

EAST MIDLANDS

NETBALL NEWSLETTER

**VITALITY ROSES WIN A SILVER MEDAL AT THE
NETBALL WORLD CUP!**



SILVER MEDALLISTS



NWC AROUND THE REGION

FROM PAGE 2

REGIONAL NEWS

FROM PAGE 6

AND MORE...

UPCOMING COURSES

LEVEL 2 COACHING

Where: Loughborough University
When: Starting 30 September
18-19 Nov practical weekend
Booking closing 16 September

WALKING NETBALL HOST TRAINING

Where: Charnwood College
Loughborough
When: 3 September
Booking closing 1 August

Sold Out

[Click here to find a course](#)

Can't find a course for you? Let us know [here](#) 



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EastMidlandsNetball.co.uk



NETBALL
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NETBALL WORLD CUP

NETBALL WORLD CUP WATCH PARTIES !

All across the East Midlands, Netball fans gathered to catch the Netball World Cup. Here are just some of the many watch parties... who can you spot?



MELTON MOWBRAY



ASHBY NETBALL CLUB



GRIMSBY AND
DISTRICT SENIOR
NETBALL LEAGUE



ASHBY NETBALL CLUB



WHITWICK NETBALL CLUB



WHITWICK NETBALL CLUB



NOTTINGHAM



MELBOURNE NETBALL CLUB



NORTHANTS



NETS



LUTTERWORTH



LOUGHBOROUGH

THE ADVENTURES OF JOY AND JOAN!

Two of our famous 'wild ones' from our Walking Netball in Nottingham travelled to South Africa for the World Cup. We were sent daily updates on all their wild adventures in and out the netball arena!



Day 1: Off to South Africa!



Day 2: Arriving!



They have arrived safe and sound in South Africa and have had a lot laughs already! Wheelchair rides through security and customs, netball posts at the airport, getting stuck in a revolving door at the hotel - causing a slight chaos at the hotel reception !! Not even 24 hours in the country!

Day 3 and 4: The netball begins...

They have been spotted alive and well in the netball arena and are having the best time on the TV!



THE ADVENTURES OF JOY AND JOAN!

Day 5: More netball!

Ready to cheer on our Roses! Face paint and flags at the ready!!



Day 6: Finals!



Without any tickets to the final, Joy and Joan worked their charm and got themselves some last minute tickets in the friends and family section! Chatting amongst the players' family and watching the epic final on the edge of their seats.

Day 7: Home Time!



Joy and Joan's final adventures at the Netball World Cup! They got to see every England Roses game and some Jamaica games - danced and cheered and loved every minute. They road tripped down to Cape Town, boat trip to Seal Island, mingled with surfers in Chapman Bay, saw penguins, ate gorgeous food, and drank quite a few cocktails! There was Joan doing high kicks in hotel corridors ... and Joy locking herself out of suite. Extra suitcases were purchased for all the shopping they have done. Flight home was delayed a bit but they didn't mind as they had some special guests on board... the Roses! They couldn't believe their luck! These 2 amazing ladies met at a Walking Netball session and have now shared the experience of a lifetime together, supporting England Netball Roses in South Africa; just goes to show how Netball can change your life.



NETBALL
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NETBALL WORLD CUP

NETBALL WORLD CUP THEMED YOUTH CAMPS ARE A HIT!



With the summer holidays in full swing, over 80 eager young netballers flocked to our Netball Youth Camps all around the region. These camps offer an exhilarating netball experience, allowing junior players to sharpen their skills, engage in friendly matches, and follow the buzz of the Netball World Cup!

The Netball Youth Camps have become the ultimate destination for budding netballers seeking an exciting sports experience. Our camps not only focus on skill development but also the values of teamwork, strategy, and sportsmanship. As parents seek productive holiday activities, the Netball Youth Camps stand out as a well-rounded option that nurtures both physical fitness and personal growth. Whether they were new to netball or well experienced netballers, it was a hive of activity and it was great to see all the enthusiasm they brought. We look forward to having more camps in the half term!

DERBYSHIRE OFFICIALS AT NWC



Congratulations to Kate Mann and Heather Gleadall from Derbyshire, who took part in the Netball World cup. Kate made her World Cup debut as an umpire. Heather chaired the Umpire Appointments Panel. Well Done!



SUMMER WALKING NETBALL FESTIVALS



Walking Netball has taken the East Midlands by storm with three festivals over summer in Basingham, Nottingham and Stamford with 20 teams taking part over the events. The latest was on Sunday August 13th celebrating the World Cup and the Roses winning Silver. 10 teams took part in this event with Spalding Sapphires winning the 'Wiggles and Giggles' and Bircotes Misfits winning the 'In it 2 win it'

In true spirit and ethos of Walking Netball local groups teamed up together to make up teams for the day.

See page 10 on how you can get involved in Walking Netball!



EAST MIDLANDS ONE AWARDS 2023



The ONE Awards spotlight the amazing people who volunteer and make netball happen, through varying roles like officiating, coaching, administration, supporting school netball activity, clubs and local leagues, or reaching new audiences in netball.

The East Midlands One Awards event was held on Sunday 2nd July 2023 at Radisson Blu Hotel, East Midlands Airport. We were joined by over 140 attendees – our nominees, their guests, regional volunteers, England Netball Staff and VIPs including Joan Mills (England Netball President) and Loughborough Lightning's Vicky Burgess and Liv Murphy!

- Coach of the Year – Children & Young People - Sophie Sanderson
- Coach of the Year - Adults - Vanessa Gatrell
- Community Official of the Year (in honour of Sheelagh Redpath) - Jayne Bell
- Outstanding Contribution of the Year (in memory of Mary Bulloch) - Donna Osborn
- Pioneer of the Year (in memory of Muriel McNally) - Jeanie Midson
- Unsung Hero of the Year (in a Club or League) - Lindsey Haywood
- Club of the Year - Ashby Netball Club
- Young Volunteer of the Year - Rebecca Bowen
- Teacher of the Year - Ria Bailey
- Inclusion Award - Abi Wilcockson
- East Midlands Jean Bourne Back to Netball Award - Joey Pierrepont
- East Midlands Jean Bourne Back to Netball Award - Marianne Turvill
- East Midlands Jean Perkins Walking Netball Award - Judith Johnson
- East Midlands Jean Staley Award - Sue Hunter
- East Midlands Long Service Award - Claire Ludden-Vincent
- East Midlands Special Recognition - Chloe Gibson
- East Midlands Special Recognition - Kathy Stripp
- East Midlands Special Recognition - Julie Inniss
- East Midlands Special Recognition - Derbyshire Netball Archive Team
- East Midlands Lifetime Achievement - Andrea Scigliano
- East Midlands Lifetime Achievement- Mary Yardley

The 10 national category winners will be put forward to the national awards on 14th October. To see the pictures from our event please see our Facebook page [here](#)
We hope to hold next year's event on Sunday 7th July 2024 (TBC but save the date!)

EAST MIDLANDS COACH CONFERENCE



Back in June, at De Montfort University, the Regional East Midlands Netball Coach Conference took place. It drew together 30 coaches representing various areas of netball, from performance to community clubs, spanning age groups from under 11s to seniors. The event proved to be a great day of learning with both theory and practicals, allowing coaches to enhance their skills and apply them effectively in their own coaching environments.

The conference's lineup featured well experienced and high quality tutors, including Loughborough Lightning's Head Coach Vicki Burgess and Pathway Lead Josie Pointon, alongside sport psychologist Imogen Porter and strength and conditioning coach Dylan Martens. Beth Jackson's session on neurodiversity and hidden disabilities begun the day and struck a massive chord. It emphasised inclusivity and was a key learning event for all present.

Chris Cushion, Head of Coaching at England Netball, led a session on coaching philosophy. Kat Ratnapala's circle defence workshop garnered high praise. The conference not only upskilled the coaches' abilities, but also the opportunity for networking amongst the coaches from all around the region.



NETBALL
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NATIONAL

A NEW MEMBERSHIP YEAR!

SEVEN BENEFITS



Read more benefits
and how to renew
[here!](#)

Join us for next season
23-24 on Engage now
[here!](#)



#1: Playing Opportunities!

Taking part in a registered club, league, county and region!

#2: Development Opportunities!

Be part of a performance pathway? Qualify as a Coach or Official?

#3: Here For Her!

Be part of our pioneering Womens Health initiative. Whatever role you play in our sport, together, we can support women and girls to show up to the game without apology – and belong.

#4: Exclusive Content!

Get access to all the latest netball news - national and regional, podcasts and more.

#5: Tickets and Experiences

Get early access and discounts so you can catch live netball and our Netball kit launches!

#6: Partner Discounts!

Get access to exclusive discounts and reduced rates.

#7: Peace of Mind Protection!

As a full member you are covered with personal accident and member to member liability cover! (FAQs on insurance can be found on EN website).

If you need any help please check out our FAQs page [here](#).

Alternatively please contact our customer experience team through our help form [here](#), or ring 01509 277850 (Option 1).

For club committees, please also check your emails for latest information on the club care package, including preparing for next season and making sure you are meeting '[recognised and authorised](#)' delivery requirements.



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NATIONAL

ARE YOU LOOKING FOR A NEW CLUB OR NEW NETBALL SESSION NEXT SEASON?



NETBALL SESSIONS



Back to Netball



A series of sessions that introduces people back to the sport of netball. It's primarily for women who haven't played for a long time or have never played at all and are complete beginners!

Walking Netball



A friendly and inclusive programme, allowing women the opportunity to find their place in the sport. It's netball, but at a walking pace where the rules are slightly tweaked. Walking Netball has been designed so that anyone can play, regardless of age or fitness level.

Netball Now



A simple and comfortable way to play netball. Netball Now is not a coached session or a competition led by regulations and scores recorded. It is simply a session where you turn up, pay a small fee and play netball!



Whether you are just starting out, play regularly or want to return to the game there's a type of Netball to suit your background and ability. Above shows you a whole host of different ways that you can master your skills and have fun out on court.

So what are you waiting for – your Netball journey starts today!

However, if you're not sure and want to talk to someone, please get in touch with your local Netball Development Officer who can help you find the best option (contacts at the back of the newsletter).

Check out our club and session finder [here](#) using your postcode



NETBALL
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NATIONAL

DECEMBER INTERNATIONAL SERIES



The Vitality Roses will welcome the Netball World Cup hosts South Africa for a three-match test series, starting in Manchester before heading to Nottingham for back-to-back weekend games.

Vitality Netball International: Vitality Roses vs. South Africa's SPAR Proteas:

Tuesday 5 December, 7pm – AO Arena, Manchester

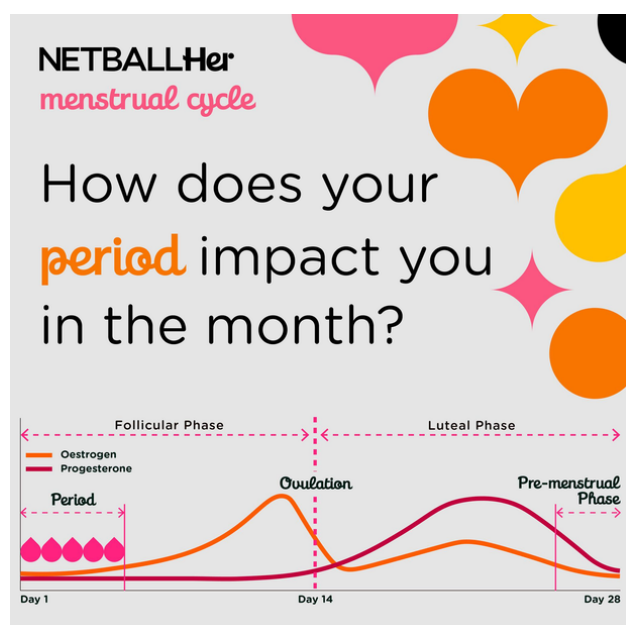
Saturday 9 December, 5pm – Motorpoint Arena, Nottingham

Sunday 10 December, 2pm – Motorpoint Arena, Nottingham

Tickets are nearly sold out so make sure you get yours now [here](#)!



NETBALLHER



We've been loving your reaction to NETBALLHer and have heard so many fantastic examples of how it has helped you, your families and team mates to excel in netball.

It is our aim to collectively improve experiences that could reduce dropout rates in netball through education and learning!

Read more on the dedicated NetballHer website [here](#).

SWADLINCOTE NETBALL CLUB CELEBRATES 10 YEARS!

By Sarah Roache



We celebrated 10 years of Swadlincote Netball Club in June with a family fun day in the sunshine!

We had members old and new in attendance alongside family members (our biggest fans!). It was a great event to catch up with retired club members, and a great opportunity for some of our newer ladies to mingle off court.

We also held a raffle to raise funds for the club, with lots of prizes donated by our friends at Loughborough Lightning & raised almost £400 for the club. More photos of the event can be found on their facebook [here](#)!

We are a friendly social club, with 6 teams playing across two competitive leagues, and hold weekly training sessions. We are also currently looking for experienced players to join the club as we've had a few members leave on maternity recently from our First & Second Teams.

If you're interested, please email us at swadlincotenetballclub@gmail.com



LOCAL NETBALL TOURNAMENT RAISES THOUSANDS FOR CANCER RESEARCH UK

By Laura Burgin

A long-established, local Ilkeston netball club, Queen Bees, braved the rain and held a charity fundraising netball tournament on Saturday 15th July at St John Houghton Catholic Academy to raise money for Cancer Research UK.



12 mixed adult netball teams, made up of three males and four females, took part in this unique netball tournament and raised a whopping £3,684.75 for the charity. The champions, on the day, were Outlawz with 20 points, followed by Spartans in a close second place with 18 points.

Throughout the day, there was lots to do for those playing, as well as those supporting the players, including browsing the craft and food stalls and taking part in the tombola and luxury raffle. The raffle itself raised over £2,000, with over 70 items and the main prize being an England football shirt signed by each member of the Euro winning women's team.

Laura Burgin, Co-Chair at Queen Bees, decided to organise the tournament again this year to build on the success of last year's tournament, which raised £2,645.00 for the charity. Tragically, Laura lost her mum to bowel cancer earlier this year and was determined to do whatever she could to help beat the disease.

Laura said: "I really wanted to organise this tournament for everyone who has been affected by cancer and to help raise awareness and money for Cancer Research UK to fund life-saving research that will help to save lives. We are supported by many local businesses, along with the help of a fantastic committee and the support of our club members to accomplish such a huge achievement."

Laura continues: "I'm absolutely thrilled that over the past two years we have been able to raise £6,330.75 for Cancer Research UK. I'd like to thank all the teams who took part as well as all the stall holders, who forgot about the rain, and supported our tournament. I'd like to especially thank Oh Crumbs who donated 100% of their takings from their amazing cakes to the charity. It was a great day and a fabulous team effort."

Cancer Research UK fundraising spokesperson for the East Midlands, Becky Elphick, said: "Thanks to the dedication and generosity of supporters like Laura, the teams and all who supported the tournament. For over 120 years we've been making discoveries that have saved countless lives, and which benefit millions of people around the world. One in two of us will get cancer in our lifetime, but all of us can support the research that will beat it."*

LOUGHBOROUGH LIGHTNING WIN THE NETBALL SUPER LEAGUE



Loughborough Lightning won a second Netball Super League title with a 57-48 win over London Pulse at a sold-out Copper Box Arena on 11th June.

With a DJ set and saxophonist setting the mood, it was a great atmosphere with all the fans. It was off to a rocky start, but Lightning worked hard and turned the game around to an overwhelming success! Read more [here](#).

"It gets emotional, I'm just so happy that the girls fought so hard after not a great start," said Head Coach Vicki Burgess.

"I came away from about five hugs with tears so am just in disbelief, but also really proud because we've worked really hard for this and deserve it."

NPL TOURNAMENT 2023



The Netball Performance League Tournament (NPL) consists of ten teams competing for the trophy. Taking place on Thursday 27 July – Sunday 30 July, Loughborough Lightning's 3 NPL age group teams took part. Resulting in U17s and U21s becoming NPL Tournament Champions for the first time! Congratulations to all the players, coaches and volunteers that took part!



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LIGHTNING

COACHING OPPORTUNITY

Loughborough Lightning are looking for coaches to join their Hub and Boltz programmes. Are you interested?
Please express your interest [here](#)

A poster with a purple and pink background featuring a large white lightning bolt. In the top left corner is the Loughborough Lightning logo, which consists of a shield with a stylized 'L' and 'L' inside, and the words 'LOUGHBOROUGH LIGHTNING' below it. The text on the poster reads: 'Interested in Coaching?' followed by 'Loughborough Lightning Experience Hub Programme are seeking expressions of interest for Head and Assistant Coaches'. Below this, a list of schools is provided: 'Wellingborough School', 'Uppingham School', 'Sutton Academy', 'Lincoln Minster', 'Loughborough', 'Oakham School', and 'Trent College'. At the bottom, it says 'Contact f.madeley@lboro.ac.uk for more information'.

Interested in Coaching?

Loughborough Lightning Experience Hub Programme
are seeking expressions of interest for
Head and Assistant Coaches

Wellingborough School
Uppingham School
Sutton Academy
Lincoln Minster
Loughborough
Oakham School
Trent College

Contact f.madeley@lboro.ac.uk for more information

LIGHTNING BOLTZ PROGRAMME

A poster with a purple and pink background featuring a large white lightning bolt. In the top left corner is the Loughborough Lightning logo. The text on the poster reads: 'Booking Opens 1st August' followed by 'LIGHTNING BOLTZ PROGRAMME'. Below this, a list of schools is provided: 'Lincoln Minster', 'Loughborough', 'Oakham School', and 'Trent College'. At the bottom, it says 'See Website to book and for more information'. In the bottom right corner, there is a cartoon character of a lightning bolt with a face and arms.

**Booking Opens
1st August**

**LIGHTNING BOLTZ
PROGRAMME**

Lincoln Minster
Loughborough
Oakham School
Trent College

See Website to book and for more information

Introducing our new
Loughborough Lightning Boltz
programme for children wanting
an introduction into Netball!

The aim of the programme is to
develop the fundamental skills of
movement and footwork
alongside ball skills in an engaging
and fun environment, through
small sided games and drills.

Find out more [here](#).

Meet the Team...!!!



Donna Palmer

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