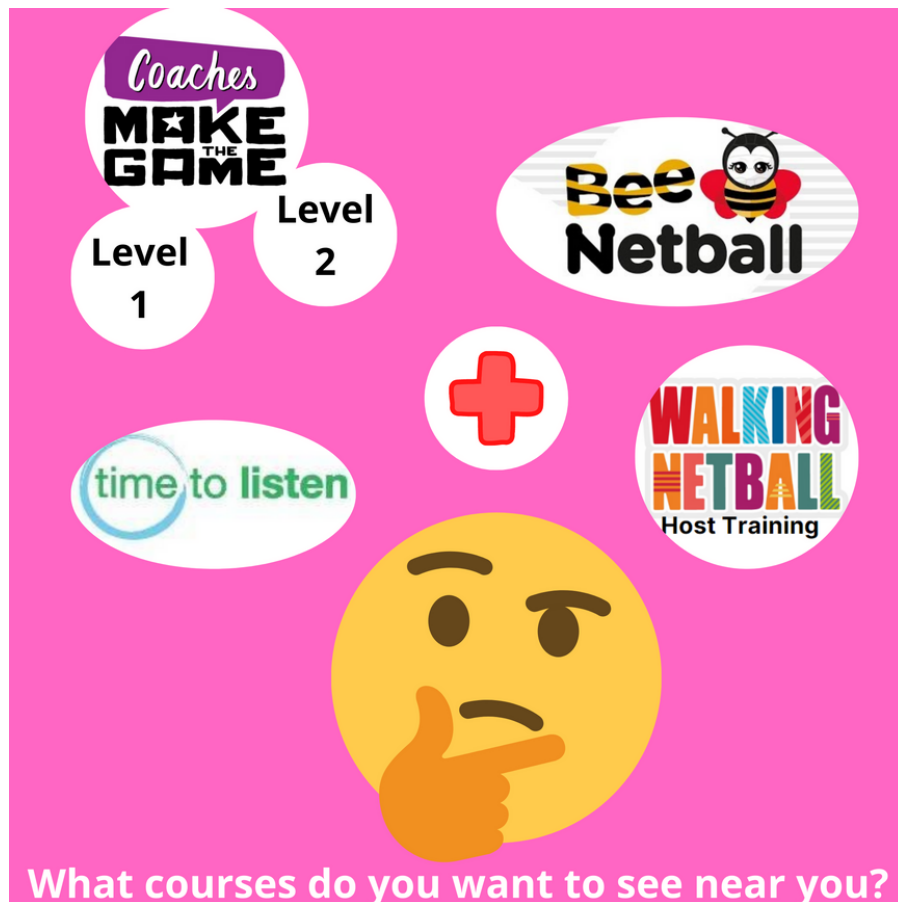
By Jo Coulter

We had a long break from netball during lockdown but as soon as small groups were allowed we jumped at the chance to get back together again! Coaches split over three venues and ran 30 minute slots over a few hours for one evening a week, ages from 7 through to 16, and wracked their imaginations to come up with a range of netball-related fitness drills that would engage our members.

Everyone was asked to bring their own ball and while the younger ones focused on fun ball skills and energetic socially distanced games, the older girls were put through their paces with cardio fitness and plyometrics. The great feeling of being back together could not be dampened by the lack of passing drills or actual netball!



Coaching



Calling all current and ASPIRING coaches! Let us know what England Netball or CPD courses you want to see near you once we are back on court, complete our expression of interest forms on the East Midlands Netball website below
England Netball Level 1 and 2 coaching courses [here](#)
CPD Courses [here](#)

Game Sense Workshop

This virtual workshop aims to equip coaches with the knowledge and understanding of game sense and it's key principles. It will enable you to apply game sense into your coaching practice with confidence. It's ideal for Level 2 coaches and above, particularly those coaching in clubs and/or in the performance pathway who are keen to develop their understanding of game sense and its framework. Follow the link [here](#) to book on.

Loughborough Lightning

Loughborough Lightning NSL



@LboroLightning



@LoughboroughLightning



@LboroLightning

Learn with Lightning

Take a look at the Learn with Lightning virtual sessions [here!](#)



A netball player in a red and purple kit, labeled 'GK', is jumping high to catch the ball. Other players in blue and white kits are also visible on the court.

LEARN WITH LIGHTNING
VIRTUAL SESSION

FUNDAMENTALS

Understand what skills we look for at selection, the routes into our Lightning Academy and how to identify netball potential in a young athlete from any sport.

Weekly Tutorials Online
FREE



Two netball players in purple kits are sitting at a desk, looking at a laptop screen. They appear to be analyzing footage.

LEARN WITH LIGHTNING
VIRTUAL SESSION

PERFORMANCE ANALYSIS

Learn how to analyse your training and match footage and use the knowledge to improve your game!

Weekly Tutorials Online
FREE

Loughborough Lightning

Loughborough Lightning NSL



@LboroLightning



@LoughboroughLightning



@LboroLightning

Loughborough Lightning Players that have been selected for a
Vitality Roses programme agreement for the 2020-21
international season



Vicki Oyesola GD/WD/GK

Natalie Panagarry
C/WD/WA (Captain)



Jess Shaw WA/C/WD

Loughborough Lightning

Lightning Academy Trials



@academy_lborolightning



@Lightning_Acad



All triallists will be required to register online in order to book their place at their preferred trial. Registration will go live in the near future so please keep your eyes peeled on Loughborough Lightning website [here](#) and also Lightning social media for more information. All details for trials (for example date of birth eligibility for players to ensure they trial for the right the right age group) will be on the website when trials registration goes live

NPL

U21 NPL Trials - Thursday 15th October

U19 NPL Trials - Tuesday 6th & Thursday 8th October

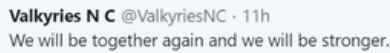
LIGHTNING ACADEMY

Lightning Academy U15 - Saturday 10th October

Lightning Academy U17 - Sunday 11th October

Please note: Lightning U15 & U17 Competition squads will be selected at a later date from athletes within the Lightning Academy 20/21.

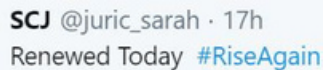
Thank you for all your support!



Valkyries N.C. ❤️ Netball and will support @EnglandNetball all the way! So many players have already brought their membership 🙌

YouTube video thumbnail for 'RONGI' featuring a basketball player in a blue jersey. The text 'WILL BE BACK' is visible at the top, and '#RISE' is at the bottom right.

#RiseAgain
youtube.com



Together, netball will #RiseAgain.

Join the movement and pledge your support 🍌



Just renewed my @EnglandNetball membership. Offset by the £10 I'll save on my Eat out to Help out dinner later this week to do my bit and make sure netball can #RiseAgain



Get behind the movement and together we will help the netball family
#riseagain



Very emotional watch can not wait to be back on the court with both @ntunetball & @Lightning_Acad Netball definitely not just a job for me and we all need our sport back bigger & better! #RiseAgain #wereweleftoff ❤️



Who's ready to see Netball **#RISEAGAIN** ?



England Netball (at @EnglandNetball · Aug 3



Here if you need! Let's do this! Goosebumps all over! get your affiliations in!
Let's get this game we love back on the map and back on the court again!
💜⚡️🏐🙌🏽🙌🏽 #riseagain @Lightning_Acad @LboroLightning
@EnglandNetball



#RiseAgain @EnglandNetball

Got goose bumps watching this. Cannot wait to be back on court both as a player and as an umpire 🙌🏻🏆🏃🏻

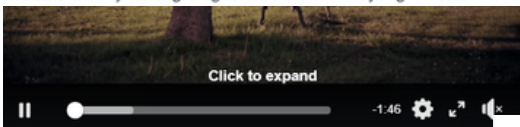


Are we ready...



3 August ·

Really missing netball 🥲 Miss the sweat, the challenges, the on court scraps for the ball, the last minute goals, the ups, the downs but most of all miss the belly aching laughs with our Monday night netball family 🤝❤️



60,606 Views

England Netball

Together, netball will [#RiseAgain](#).

3 August · 

To all my netball family out there... our sport needs us! Let's renew and rise again!



7 August · 🌐

If you know me, I eat, sleep and breathe Netball. It is a massive part of my life and I wouldn't have that without England Netball. I love this sport and I pledge to support them when they need it as they did and do for me.

If you love this sport, if you play b2n, league level, higher level, junior, bee, walking, any kind of netball. Lets come together and help England Netball like it has helped us in so many way 😊



3 August · 🌐

I have just renewed my membership for 20/21. Please show your support
by Netball Association by doing the same. We are all
together we will come back stronger.



Meet the Team...!!!



Zoe Mitchell

Midlands Partnership Manager

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