

# East Midlands Netball Newsletter

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eastmidlandsnetsball.co.uk

April 2020

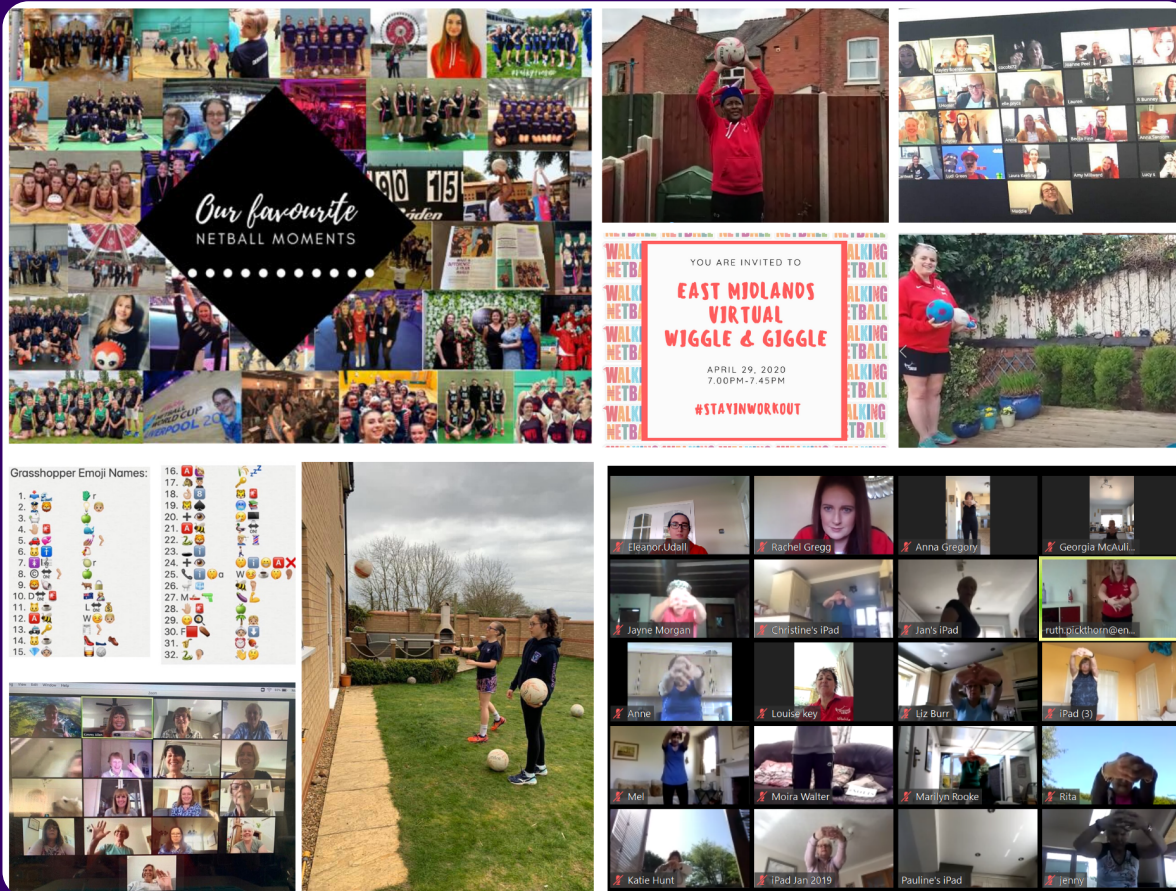


## East Midlands Team News

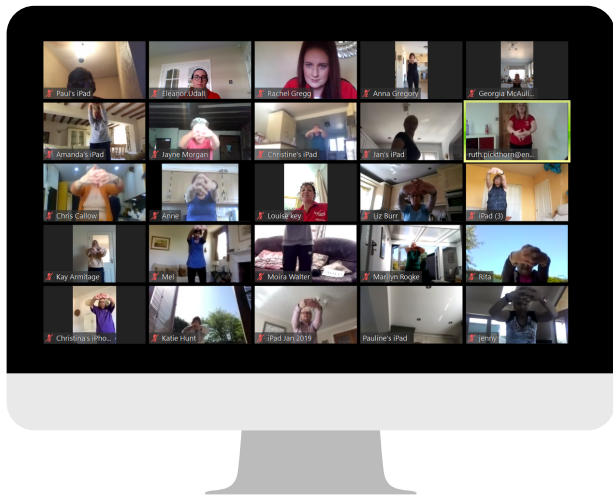
Welcome to our April Quarterly Newsletter! Firstly, my name is Eleanor Udall and I would like to say Hello as your new East Midlands Regional Coordinator. A big welcome also to Tara Nelson our new South Yorkshire and Derbyshire NDO.

### IN THIS EDITION

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# Going Virtual



It's a new time for Netball at the moment with us all being in lockdown. All of our events, competitions, tournaments and activities are postponed for the moment. However this has not stopped the netball family from staying connected with each other and remaining active. We have seen many Zoom catch ups, facebook videos, team Tik Toks, challenges and sharing our favourite netball moments. The pass the netball challenge got particularly competitive between Leicestershire and Lincolnshire, with Leicestershire coming out on top. So it has been great to see how positive, fun and connected you have been!

England Netball have also set up a Netball Vs Covid-19 group that has daily challenges and activities for you to do at home. You can follow this facebook group [here](#).



## East Midlands Virtual Wiggle and Giggle

A new virtual version of Walking Netball run by our very own Ruth Pickthorn! Full of various activities every Wednesday to stay home and be active, with of course a Netball theme, followed by a cup of tea and a catch up. The hugely successful first event saw over 90 walking netballers take part. More wiggle and giggle sessions are planned including a national one on 14th May so if you want to get involved, contact your local NDO or walking netball host for details and the access link.



# Going Virtual- Around the Counties

## Castle Donnington Netball Club

By Charlie Parkin



'After a very abrupt end to the season, and with two teams unable to finish their respective leagues the club were determined to not to lose impetus. The team stayed in contact over social media and our coach Rachel has been providing regular workout ideas, and ball skill drills, and Becca shared some interval training ideas.

The club were about to celebrate their 2nd anniversary and were very disappointed to have to cancel our awards evening. Not to be thwarted, Emma came up with the brilliant idea of holding a Zoom presentation night. 21 members joined us for a virtual awards ceremony, and a quiz. Whilst we are missing playing netball, our virtual club is keeping us in touch with each other whilst we are waiting for lockdown to be lifted.



# Going Virtual- Around the Counties

## Charnwood Rutland Warriors

By Beth Shine

'Charnwood Rutland Warriors have been working hard to ensure members of all stages can stay involved with the club and stay fit and active with a range of workout programmes and challenges including live technical sessions with their coaches.

Head Coach Sam Griffin and Club Coach Beth Shine have both ran live skills sessions from their gardens via Facebook Live. Players have just needed a ball, a willing volunteer (or not so willing in some cases!) and have been put through their paces. Over 50 members have tuned in to take part in the sessions with their coaches. As well as live skills sessions players have had live S&C sessions from their S&C coaches with the whole family getting involved.

Sam Griffin said: "We were really keen to make sure all our members stayed engaged and active, particularly the younger ones. You can't beat a coaching session but we hope with the live sessions we are offering something extra for our players, it helps give them a bit of structure and routine as we are running them on our regular training nights. It also means we are all ready to hit the court running when we are back playing."





# Going Virtual- Around the Counties

## Grasshopper Netball Club

Submitted by Kate Garner

Grasshopper Netball have been active in staying in touch with their members, especially over social media. We have completed pass the netball challenge within the club to look like we are passing it to each other. We're also collating all the miles we have either walked, run or cycled to get from Penzance to John o'Groats (827miles) and we have a weekly update from Hannah Wale who's coordinating this.

We've held our first ever online committee meeting which was a great success and maybe the way forward for some of our future meetings. Finally, we will be hosting a quiz night on Tuesdays are our usual match nights, so we thought it'd be a good idea to challenge our competitive sides in another way!

Grasshopper Emoji Names:



## Derby Walking Netball Ladies

Submitted by Mary Yardley



The Derby Walking Netball ladies meeting have started having Zoom calls to make sure they stay in contact with each other at the same time as they usually would on court. So fantastic to see everyone there for each other!

# Competitions

## Regional Round of the U16s National Clubs Held 8th March at Loughborough University

The top two teams from each county took part in a round-robin tournament to find the two teams to represent the region at the National finals on 2nd/3rd May. Due to coronavirus, it is not known when the finals will now take place.

The standard of the regional tournament gets higher every year and it is clear the future of the region looks assured. There were some very close fought matches and we wish both Cliftonettes and Nottingham City good luck at the National Finals.

### U16's Section

- 1 Cliftonettes
- 2 Nottingham City
- 3 Market Harborough
- 4 Sleaford Barge
- 5 Brigg
- 6 Long Easton
- 7 Charnwood
- 8 Northants Storm
- 9 Allestree
- 10 Northants JMs



# Competitions

## East Midlands Regional Schools Results



### Under 14

- 1 Oakham
- 2 Wellingborough
- 3 West Bridgford
- 4 Sponne
- 5 = Nottingham Girls High
- 5 = Loughborough High School
- 7 = Branston
- 7 = Caistor Grammar
- 9 = Chellaston
- 9 = Lady Manners



### Under 16

- 1 George Spencer
- 2 Nottingham Girls High
- 3 Oakham
- 4 Repton
- 5 = Queen Elizabeth
- 5 = Oundle
- 7 = St. Georges
- 7 = Leicester Grammar
- 9 = Lady Manners
- 9 = Northampton High School



### Under 19

- 1 Oakham
- 2 Repton
- 3 Oundle
- 4 Northampton High School
- 5 = Stamford High School
- 5 = Uppingham
- 7 = Trent College
- 7 = Kesteven & Grantham
- 9 = Nottingham Girls High School
- 9 = West Bridgford



# Competitions

## Performance Academy County League

Preseason county festival was back in October 2019 where all counties took part. This allowed players to have fun, meet new friends and practice their netball skills. It was a lovely sunny day where we had great day of netball.

In November 2019 to March 2020 - the U13 and U15 county athletes took part in the county league. This provided an opportunity for the athletes to practice their skills and for them

to experience the whole performance match day environment. All of the coaches, umpires, scorers and officials worked exceptionally hard behind the scenes to ensure the league ran smoothly and efficiently.

Unfortunately due to the pandemic, the county league finals and end of season festival tournament will not take place this season to ensure the safety of everyone.

The county awards that Loughborough Lightning were going to present to the county athletes at the Loughborough Lightning game - is still up in the air due to the Superleague being postponed.

However all county athletes have received an electronic - Loughborough Lightning participation certificate for taking part in the county league.

### **Under 13 -Group 1**

- 1 Lincolnshire 1
- 2 Derbyshire 1
- 3 Northamptonshire 1
- 4 Nottingham 1

### **Under 13- Group 2**

- 1 Lincolnshire 2
- 2 Derbyshire 2
- 3 Nottinghamshire 2
- 4 Northamptonshire 2

### **Under 15 -Group 1**

- 1 Leicestershire 1
- 2 Nottinghamshire 1
- 3 Lincolnshire 1
- 4 Derbyshire 1
- 5 Northamptonshire 1

### **Under 15 -Group 2**

- 1 Leicestershire 1
- 2 Nottinghamshire 1
- 3 Derbyshire 2
- 4 Lincolnshire 1
- 5 Northamptonshire 1

# Coaching

## East Midlands Coaching Conference 11th January 2020

The 2nd East Midlands Coaching conference was held at Loughborough University in January, attracting coaches with varying experience from all over the Region.

The event was organised by members of the EM Coaching TSG in conjunction with the EM Regional Coordinator. Over 40 coaches experienced a variety of workshops delivered by high quality tutors - Olivia Murphy, Joan Young, Anne Sharpe and Rob Smith.

Workshops included:

- Strength and Conditioning;
- Exploring Attacking Options;
- Key Skills for the Development of Performance in Young Players;
- Emergency First Aid at Work (Level 3)

The delegates were amazing and totally involved throughout the day, constantly asking questions and responding well to the tutors. Everyone went home after a very long day, tired but buzzing with enthusiasm and excited about putting into practice what they had learned



throughout the day. The feedback from delegates was extremely positive not just about their learning but also about what future workshops and training they would like the Regional and County Coaching TSGs to provide in the future.

For all coaches in the Region who would like to attend future Coach Development opportunities, please let us know what would be of interest to you so that we can plan accordingly.

Please contact Eleanor Udall (RCo) in the first instance who will forward your requests to the EM Coaching TSG.

Thank you so much to everyone involved with the event!!

Sue Connor (EM Coaching Chair)

# Officiating

Since the last newsletter we have had 6 new C Award umpires in the Region! Congratulations to Evie Van Nierop and Fern Spencer from Leicestershire, Lauren and Georgie from Lincolnshire and Claire Stubbs and Amy Brown from Nottinghamshire.

We have had two new B Award umpires, Cleo Wyman from Lincolnshire and Ellie Robinson from Nottinghamshire. Congratulations to them both.



We have more umpires waiting to be assessed at all levels. Unfortunately the current situation has put this on hold but once netball is resumed, we hope to have more good news.

The week before lockdown, National Schools was held at Stanborough School, Welwyn Garden City in Hertfordshire. Apart from the teams representing the East Midlands, there was an excellent representation of Officials. These were Lizzie Saywell, Robyn Rogers and Victoria Dennant from Lincolnshire, Teresa Hames from Leicestershire, and Rachel Wilson from Derbyshire.

Although all courses have been put on hold, the County Umpiring Secretaries and Regional Umpiring Secretary will be working hard to plan the programme for when we are back up and running, incorporating all courses which have been cancelled. Details will follow as soon as we have them.

The roll out of new rules ready for September 2020 is also still being planned. Some dates are provisionally in the diary and hopefully these will all go ahead. The East Midlands will be ready whenever the new season starts!





# CAPS

## Silver CAPS in Northants!

In the March 2020 CAPS assessment, Northants JMs Netball Club have now been accredited with their Silver CAPS! This makes them the only Silver CAPS club in Northamptonshire.



## Bronze re-accreditation

Epworth Netball Club in Lincolnshire have been recredited with their Bronze CAPS!



Congratulations to the clubs and everyone that helped them work towards the accreditation!

# Loughborough Lightning

## Loughborough Lightning NSL



@LboroLightning



@LoughboroughLightning



@LboroLightning



Loughborough Lightning were excited to kick start the 2020 season with their opening round played in front of a record crowd at Birmingham's Barclaycard Arena on Saturday 22nd February. Facing Team Bath, Lightning fell to a 58 – 72 defeat in round 1. However, they soon bounced back against Strathclyde Sirens, as they welcomed the Lightning Family back to Sir David Wallace Arena for their first home match of the season, beating the visitors 59 - 53. Lightning were back on the road for round 3, this time heading north to face 2019 Champions Manchester Thunder. Both sides took the game right down to the wire but it was Thunder who ran out victorious with a narrow 67 – 64 victory.

As Lightning prepared to battle Saracens Mavericks in round 4, the country prepared for an even bigger battle, with the game eventually being postponed due to the Covid-19 crisis. With the entire 2020 season put on hold, the team quickly looked for ways to continue training and find a rhythm within their new confinements. Thus, 'Lockdown with Lightning' was born!

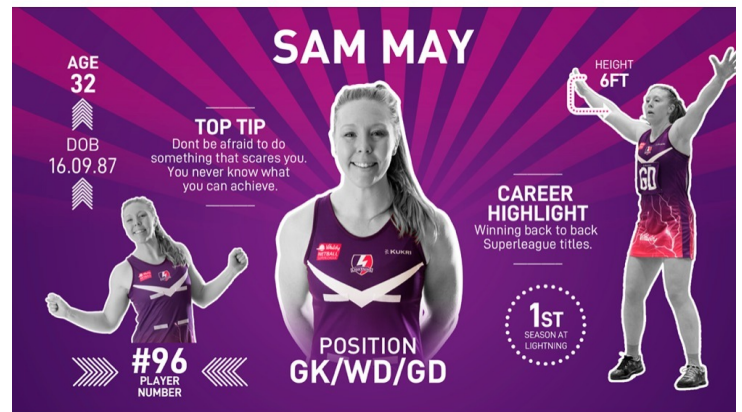
Eager to keep their fans entertained, engaged and give them insight into life as a socially distanced netballer, Lightning now gives fans daily challenges, videos and competitions to not only get to know the squad in more detail but to give the Lightning Family the opportunity to join in and boost morale during this difficult period.

# Loughborough Lightning

## Loughborough Lightning NSL

Our weekly schedule is as follows:

- Meet the team Monday – Get to know our players each week and join in with a live Q+A
- Challenge Tuesday – Each week our players are given a new challenge, watch them compete for the top spot then have a go yourself!
- Wellbeing Wednesday – We share our top tips for maintaining a healthy mind during the lockdown
- Throwback Thursday – Each week we take a close look at some of our incredible alumni players
- The Friday Feed – Cook with the squad as they tackle a new culinary challenge each week, then vote for your favourite!



## #LockdownWithLightning

### Coming Soon! Learn with Lightning: Performance Analysis

Over the next week, our expert in Performance Analysis, Dr Andrew Butterworth, will be bringing you weekly virtual tutorials on how to analyse training and matches and how to use your analysis to enhance your coaching and performances on court.

So if you're a coach, committee member, athlete or a lover of netball and want to use this time to learn a new skill, keep your eyes peeled for more information on how to get involved.



# Loughborough Lightning

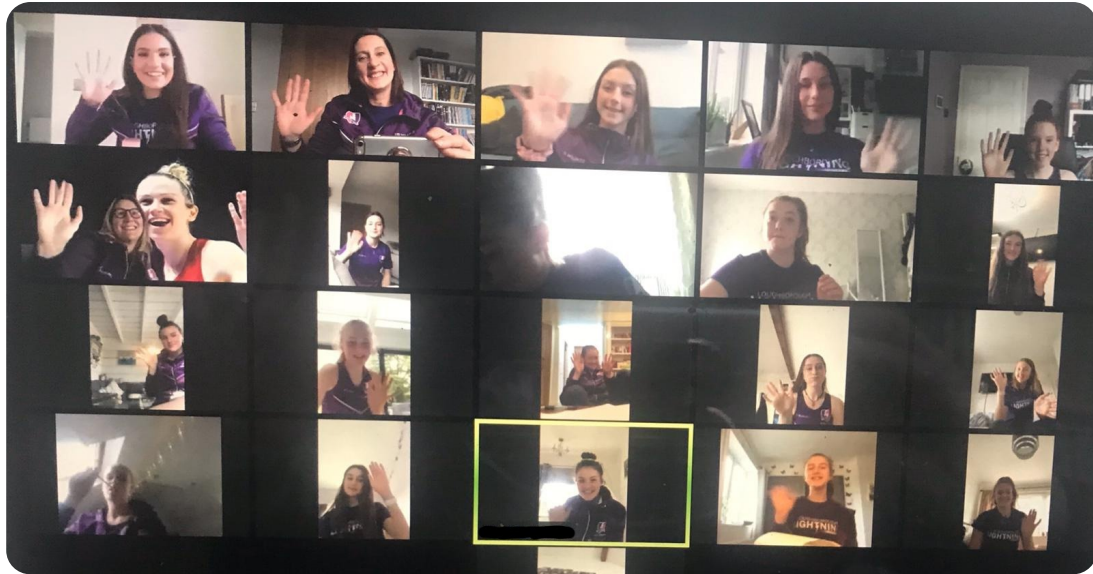
## Lightning Academy in Lockdown



@academy\_lborolightning



@Lightning\_Acad



All our Lightning Academy teams and Hubs have remained active and connected to coaches and each other. They are all taking part in our unique 'Lockdown with Lightning' home training programme learning and adapting new ways to their new training environment.

The weekly programme includes S&C, netball skills, cardio work, fun challenges, nutrition challenges and well-being advice.

The U21, U19, U17 and U15 Competition squads have been working hard and connecting with coaches and each other via Zoom sessions, 1-2-1's and via social media.

The fun challenges have included:

- Thank you to the NHS and Key Workers
- Foodie Friday nutrition
- Zoom squad games and tasks
- Long shot challenge
- Physical challenges, plank, handstand, wall sit etc
- Creative training
- Work outs with family (and pets!)

With new Academy challenges ahead our 'Lockdown with Lightning' ensures our athletes and coaches are supported and stay connected through this unusual time.

# Other news around the counties

## This Girl Can!

Afsana Afsar with the support of England Netball has set up Back to Netball sessions in Derby City for BAME women. Sessions were initially set up for adults, but it quickly became clear there was a need for the sessions to cater for younger girls (14yrs+) who were being home-schooled and didn't have access to regular structured opportunities to be physically active. The Back to Netball sessions have engaged more than 80 girls and women over the last year and hope to continue back on court as soon as they can. Afsana's success and commitment was recognised at the Towards an active Derbyshire awards in February, winning the This Girl Can Award!



Congratulations Afsana!

#ThisGirlCan

# Other news around the counties

## Aspire Independent Elite programme

The independent Aspire Elite performance programme runs in the North of the region attracting players from clubs in Lincolnshire, Nottinghamshire and Humberside.

This year they have recently been competing at international level with tours of Ireland and Gibraltar. Their Elite plus athletes competed against the Gibraltar national performance U19 team, the Israeli U17 team and a local premier league senior team. The aspire Elite plus athletes trained in Gibraltar Victoria stadium alongside the Israeli team also touring in Gibraltar.

Training with international players and coaches was a fantastic experience and opportunity to experience netball abroad and really test their performance level and skills. Gibraltar were excellent hosts supplying U17 national coach, Physio talks and nutritional seminar. The girls completed the 3 day tour with 3 from 3 wins and showed outstanding performance at this level plus a rather eventful trip up the Gibraltar rock! Meanwhile in Dublin the Elite and advanced players were

getting ready to compete against Irelands finest.

Our Elite and Advanced teams both took wins to start the tour off against local senior teams. Day 2 started with a joint warm up and training followed by matches against Netball Irelands U17 national team and U17 development squad. Our Elite team athletes did amazingly well and took wins in both matches showing outstanding performance. The Aspire advanced team were super in their game against the development U17 team and took an early lead and built on this for a well deserved win. However, their game against the U17 national team was not so successful. Day 3 was all fun at the fast 5 tournament with all players taking to court to show their fine shooting skills! 5 pointers were flying in at both ends and overall tournament winners were the Aspire Elite Team. Netball Ireland for the 2nd year were fantastic hosts again for the Aspire tour and have invited 2 players identified from the Aspire programme with Irish family to trial in summer - best of luck to the girls!



# East Midlands Netball



**#HereIfYouNeed**  
**#StayInWorkout**



## Meet the Team...!!!



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