October saw for the first time ever the introduction of the new ‘Fast Net Rules for the World Series. The innovative rule changes in the new format tested the fitness, technical ability and tactical awareness of the best players in the world. Each game was played over four, six minute quarters and was a high energy, awesome spectacle.

The series involved the world’s top six netball nations, England, Australia, New Zealand, Jamaica, Samoa and Malawi. Turn to page 4 to see match report and results.

This season will see a new Lightning Team captained by England’s Jo Harten. See the Loughborough Lightning page for the latest news.

**Fast Net, Superleague & the end of an exciting year for Netball East Midlands**

**An end to a good Year for Netball East Midlands...**

Netball East Midlands ends a successful year with our very own National Goalden Globes winner; Carol Spencer, Newly Appointed England Netball Director; Andy Borrie and a full strength workforce continuing to support and develop netball in the East Midlands.

England Netball East Midlands team now operates with 5 Netball Development Officers who join Regional Manager Hayley Peel, Regional Co-ordinator Kelly Walker, Rosie Port, Regional Excel (Talent) Coach.

**Message from Hayley Peel & Sue Collin**

“Thank you to everyone for all your support, time and work this year and enjoy the break over Christmas and New Year”
Club News from Northants......

Congratulations to:
Futureprint Under 16 Netball Team were nominated for TEAM OF THE YEAR AT NORTHAMPTONSHIRE SPORTS AWARDS!!!

Futureprint also won the Northampton Under 16 League unbeaten and went through to the National U16’s final.

Two of Futureprint's players have been part of the East Midlands Excel Programme and for another Senior Club. Amongst the team are players who have gone on to progress to taking their coaching award. Another two players have now passed their Umpire ‘C’ Award and all of this combined with a very hectic year at school studying for their GCSE’s.

Club News from Nottinghamshire’s Bramcote Netball Club

Bramcote Netball Club Celebrates it’s 2nd Birthday
January 2008 saw the launch of Bramcote Netball Club, started up by three friends, two of whom previously played competitive netball for another club in Nottinghamshire. The idea to start up a club in the area was discussed initially in a light hearted way. But after further discussions, they all agreed to give it a go.

Vicky Hilton said ‘We have now three established squads of players and are delighted with all of our successes on and off the court, which is down to our dedicated players who turn up to play in all weathers, and all our volunteers who help organise social events, umpire and co-ordinate different activities for the club. We pay for a coach to come as often as she can, on the nights she isn't able to we organise it between ourselves and try to vary it as much as possible with netball skills and fitness and ensuring it is always fun! Our main achievement has been getting women back to playing netball after having a break for a variety of reasons including having children, moving house and just giving them the confidence to start playing a sport they loved to play when they were at school and to play in a friendly mixed ability club’.

Two years on Bramcote Netball Club have many achievements on the court:

• 3 times winner of the Two Counties Tournament
• 1st place in division two at the John Birch 5-a-side league (it was the first time at 5-a-side!)
• 2nd in division 2 Nottinghamshire Netball Association summer league
• First in the Sunday Nottinghamshire Netball Association Division two Winter League promoting us to the Division 1 for the remainder of the season
• Won five out of our six games in the West Park Netball league
• Currently top of Division 2 in the Nottinghamshire Netball Association Saturday league

Congratulations and Well Done to Bramcote Netball Club!

If you are interested in joining Bramcote Netball Club, please email netball@bramcotehills.com, or you can text / call on 07546 585184. Training is on Tuesday evenings at Bilborough College from 8.00pm until 9.00pm.
Regional News....

Regional Excel Squad Announced
Trials were held during October for Regional Screening Day, whereby Under 17 girls from each of the 5 counties in the East Midlands attended. Regional Excel Programme is the next progression from County Academy, providing a comprehensive coaching programme which enhances technical and tactical development thereby allowing players to refine these skills within their club and club competition environments. The girls will attending training sessions coached by Rosie Port, Bev Burnham and Val Kindred.

Congratulations and well done to the following girls who made the squad:

Amelia Oakman  Charnwood Sapphires
Maria Acierno  Charnwood Sapphires
Mia Baker  Charnwood Sapphires
Saadia Hassan  Charnwood Sapphires
Amy Leach  Charnwood Sapphires
Deanna Cooke  Wirkworth N.C
Elisha Cooper  Pennine
Jessica Smith  Pennine
Katie Sheldon  Southgate/Long Easton
Nicole Bailey  Allestree
Emily Turgoose  Brigg & District
Georgia Blessed  Lincoln City
Lynsey Cover  Lincoln City
Sarah McAnallen  Nottingham City

Beth Newman  Barge & Bottle
Emily Marshall  Brigg & District
Hannah Mills  Brigg & District
Laura Maloney  Lincoln City
Natalie Simpson  Lincoln Imps
Kimberley Pratt Brigg
Celish Van-Renbury
Clarke Drakeford
Daisie Torpey
Emma Laurie
Harriet Frost
Isobel Sayer

Congratulations to East Midlands Andy Borrie on his appointment as a Director For England Netball

Andy Borrie was appointed to serve as a Director on the England Netball Board, until the next AGM in September 2010. Andy who also sits on the East Midlands Regional Management Board said "I am absolutely delighted to have been asked to join the Board. The invitation to join the Board came 20 years to the month after I first worked for England Netball and I have enjoyed every minute of my time working in the sport. I will relish the opportunity to help drive the sport forwards and get it the recognition and profile it deserves."

Congratulations to Andy on his appointment

Have you got a good news story to share?
Contact Kelly Walker on:
Tel 01509 226753
Email: eastmidlands@englandnetball.co.uk
January 2010

International News.............

World Test Series Results 9th - 11th October 2009

Samoa 16 v **England** 36  
Australia 31 v Jamaica 26  
New Zealand 27 v Malawi 22  
**England** 24 v New Zealand 21  
Samoa 22 v Jamaica 30  
Malawi 19 v Australia 31  
Jamaica 28 v New Zealand 37  
Australia 25 v New Zealand 22  
Malawi 33 v Samoa 16  
Jamaica 24 v **England** 27

Australia 37 v Samoa 18  
**Malawi** 22 v **Australia** 33  
Samoa 14 v New Zealand 34  
Malawi 25 v Jamaica 30  
**England** 25 v **Australia** 19  
**England** 22 v Jamaica 33  
Australia 17 v New Zealand 27  
Malawi 28 v Samoa 20  
Australia 23 v **England** 18  
Jamaica 27 v New Zealand 32

Final Placing’s:  
1. New Zealand  
2. Jamaica  
3. Australia  
4. **England**  
5. Malawi  

The Co-operative International Netball Series 2010  
**England** v **Australia**

Netball East Midlands is proud to announce the return of ‘The Co-operative International Netball Series’ to the Trent FM Arena in Nottingham, on Sunday 21st February 2010. For the first time, the world’s top netball teams are heading to the Echo Arena, Liverpool and they will also be returning back to the The 02 Arena and Trent FM Arena.

**TRENT FM ARENA NOTTINGHAM - Book Now!**  
Tel: 08444 124 624

- Adult full price **£20**  
- Adult member **£17**  
- Junior full (under 16s) **£12**  
- Junior member (under 16s) **£10**  
- Family of 4 (2 adults and 2 juniors) **£52**

www.englandnetball.co.uk/international

*SPECIAL OFFER for all three venues- Buy 9 Junior Tickets get 1 Adult ticket FREE!*
After a successful ‘Coach Sharing Day’ in March, Rosie Port, Regional Excel Coach organised yet another successful sharing day at the Netball Badminton Centre in Loughborough during October.

The day saw over 40 women and girls participate in skills, drills and listened to coaching tips from Sue Hawkins, England National Coach. Regional Excel Coach Rosie Port said ‘it’s a great way of not only learning new skills but being able to share ideas and techniques with other coaches’.

The Sharing Days are open to any coaches within the Region and offer a chance for coaches to share ideas, observe sessions from guest coaches and gain support from the Regional Excel Coach and each other. For more information on Sharing Day’s please visit the Regional website: www.eastmidlandsnetwork.co.uk

New Year, New Look for Netball East Midlands...........

‘This year Netball East Midlands is raising the profile of netball with it’s exciting ‘new look’. This is the first of the Quartley Newsletters in the new purple design. You will also see the same design on flyers and promotional materials with a newly designed website which will be launched in March 2010.

The East Midlands Netball Association and Netball East Midlands worked alongside an organisation called ‘Pro Help’, who work with over 600 professional firms committed to making a difference in their local community by providing free advice and professional support. Pro Help assigned John Day, who volunteered his expertise to increase the recognition and profile of netball. John put the region in contact with a company called ‘Big Communications’ who specialise in advertising, design, direct marketing and fully-integrated brand campaigns, to redesign our newsletter, flyers, promotional materials and the East Midlands website.

East Midlands Netball Association and Netball East Midlands would like to thank ‘Pro Help’ and ‘Big Communications’ for their help and support. Special thank you to John Day for his hard work and commitment in raising the recognition and profile of netball in the East Midlands. For more information visit::

www.bigcommunications.co.uk

www.bitc.org.uk
Courses - Coaching

UKCC Level 1

Leicestershire
13th & 14th March, 10th April 2010, Soar Valley College, Leicester, 9-6pm. £170

Derbyshire
27th & 28th February, 27th March 2010 Derby Moor Community Sports College / West Park School (27th March only)
9-6pm. £170

UKCC Level 1 Course dates from April 2010 – March 2011 soon to be confirmed.

UKCC Level 2

Netball East Midlands will be running 3 UKCC Level 2 courses from April 2010 – March 2011. Course dates will be available soon.

UKCC L3 – Taster Course – Free

It is recommended before you attend the taster session before booking onto the UKCC L3 course. Please contact Emma Walker on 1462 442344 ext 122 to confirm your attendance on a taster session.

15th February 2010, 10-4pm, Loughborough University, Netball and Badminton Centre, Loughborough

UKCC Level 3

1st & 2nd May, 26 & 27th June, 17th & 18th July 10, 4th & 5th September 2010, Soar Valley College, Leicester.

For more information on UKCC courses and booking forms please visit:

www.englandnetball.co.uk/coaching

Want to become a tutor?

England Netball is inviting qualified Level 2 coaches to join their tutor and assessor work-force to deliver the UKCC Level 1 & 2 qualifications.

Tutor Training Dates

Holiday Inn, Taunton 23rd & 24th January & 6th February 2010
The cost for the courses are £300 per person

England Netball do provide a pay back scheme.

Download a booking form from

www.englandnetball.co.uk/coaching/tutorassessortraining

Courses - Umpiring

‘C’ Award Umpiring Course

27th February 2010, Soar Valley College, 10-4pm, £25 pp
Contact Kathy Stripp on kathyandpercy@btinternet.com or visit www.lcna.co.uk
The CAPs Accreditation is going through an exciting transition and has been updated with new logo’s and additional criteria to continue to maintain a high quality standard for netball Clubs. Clubs will be rewarded with vouchers as part of the CAPS incentive scheme.

In order to support the transition with the additional criteria, Netball East Midlands is offering support to newly registered clubs, clubs who have registered and working towards CAPS and Clubs who already have Bronze, Silver or Gold Accreditations. The next step is to

New Clubs wishing to register for CAPs - download and application form from www.englandnetball.co.uk/clubs/CAPS

Working towards CAPs Clubs - Should have received information from the Regional Office, contact your Netball Development Officer for advice and support (see last page for details)

CAPs Accredited Clubs - Should have received information from the Regional Office, contact your Netball Development Officer for advice and support (see last page for details)

Complete additional criteria and submit to the Regional Office by 30th April 2010,

New Deadline for CAPs Assessments:

Friday 12th February 2010
Friday 14th May 2010
Friday 13th August 2010
Friday 12th November 2010

CAPS’s Courses....

Club For All - Optional for Clubs to attend but not essential

25th Jan 10 Queen’s Park Cricket Pavilion, Derbyshire 6.30-9.30pm 01246 345 569

ScUK Safeguarding & Protecting Children

26 Jan 10 Bosworth Sports College, Leicester 6.30-9.30pm 01509 226745
30 Jan 10 Crown Hills Community College, Leicester 12.30-3.30pm 01162 739260
09 Feb 10 Etwall Leisure Centre, Derby 6-9pm 01283 228752
03 March 10 The Willison Centre, Roade, Northants 6.30-9.30pm 01604 864581
03 March 10 Grimsby Institute, Lincolnshire 6.30-9.30pm 01472 267404

Equity In Your Coaching

21 Jan 10 Kettering Golf Club, Kettering, Northants 3-6pm 01604 236976
30 Jan 10 Crown Hills Community College, Leicester 9-12 noon 01162 739260
27 Jan 10 Moorlands House, Staffordshire 6.30-9.30pm 01785 619695
Funding Update

Netball East Midlands wishes to support their affiliated members by providing course subsidies and mentoring opportunities to help develop coaches and umpires across the region.

Eligibility:
- Up to 50% subsidy is available towards UKCC Level Two
- Up to 50% subsidy is available towards UKCC Level Three
- Up to 50% of A and B Umpire courses and test.
- Up to 50% for accreditation and re accreditations for umpire tutor and tester courses

Please note if you would like funding for a UKCC Level 1 / C Award courses contact your County Association for information on funding that can be gained through the Association or other organisations within the county.

If you are unable to gain funding through your county please email: eastmidlands@englandnetball.co.uk

Next deadlines for applications are:
1st March 2010
1st May 2010
1st July 2010

Useful Funding websites:

National
www.sportengland.co.uk/funding

Regional
www.fundingindex.co.uk

County
Visit your County Sport Partnership website for updates on funding programmes in your County.

Derbyshire: www.derbyshiresport.co.uk
Leicestershire: www.lrsport.org
Lincolnshire: www.lincolnshiresports.com
Northamptonshires: www.northamptonshiresport.org
Nottinghamshire: www.sportnottinghamshire.co.uk
Jo Harten has been named as the new Loughborough Lightning captain following a community launch event held on Saturday 21st November. Lightning launched their season in style with a gala evening of entertainment hosted at Loughborough University and attended by more than 200 people.

Lightning’s players for the 2009/10 Cooperative Netball Superleague season were unveiled in front of a full house at the Netball Badminton centre. The evening also saw were two netball matches, a fashion show, dance displays, Q&As with the Lightning England players and a demonstration from the Royal Air Force.

Loughborough student Harten heads an up-and-coming Lightning team for the forthcoming season and follows in the footsteps of England players Olivia Murphy and Jade Clarke and who have captained the side since its inception four seasons ago.

Harten is joined by fellow England U21 squad members SJ O Sullivan, Katie Rose, Layla Guscoth, Alex Kirk and Michaella McFarlane as well as former England U19 players Masego Motaung and Jade Forbes-Wattley in the 15-strong squad that features eight Loughborough students past and present.

The team has an international flavour this year with Australia U21 invitee Rebecca White joining Loughborough in the mid-court.

Lightning started their 2009/10 Superleague campaign on Saturday 12 December away to Leeds. See below for results and fixtures.

Due to the adverse weather conditions three Loughborough Lightning matches have been cancelled and will be re-scheduled later on in the season.
Many thanks for taking the time to read this newsletter. We hope that it has filled you with some useful information. **WE WOULD LIKE TO HEAR MORE........................**

If you would like to RECEIVE or CONTRIBUTE to this newsletter or would like to add a photo please contact the editor Kelly Walker on eastmidlands@englandnetball.co.uk or post your information to our address.(please see below)

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**Newsletter Deadlines:**

30th March for April Issue  
30th May for July Issue  
30th September for October

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Many Thanks  
East Midlands Team

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**Regional Unit Contact Details**

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