

# NETBALL NEWS

## FOR THE EAST MIDLANDS REGION

April 2010



### New Year, New Look, New Website



You may have noticed the new look of the newsletter in the last issue? Netball East Midlands has been working in partnership with 'Big Communications' to develop new designs for all publicity.

April 2010 will see a brand new website, in this new design. The website will be launched on 19th April 2010. Don't miss it visit:  
[www.eastmidlandsnetball.co.uk](http://www.eastmidlandsnetball.co.uk)



Get fit, have fun and make friends at Back to Netball programmes taking place all over the East Midlands Region. Whether you've not played since school, new to the game or have not been playing for a few years then grab your trainers and get involved.

Turn to page 4 for more details

Save the date.....**Saturday 19th June 2010**  
**Regional Celebration & AGM**  
Goalden Globes, Loughborough Lightning and Regional Awards plus combined Counties Spot Light Match

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comes to  
Loughborough  
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Regional Celebration Event Saturday 19th June 2010



## News from around the Counties....

### News from Leicestershire.....

#### **Charnwood Sapphires celebrate at the annual Charnwood Sports Awards**

The inaugural Charnwood Sports Awards were held at the Town Hall, Loughborough on 2 November 2009

Charnwood Sapphires Netball Club were short listed for three awards.

#### **Congratulations go to:**

Kat Wats- Young Volunteer of the Year award

Lynn Moore - Coach of the Year award.

The club was highly commended in the Club of the Year award



**Lynn Moore -  
Coach of the Year**

### .....News from Derbyshire

Long Eaton Junior Netball Club (LEJNC) has been running for over 10 years offering high quality Netball training for girls and boys starting from Year 4. The club trains on a Sunday Morning at Friesland Leisure Centre, Sandiacre, Derbyshire from 9.30 – 11.00 on both indoor and outdoor courts. The club organise regular High 5 monthly tournaments for year group ages 4-6. The years groups 5-6 join in monthly tournaments at Bilborough College. The club have three teams in the Yardley league, which feed into the Derbyshire Satellite and Academy where talent is recruited for Regional training.

All coaches and volunteers are fully CRB checked and fully qualified.

If you would like more information on Long Eaton Junior Netball Club contact:  
Wendy 07929 670808 or Jo 07791975591

**Have you got  
A good news  
Story to share?**

Contact the Regional Office on:  
Tel 01509 226753  
Email: [eastmidlands@englandnetball.co.uk](mailto:eastmidlands@englandnetball.co.uk)

### News from Nottinghamshire....

In January England Netball teamed up with Nottingham City Council to put on a 10 week Back 2 Netball Scheme at Clifton Leisure Centre. The Back 2 Netball sessions were a part of the 'Learn how to play a new sport' scheme by Nottingham City Council. It allowed adults to try a new sport for just 50p!

The sessions, which are run by Helen Leach and Elizabeth Adams, are very popular and extremely successful. Each week they have roughly 12 ladies attending. There is a wide variety of ages and ability. The group hope to continue the training and are also looking at taking part in a tournament against a B2N group from Derby in a couple of weeks time.

The coach says, 'we get around 10 to 12 enthusiastic ladies every week, most of them haven't played netball since their school days.'

Comments from the evaluation forms:

*"Really enjoyed the people I've met and would pay up to £5 to continue" ( Deanna )*

*"Would like the sessions to continue, as it's been a lot of fun". (Victoria)*

Article submitted by: Helen Leach

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## Regional News....

### Regional Girls go to National Screening....

Well done to the following girls who are going forward to National Screening for the England National Excel Programme. Find out in the next newsletter how they got on.

Well Done...

#### Under 17

Lyndsey Cover  
Holly Abbott-Cragg  
Celish Van Rensburg

#### Under 19

Sarah McAnallen  
Laura Maloney  
Nicole Bailey  
Elisha Cooper  
Georgia Horn  
Rose Walker

## Regional Schools....

East Midlands Regional Schools Tournament – Saturday 30th January 2010, Soar Valley Netball Centre

The Qualifying Schools who are going through to the National Schools Competition are:

#### Under 19

Winners – West Bridgeford School, Nottinghamshire  
Runners Up – Trent College, Nottinghamshire

#### Under 16

Winners – Nottingham Girls High School, Nottinghamshire  
Runners Up – Tupton Hall School, Chesterfield, Derbyshire

#### Under 14

Winners – Stamford High School, Lincolnshire  
Runners Up – Wellingborough School, Northamptonshire

Congratulations to all the qualifying teams and well done to all those who participated, volunteered and supported yet another successful Regional Schools Competition in the East Midlands.

## Regional Clubs....

The Under 14's and Under 19's Regional Clubs tournaments took place on Sunday 28th March 2010 at the Long Eaton School in Derbyshire. Congratulations to the following Under 14 clubs who will go through to the National Finals in Manchester on 8th / 9th May 2010.

#### Under 14

Winners - Brigg & District  
Runners up - Northants JM's

#### Under 19

Winners - Lincoln City  
Runners up - Charnwood Sapphires

Under 19 National Tournament is open entry

For tournament results visit: [www.eastmidlandsnetball.co.uk](http://www.eastmidlandsnetball.co.uk) click on 'Competition'

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## Back to Netball

[www.englandnetball.co.uk/backtonetball](http://www.englandnetball.co.uk/backtonetball)



Back to Netball provides a gentle introduction to the sport for female players over sixteen years of age. Sessions are coach led and cover basic skill development and court play. The emphasis of these sessions is on learning new skills and having fun playing Netball with friends. Whether it is about rediscovering sporting abilities you forgot you had or about getting active, these sessions cater for all abilities.

### Leicestershire

#### **Back to Netball - Loughborough University Netball Centre**

Wednesday 6:30pm-8:00pm , 28th October 2009 ongoing

£3 per session

Loughborough Netball Centre - 01509226250

[forest.unit@lboro.ac.uk](mailto:forest.unit@lboro.ac.uk) or [sdcc@lboro.ac.uk](mailto:sdcc@lboro.ac.uk)

#### **Back to Netball - Thomas Estley School**

Thursdays 6-7pm , starting 6th May

£2 per session

Thomas Estley School, Broughton Astley, Market Harborough

Contact: Steven Scales: [s.scales@harborough.gov.uk](mailto:s.scales@harborough.gov.uk)

### Northamptonshire

Programmes coming soon - Contact [samantha.meade@englandnetball.co.uk](mailto:samantha.meade@englandnetball.co.uk)

### Nottinghamshire

Lammas Leisure Centre

Cost is £1.00 per session or £10.00 for 12 sessions, payable at the 1st session

Tuesdays 12.00pm - 1.00pm from 13th April

Thursdays 8.00pm - 9.00pm from 15th April

For more details contact - Carol Hallam 01623 457410 [c.hallam@ashfield-dc.gov.uk](mailto:c.hallam@ashfield-dc.gov.uk)

### Derbyshire

Tibshelf Sports College, Tibshelf, Derbyshire

Monday 25th Jan 2010 , 7pm until 8pm running for ten weeks pilot.

£2.00 per session

### Lincolnshire

#### **Back to Netball - Scunthorpe**

West Common Sports Hall, Scunthorpe

Mondays, 7pm - 8pm Monday 2nd November - Ongoing

Cost £2.80 per session

Lee Olivant [lee.olivant@northlincs.gov.uk](mailto:lee.olivant@northlincs.gov.uk) or call 01724 297298

#### **Back To Netball - Caistor**

Caistor Yarborough Leisure Centre

Wednesdays, 8.30pm till 9.30pm, March 3rd 2010 - May 17th 2010

Cost £3.00

Louise Key - [louise.key@englandnetball.co.uk](mailto:louise.key@englandnetball.co.uk)





## International News.....

### The Co-operative International Netball Series England v Australia



Loughborough Lightning's very own Jo Harten

#### Results:

1st Test - England 41 Australia 40  
2nd Test - England 48 Australia 53  
3rd Test - England 43 Australia 45

The 2nd Test was held at the Nottingham Trent FM Arena where England fought hard to try and make it a second win over Australia but fell 48 goals to 53, which left the last test all to play for at the 02 Arena in London.

In the final match Australia pipped England to the post with 2 goals making them 2-1 Winners of the test.

## Netball East Midlands says thank you to the Test Series Volunteers

A big thank you to everyone who volunteered at the Test Series in Nottingham at the Trent FM Arena. The snowy weather conditions didn't prevent the volunteers making their journey to Nottingham to volunteer as Ball Girls and Programme Distributors.

A big thank you to the Ball Girls who were from the Regional Excel Programme and also to the following clubs who volunteered as programme distributors: Allestree, Huthwaite and Grasshoppers Netball Clubs.



Ball Girls with 'CC' at Nottingham Trent FM Arena

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## International News.....

### Netball Europe U19 comes to Loughborough.....



#### Friday

England 88 Malta 11  
Wales 54 Scotland 28  
N.Ireland 12 **England 81**

#### Saturday

Malta 28 N.Ireland 45  
**England 71** Scotland 19  
N.Ireland 29 Wales 69  
Malta 25 Scotland 63

#### Sunday

Wales 70 Malta 20  
N.Ireland 43 Scotland 47  
Wales 17 **England 60**



	P	W	D	L	Goals	Goals Against	Position
England	4	4	0	0	300	59	<b>1st</b>
Malta	4	0	0	4	84	266	<b>5th</b>
N.Ireland	4	1	0	3	129	225	<b>4th</b>
Scotland	4	2	0	2	157	193	<b>3rd</b>
Wales	4	3	0	1	210	137	<b>2nd</b>



Laylor Gusgorth from Loughborough Lightning played for England Under 19's

## Netball East Midlands Says thank you to the Volunteers

#### Schools:

Leicestershire  
The Martins High School,  
Burleigh Community College,



#### Clubs / Groups:

Allestree Netball Club  
Charnwood Netball Club  
Nottingham City Netball  
Snowfinders Netball Club  
Corby Netball League  
ABACAS Sports Forum





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Save the date....

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## Coaching News..... Coach Sharing Sunday 11th July 2010



After two successful 'Coach Sharing Days' in 2009, Rosie Port, Regional Excel Coach is organising yet another successful sharing day at the Netball Badminton Centre in Loughborough on Sunday 11th July 2010.

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. Regional Excel Coach Rosie Port said 'its a great way of not only learning new skills but being able to share ideas and techniques with other coaches'.

**If you are interested in attending the Sharing Day contact:**  
**Rosie Port** [rosiep@englandnetball.co.uk](mailto:rosiep@englandnetball.co.uk)  
**Telephone: 01509 226 750**

## New workshops for Coaches coming to the Region soon....

England Netball have developed a new series of workshops aimed at providing club coaches / teachers who are regularly planning sessions with a better understanding of a specific area of player and game development, the toolkit required to analyse and correct technique and fresh ideas for building practices and sessions.

### Workshops:

- \* On the Ball - Essential Ball Skills for Netball
- \* Getting Physical - Strength and Conditioning for Netball
- \* Winning the ball - Essential Defending skills for Netball
- \* On the move - Essential movement skills for Netball
- \* Sharp Shooting - Essential shooting skills for Netball
- \* Activate - Essential Attacking skills for Netball

Information on workshop dates will be available soon on the regional website:

**[www.eastmidlandsnetsball.co.uk](http://www.eastmidlandsnetsball.co.uk)**

**New website  
Coming soon  
Watch this  
Space.....**

Save the date....

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## Umpiring News.....

**CONGRATULATIONS** to: Kate Stephenson who has gained her Netball Europe 'A' Practical Umpiring Award. Kathy Stripp Leicestershire County Netball Association Chair said " *we are delighted that Kate has achieved this award, with Kate gaining her award this has increased Leicestershire's 'A' award umpires by 50%, well done Kate*"



### 'C' Award Umpiring Course

24th April 2010, Soar Valley College, 10-4pm, £25 pp,

Contact Kathy Stripp on [kathyandpercy@btinternet.com](mailto:kathyandpercy@btinternet.com) or visit [www.lcna.co.uk](http://www.lcna.co.uk) for an application

## 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

17th and 18th July 2010 , 9.30-5.30, **Closing Date: 18th June 2010**  
Holiday Inn York, Tadcaster Road , York ,YO24 1QF

16th and 17th October 2010, 9.30-5.30, **Closing Date: 17th September 2010**  
Holiday Inn Solihull, 61 Homer Road ,Solihull , B91 3QD

29th and 30th January 2011, 9.30-5.30. Closing Date: **31st December 2010**  
Ramada Jarvis Hatfield , St Albans Road West, Hatfield, Herts, AL10 9RH

England Netball do provide a pay back scheme.

Download a booking form from [www.EnglandNetball.co.uk/coaching/tutorassessortraining](http://www.EnglandNetball.co.uk/coaching/tutorassessortraining)

## Coaching News.....

### UKCC Level 1

<b>Nottinghamshire</b>	Ashfield School, Kirkby in Ashfield	22nd & 23rd May, 13th June 2010
<b>Northamptonshire</b>	Unity College School, Northampton	17th & 18th July, 8th August 2010
<b>Lincolnshire</b>	Cherry Willingham School,	18th & 19th September, 9th October 2010.

### UKCC Level 2

<b>Leicestershire</b>	Shepeshed High School,	17th, 18th April, 15th, 16th May, 6th June 2010
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### 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](http://www.EnglandNetball.co.uk/coaching)





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## CAPS Accreditation.....



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 in line with Sport England's Clubmark scheme. New 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](http://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,

### Clubs Re-accrediting -

#### **Deadline for CAPS Assessments:**

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

## .....Congratulations to:

All achieved **Silver** CAPS for their 4 re-accreditation



Grasshoppers Netball Club  
Knighton Netball Club  
Futureprint Netball Club

## Courses for CAPS.....



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

20-04-10	Edge Childrens & Community Centre	6.30-9.30pm	01509 226 745
23-05-10	Pemberton Centre, Rushden, Northants	1.30-4.30pm	01604 236 976
14-06-10	Bishop Grosseteste Uni College, Lincs	6.30-9.30pm	01522 585 580

### **ScUK Safeguarding & Protecting Children**

10-05-10	Burton Road Community Centre, Nottinghamshire	6.30-9.30pm	01159 772 218
13-05-10	Braunstone Grove, Leicestershire	12.30-3.30pm	01162 333 164
23-05-10	Pemberton Centre, Rushden, Northants	10-1pm	01604 236 976

### **Equity In Your Coaching**

11-05-10	Oakham Cricket Club, Leicestershire	6.30-9.30pm	01509 226 745
13-05-10	Braunstone Grove, Leicestershire	9-12noon	01162 333 164
25-05-10	Etwall Leisure Centre, Derbyshire	6-9pm	01283 595 973

For more information on future workshop dates visit:

<http://www.sportscoachuk.org/workshops.php>

<http://www.runningsports.org>

(click on Workshop calendar)

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## Funding Update.....



### Shop till you drop for your club!

This year both Sainsbury's and Tesco's are running schemes which enable clubs with juniors to collect vouchers and exchange them for sports equipment.

#### **Tesco for Schools and Clubs Scheme 2010**

The Tesco for Schools & Clubs scheme enables UK schools and clubs to redeem vouchers from Tesco to purchase a variety of useful items, including sports equipment.

All netball clubs who cater for U18s and are affiliated to England Netball can take part by collecting vouchers when you, your friends or family shop at Tesco. Equipment such as netballs, netball posts, cones, bibs and much more are available so get collecting!

#### **Key dates:**

Friday 2nd July is the deadline for receipt of orders and vouchers, and the deadline for banking vouchers for use in 2010. No further vouchers can be accepted after this date. Orders will then be received in the Autumn Term (before November).

For more information on how to register your club, and to see what equipment is available see [www.tescoforschoolsandclubs.co.uk](http://www.tescoforschoolsandclubs.co.uk).



#### **Sainsbury's Active Kids 2010**

This year Clubmark Accredited Clubs can take part in Sainsbury's Active Kids 2010 so if your club has CAPS this applies to you! Register by phoning 0844 415 8440.

Visit [www2.sainsburys.co.uk/ACTIVEKIDS](http://www2.sainsburys.co.uk/ACTIVEKIDS) to register your club, browse the catalogue and make your wish list.

Vouchers can go towards equipment such as High 5 bibs and balls, netballs, posts, fitness and agility equipment and much more! View the catalogue on the website and search by sport or by the amount of vouchers you have to spend.

<http://www2.sainsburys.co.uk/ActiveKids/Catalogue/>

## **East Midlands Grant Scheme**

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](mailto:eastmidlands@englandnetball.co.uk)

Next deadlines for applications are:

1st May 2010  
1st July 2010  
1st September

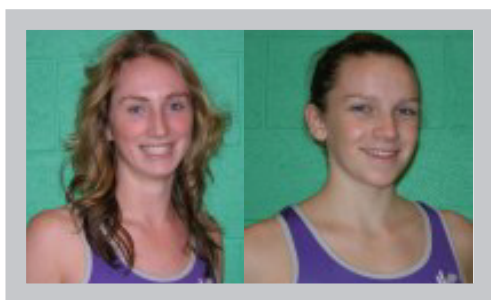
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## Loughborough Lightning News.....

[www.loughboroughlightning.co.uk](http://www.loughboroughlightning.co.uk)



Loughborough Lightning's Captain Jo Harten played in the International Test Series in Liverpool, Nottingham and O2 arena in London. Jo showed yet again great shooting for England but it Australia won the last match to win the series 2-1.



Sarah Jane O Sullivan and Jo Harten have been selected for the FENA Open which takes place on 24th - 25th April 2010...Good Luck Girls.



## Results & Fixtures

Lightning have 3 home matches left, come along and give your support.

Tickets can be purchased online:

[www.loughboroughlightning.co.uk/](http://www.loughboroughlightning.co.uk/)

£6 for adults  
£4 children and concessions

18 <sup>th</sup> January	Leeds Carnegie	Postponed
30 <sup>th</sup> January	Mavericks	L 25 - 43
6 <sup>th</sup> February	Celtic Dragons	W 37 - 34
11 <sup>th</sup> February	Surrey Storm	L 53 - 38
15 <sup>th</sup> February	Leeds Carnegie	L 50 - 58
6 <sup>th</sup> March	Team Bath	L 56 - 41
13 <sup>TH</sup> March	Glasgow Wildcats	L 47 - 37
20 <sup>TH</sup> March	Northern Thunder	L 39 - 47
27 <sup>TH</sup> March	Team Northumbria	W 49 - 34
29 <sup>th</sup> March	Mavericks (Away)	L 39 - 44
6 <sup>th</sup> April	Northern Thunder	L 37 - 56
10 <sup>TH</sup> April	Celtic Dragons (Away)	L 37 - 57
15 <sup>th</sup> April	Team Bath (Home)	
19 <sup>th</sup> April	Surrey Storm (Home)	
30 <sup>th</sup> April	Glasgow Wildcats (Home)	

**SAVE THE DATE...**  
Saturday 5th June

'Ladies Night' @ Holywell Park,  
Loughborough University



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Save the date....  
Regional Celebration Event Saturday 19th June 2010



## Deadlines & Contact Information.....

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 regional office on [eastmidlands@englandnetball.co.uk](mailto:eastmidlands@englandnetball.co.uk) or post your information to our address.(please see below)

### Newsletter Deadlines:

30th May for July Issue  
30th September for October

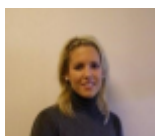
Many Thanks  
East Midlands Team

## Regional Staff Contact Details

**Regional Manager:** Hayley Peel  
Phone: 07970 059904  
Email: [hayleyp@englandnetball.co.uk](mailto:hayleyp@englandnetball.co.uk)

**Regional Co-ordinator:** Kelly Walker  
Phone: 01509 226753  
Email [eastmidlands@englandnetball.co.uk](mailto:eastmidlands@englandnetball.co.uk)

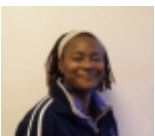
### Netball Development Officers:



**Derbyshire:** Hayley Bladon  
Phone: 07545 924 993  
Email [hayley.bladon@englandnetball.co.uk](mailto:hayley.bladon@englandnetball.co.uk)



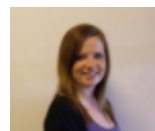
**Lincolnshire:** Louise Key  
Phone: 07545 924 994  
Email [louise.key@englandnetball.co.uk](mailto:louise.key@englandnetball.co.uk)



**Leicestershire:** Val Kindred  
Phone: 07540 126 816  
Email [v.kindred@lboro.ac.uk](mailto:v.kindred@lboro.ac.uk)



**Northamptonshire:** Sam Meade  
Phone: 07545 924 954  
Email [samantha.meade@lboro.ac.uk](mailto:samantha.meade@lboro.ac.uk)



**Nottinghamshire:** Nicola Thorpe  
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