

East Midlands Netball Newsletter

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eastmidlandsnetsball.co.uk

Summer
2021



Welcome to our Summer Quarterly Newsletter!

Keep up to date on all East Midlands news, including latest Covid-19 updates, regional news including AGM 2021 and Loughborough Lightning winning the superleague!

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SPRING 2021 ROADMAP FOR NETBALL

LAST UPDATED
16/06/2021



STEP 1 8 MARCH

NETBALL IN
SCHOOLS CAN
RESUME

STEP 1 29 MARCH

OUTDOOR NETBALL
FACILITIES CAN
REOPEN

ORGANISED
OUTDOOR NETBALL
ACTIVITY CAN
RESUME

STEP 2 NO EARLIER THAN 12 APRIL

INDOOR NETBALL
FACILITIES CAN
REOPEN

ORGANISED
INDOOR JUNIOR
NETBALL ACTIVITY
CAN RESUME

STEP 3 NO EARLIER THAN 17 MAY

ORGANISED
INDOOR ADULT
NETBALL ACTIVITY
CAN RESUME

STEP 4 NO EARLIER THAN 19 JULY

MODIFIED RULES
ARE REMOVED

TOURNAMENTS
CAN RESUME

THIS ROADMAP IS SUBJECT TO CHANGE AND WILL BE UPDATED AS DETAILED GOVERNMENT ADVICE FOR SPORT IS ISSUED

IF YOU ARE DISPLAYING ANY COVID-19 SYMPTOMS, YOU MUST NOT ATTEND ANY NETBALL ACTIVITY

Netball to move to Step 4 of the Roadmap

Thank you to everyone for your support in helping netball get back on court!

With the changing government restrictions, the Netball Family can now look forward to netball activity with fewer restrictions.

So, to enable the game on court to return to normal whilst still reducing the risk of transmission, we will leave in place some of the off court risk mitigations, for example sanitisation protocols.

Please keep up to date on the latest guidance - *Managing Covid-19 within Netball* [here](#).



Due to the continued prevalence of COVID-19, netball organisations must continue to complete the following actions before any netball activities:

- ✓ Complete a risk assessment and risk mitigation plan for each specific activity/venue. This must reference the ways in which COVID-19 will be managed.
- ✓ Appoint a COVID-19 Officer, or a lead who oversees the management of COVID-19, who should familiarise themselves with this guidance. For member organisations of England Netball, these individuals will continue to be supported with enhanced communications, resources and tools.
- ✓ Consider the fitness levels of players (at all levels). With many players having had months away from court, care and attention should be given to a careful and progressive return to minimise the risk of injury. Time must be allowed for all players to complete a full warm up and cool down before and after every netball activity.
- ✓ Have in place clear communications with those involved in netball activity to ensure they understand the guidance, particularly around isolation and symptoms of COVID-19.
- ✓ Continue to report to covid@englandnetball.co.uk when multiple cases (2 or more) arise in a single club, team, match or session within a 14 day period. This is so we can monitor the spread of COVID-19 and support when necessary

Memberships and getting ENgage ready for the new season

Following the email to golden role committee club volunteers on 2nd August, here is a reminder to clubs to check your Engage details before the start of the new membership year:

1. Is your club's address up-to-date in England Netball's online portal, ENgage?

Here's how to check

This should be an address that your club is happy to publish publicly in England Netball's Club Finder e.g. your club's main training venue

2. Are your club's bank details present and correct in England Netball's online portal, ENgage?

Here's how to check

These need to be present in ENgage even if you are collecting club fees independently

3. Do you need to register an additional County Netball Association this year?

Here's how to check the County Netball Association/s that your club is currently registered with

You can do this if one or more of your teams plans to compete in a tournament registered to a secondary county in order to comply with league regulations

4. Are you planning to make any adjustments to your membership schemes in 2021/22?

Here's how to check your club's current membership schemes

If you need to make any amends to your membership schemes for 2021/22, you can unlock tailored guidance by taking the quiz [here](#).

Loughborough Lightning Win VNSL!



Congratulations to Loughborough Lightning on winning the Vitality Netball Superleague!!

On Sunday 27th June, Lightning took on Team Bath at the Copper Box Arena for the VNSL Grand Final. An amazing game to watch especially with Team Bath's 5 titles under their belts. However this was no match to the skill that Lightning showed. By half time they were ahead 22-14, and continued to lead. If you were on court side or watching the live stream at home, we are sure you will agree that it was a well deserved win! Lightning took the game 49-32 and Beth Cobden was named Vitality Player of the Match!

Lightning Head Coach, Sara Francis-Bayman: "I think you could just see the outpouring of emotion and I think there are so many stories in this team: Sam May retiring, Beth Cobden coming back from a horrific injury which she suffered in a final, those guys who've been here for two, three final losses with Lightning, the guys who it's their first season, I think everyone there pretty much has got a story."

Lightning captain, Nat Panagarry: "We're just so happy, I feel so overwhelmed to be honest with so much emotion. We've been in a few finals and not got over that finishing line, just really proud of the performance we put on today."

Regional News

East Midlands Annual General Meeting

**EAST MIDLANDS
ANNUAL GENERAL MEETING
2021**

**TUESDAY 5TH OCTOBER 2021
7PM
VIA ZOOM**



CHECK YOUR EMAIL FOR DETAILS
QUERIES TO
EASTMIDLANDS@ENGLANDNETBALL.CO.UK

All East Midlands Members will shortly receive an email with further details and how to register.

Our thoughts go out to the family and friends of Ally Haycock who sadly lost her battle with cancer. She was a great volunteer especially in her role as a Technical Official. She was also awarded the East Midlands Long service award at our last Goalden Globe Awards for her dedication to our netball family. She will be sadly missed!



Coaching Courses

Supercharge your development in 2021/22 with access to member-exclusive pathways, including Level 2 Coaching courses that are available to book right now!

Level 2- Deans Sport and Leisure, Lincolnshire

Session 1 - virtual: 14 September 2021 (18:30 - 21:00)
Session 2 - virtual: 21 September 2021 (18:30 - 21:00)
Venue session - Saturday: 25 September 2021 (09:00 - 17:00)
Venue Session - Sunday: 26 September 2021 (09:00 - 17:00)
Session 3 - virtual: 28 September 2021 (19:00 - 21:00)
Assessment virtual Session: 20 November 2021 (09:00 - 13:00)



Level 2- Moulton College, Northamptonshire

Session 1 - virtual: 23 October 2021 (09:00 - 11:00)
Session 2 - virtual: 30 October 2021 (09:00 - 11:30)
Venue session - Saturday: 06 November 2021 (09:00 - 17:00)
Venue Session - Sunday: 07 November 2021 (09:00 - 17:00)
Session 3 - virtual: 13 November 2021 (09:00 - 11:00)
Assessment virtual Session: 15 January 2022 (09:00 - 13:00)

Level 2- Repton School, Derbyshire

Session 1 - virtual: 20 January 2022 (18:30 - 21:00)
Session 2 - virtual: 27 January 2022 (18:30 - 21:00)
Venue session - Saturday: 29 January 2022 (09:00 - 17:00)
Venue Session - Sunday: 30 January 2022 (09:00 - 17:00)
Session 3 - virtual: 03 February 2022 (19:00 - 21:00)
Assessment virtual Session: 26 March 2022 (09:00 - 13:00)



Level 1

Level 1 courses continue to be virtual, please check website for availability.

For more course booking information and to book all courses, follow link to England Netball website [here](#).

Courses

Coaching Workshops (CPD)

Walking Netball Host Training and Bee Netball workshops will be announced shortly, keep an eye on our social media...

Officiating Courses

C Award courses and Into Officiating courses continue to be virtual, please check website for availability.

For more course booking information and to book all courses, follow link to England Netball website [here](#).



News around the counties

Aspire win at the Yorkshire Netball Awards

By Karen Lawrence



The Aspire Elite Netball Academy which is based in Brigg in North Lincolnshire was recognised at the recent Yorkshire Netball Awards Evening for their fantastic 'Lockdown Initiatives'.

When lockdown hit for the second time, the Aspire netball academy had to suddenly change its program to keep members inspired and motivated and throughout the whole of lockdown offered a whole range of initiatives not only to the players but also for the coaches.

Many and varied Zoom sessions were offered with ball skills sessions and positional theory from the academy coaches + sessions on goal setting, video analysis and nutrition from the program partners.



Over and above this the magic happened and all on Zoom - with weekly fitness and Yoga sessions. Other fitness and ball skills Zoom sessions offered to the Aspire players included a session from Maias Netball with Loughborough Lightnings Captain Nat Panagarry and a NETFIT session with Australian player Sara Wall and even a Fitness Rave.

Q & A Zoom sessions were held with local Loughborough Lightning/England Roses youth academy players, with England Roses and VNSL players.

So, despite Covid and lockdown, this has still been a fantastic season, not quite what was envisioned at the start, but fantastic all the same. Massive thanks to Vanessa and her team for pulling this together.

News around the counties

Derby Arena Walking Netball Group



We're back!

With huge thanks to Tara Nelson whose determination and drive to get this wonderful group back on court was finally achieved on 21st June 2021 at Rolls Royce Leisure Centre.

The group had met most weeks on Zoom; (facilitated by Pauline Brasher and Mary Yardley) since their last session on 16th March 2020, so had kept in touch. They had also met a couple of times physically for socially distanced walks.

But nothing could match the last 3 sessions where the participants were like an excited group of youngsters – which they are at heart – having the chance to chat, catch up and show

that they hadn't lost any of the skills learned.

Tara, ably assisted by Pauline and Mary, has delivered some great sessions which is much appreciated by the group. It is difficult to capture the joy, enjoyment and fun that the group have experienced in the last 3 weeks.

Tara will continue until 26th July: the group will then have a break and hopefully get together again in September with Pauline and Mary back in their volunteer roles as hosts.

News around the counties

End of an era for Loughborough Netball

By LTNL Committee

Loughborough Town Netball League (LTNL) will never be the same again, as local legend Sue Jones has retired!

Sue has been on the LTNL committee for 40 years, becoming chair in 1994. Many ladies have served alongside Sue throughout her years on the committee. However, hundreds of players (and their offspring) have played with or against, or been umpired by Sue during this time.

As one child said recently: "Where's that lady that lives at the Leisure Centre?" Loughborough Leisure Centre was Sue's second home on a Saturday.



Elaine Spary and Sue Jones

Elaine Spary, newly elected chair of the LTNL said: "Sue has always led by example. The smooth running of the league has always been Sue's top priorities, over almost everything else. Words like dedication and devotion are overused these days, but not in Sue's case. She has shown enormous dedication to both the league and Shepshed Netball Club.

"Sue has always genuinely cared about making everyone's netball experience the best it could be through the years. Never afraid of standing up against behaviour not tolerated in the league, whether from teams, individuals or even spectators, when Sue walked into the leisure centre, everyone knew to be on their best behaviour!"

Speaking of her retirement, Sue said: "I have loved every minute serving Loughborough Netball and being part of Shepshed Netball Club. The league and committee are in a good place, so I feel now is the right time to step aside and let others run things. My final game, committee meeting and AGM were all incredibly emotional, and I have been overwhelmed by the gifts and good wishes from so many players and clubs. I wish LTNL all the very best for the future and, who knows, I may be back one Saturday to make sure bags are on the floor and bums are on seats!"

Elaine continued: "Sue's legacy is a strong, competitive league that will continue to flourish. She has been an inspiration to hundreds of people – who else do you know at the age of 71 that can play and umpire twice on a Saturday, and fulfil her committee duties?"

Sue has been given the honorary position of LTNL President, so the league can continue to benefit from Sue's wealth of knowledge and experience. If you would like to find out more about netball in Loughborough, visit www.facebook.com/LoughboroughNetball or www.ltnl.co.uk

News around the counties

BUCS Awards Shortlisting



Congratulations to Louise Hopkin, head of Nottingham Trent University Netball and U21 assistant coach with Lightning, who was recently shortlisted at the BUCS Awards 2021 for the 'Inspirational Coach Award'!

Boston Walking Netball Group



Boston Walking Group have found a new home at Boston College thanks to the Tackling Inequalities funding managed by Active Lincolnshire. The fund has enabled groups that have been impacted by Covid-19 to restart. Pre-Covid, the session was run successfully by The Princess Royal Arena which has now been repurposed as a vaccination centre and not able to deliver the programme currently.


The funding has enabled the group to book an alternative venue and a Walking Netball Host. The program is able to restart with 10 sessions booked at the Peter Paine Sports Centre Boston. Something they wouldn't have been able to afford to do without the fund to start them off.

The first session saw 19 ladies attend for lots of wiggles and giggles. Netball Development Officer Louise Key remarked 'The raw emotion, buzz, chatter and laughter in the room was joyful to see as so many of the ladies had not seen each other for many months.'

The Tackling Inequalities Fund is supporting Walking Netball across Lincolnshire. Click [here](#) to find out more about Walking Netball or find a session near you.

Loughborough Lightning

Lightning U19 win NPL with London Pulse

 @academy_lborolightning

 @Lightning_Acad



Congratulations to Loughborough Lightning's U19 team who have tied for first place with London Pulse in the U19 NPL! Further congratulations to Ella Bowen for being U19 player of the Season!

Lightning Academy Athletes selected

Congratulations to the following Lightning Academy Athletes selected for the Roses Academy U19 / U21 2021:

U21 Programme 2021	U21 Performance Competition Camp	U19 Performance Competition Camp
Alice Harvey Annabel Roddy Ella Bowen Hannah Williams Suzie Liverseidge	Alice Harvey Annabel Roddy Ella Bowen Hannah Williams (Captain)	Bethan Lount Georgie Brock-Taylor Millie Van Nierop Tabitha Tooms



WHERE HISTORY BEGINS



Congratulations to all the athletes at Loughborough Lightning Academy who have been selected for the England Roses Academy U19/U21 squads for 2021!

Loughborough Lightning

Job Vacancy



There is a current vacancy with Loughborough Lightning and Loughborough university for a Netball Programme Manager, more details can be found [here](#), closing on 8th August.

Informal enquiries to Sara Bayman, Director of Netball,
s.bayman@lboro.ac.uk



Meet the Team...!!!



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