

January 2011



NETBALL NEWS

EAST MIDLANDS REGION

Regional Back to Netball Tournament

2nd April 2011

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back to netball

In association with ASICS

Dates for the diary

February

27th- Activate- Essential attacking skills workshop, Loughborough

March

16th- Winning the Ball- Essential defending skills workshop, Notts

16th- Time to Listen training for Lincolnshire Clubs

April

2nd- Back to Netball Tournament

13th- Sharp Shooting workshop, Northants

16th- (first day)- UKCC level 2 Loughborough

June

19th- AGM and Regional Celebration Event

25th- (first day)- UKCC level 1, Loughborough

Further details of all events and courses and booking forms can be found on our website: www.eastmidlandsnetsball.co.uk

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Lightning Launch

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January 2011

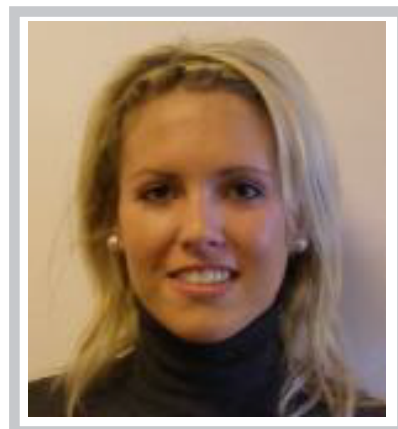


News from the Region

New Netball Development Officer for Nottinghamshire

We are pleased to inform you that Hayley Bramley, NDO for Derbyshire, has been appointed as NDO for Nottinghamshire. Hayley will work full time covering both Derbyshire and Nottinghamshire equally. Congratulations Hayley!

Hayley's contact details:
Netball Development Officer Derbyshire and Nottinghamshire
hayley.bramley@englandnetball.co.uk
07545 924993



Regional Back to Netball Tournament

back to netball

In association with ASICS

Do you have a Back to Netball Team?
Would you like to take part in a regional tournament?
Would you like to receive some free coaching tips and umpiring information?
Would you like to meet the regional team?

The East Midlands Region would like to invite you to a regional B2N tournament on the 2nd April 2011 (Loughborough University, Leicestershire).

This will be a fun filled festival with a combination of short competitive matches and some skills workshops.

The festival is due to start at 10am with registration from 9.30am. There will be no charge for team entry.

If you would like to register your Back to Netball team to play in the regional tournament, please contact Katie Broderick, Regional Coordinator (eastmidlands@englandnetball.co.uk, 01509 226753). The tournament was due to take place in November but had to be postponed due to bad weather.

Application forms can be downloaded from our website (www.eastmidlandsnetball.co.uk).

Closing date 4th March 2011



News from the Region

Awards, awards, awards!!

Over the past 3 months, volunteers across the East Midlands have been awarded for their consistent hard work to netball. Congratulations go to the following:



Liz Broomhead



BBC Sports Personality Unsung Hero 2010: Liz Broomhead was a very well deserved winner of the Regional title of East Midlands Unsung Sports Hero for 2010. In December, at the star studded BBC Sports Personality of the Year event, Liz was recognised as one of three Regional Award winners to be shortlisted for the National Unsung Hero Award. As part of the award process, Liz was filmed coaching young netballers in Loughborough and we were very proud to see both Liz and netball showcased on prime time national television. Although Liz didn't go on to win the National Award, on behalf of East Midlands Netball, we would like to congratulate Liz on being recognised so publicly at National level and at such a prestigious event.

MBE (Queen's New Year Honours): Liz Broomhead's dedication to netball was once again recognised - this time in the Queen's 2011 New Year's Honours list. Liz has been awarded an MBE for her services to netball. Liz says of the achievement "It really is so special". Many congratulations to Liz from all at England Netball!

Lynn Moore

Outstanding Contribution to Sport (Charnwood Borough Council Annual Sports Awards) This has been awarded to Lynn who has gone that extra mile to enable others to compete or take part in sport. Lynn has shown that she works tirelessly behind the scenes encouraging and supporting others, exceeding their expectations of their paid/voluntary role and has increased membership and participation levels at a local level. Well done Lynn!



Oliver Hooper

Vinspired Spirit Award- Regional Winner (National Young Volunteers Service) This recognises the all-round commitment given to volunteering. The awards, created by V, The National Young Volunteers Service are designed to celebrate and acknowledge the extraordinary achievements of volunteers aged 16-25 across England. Oliver has logged over 2,500 hours of volunteering in the last few years giving his time to a multitude of sports-related projects, many of which have been volunteering within netball. Congratulations to Oliver!

Sue Ellis

Market Harborough Unsung Hero Sports Awards- Runner up: Sue was successfully nominated in this years Sports Awards for Market Harborough and was shortlisted in the final three for her category of Unsung Hero. The awards evening took place on December 17th at The 3 Swans Hotel in the town. Unfortunately Sue narrowly missed out and was crowned runner up. Despite missing out on the title, we would like to congratulate Sue on her achievement and say a big thank you for her hard work on behalf of the Joules Market Harborough Netball League. Well done Sue!



Charnwood Sapphires

U16 Junior Team of the Year (Charnwood Borough Council Annual Sports Awards) Awarded to a team who have achieved success or competed at a consistently high level throughout the year; demonstrated fair play and a good sporting attitude throughout the year. Good work Charnwood Sapphires!

Photo's of Lynn and Charnwood Sapphires by Loughborough Echo

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News from the Region

Young Sports Leaders Event

On 23 November, East Midlands Netball attended an event hosted by Sports Leaders UK at the impressive Kelham Hall in Newark. Katie Broderick, Regional Coordinator, and Louise Key, Netball Development Officer for Lincolnshire, attended with a whole host of information to pass on to the 160-200 Young Leaders. Exhibitors were asked to provide resources relating to employment; volunteering; education; training opportunities and continuing professional development.



The Young Sports Leaders were aged mostly 16-24 years from across the region and representatives from their schools; academies; colleges; Sports Leaders UK Outreach Centres; NEET (Not in Education, Employment or Training) projects and community groups were also interested in receiving information.



The day opened with a dance performance by the Dance and Sports Leaders from the local Grove School which was based around the Olympic Games. Young Leaders then attended 5 workshops throughout the day including a 'Dragon's Den' style competition for the best new sporting business case; Know your employers in the region; Camp Leaders America and Smaller Earth; Getting involved in the Olympics; Disability Sport and inclusion information and a visit to the exhibitors who represented the public sector, volunteer services, local authorities, County Sports Partnerships, National Governing Bodies of sport (NGBs), universities and colleges, and the fitness and leisure sector.

At the end of the day, Kath Merry, former Olympic Medalist and Ambassador for Sports Leaders UK spoke to the Young Leaders about her passion of the scheme and how she would have loved to have been involved in it when she was a youngster. Kath presented prizes to the Dragon's Den competition winners who created a new game for the Olympics called 'fennis' and to winners drawn from the marketplace raffle.

Kath also drew a winner for the England Netball raffle which gave away 2 free tickets to the Test Series game between England and New Zealand in Nottingham, January 2011. Congratulations to Sarah Drewery (pictured) who won the two tickets. We hope you enjoyed the game!!

The day was a great opportunity to introduce our courses and staff to the Young Sports Leaders and provide information on qualification opportunities, schemes such as Pass on your Passion and to find out more about what is happening in our region. We hope that we have inspired more Young Sports Leaders to work/volunteer in or promote the game of netball!

If you would like information on any of the above, please contact Katie in the Regional Office.



January 2011



News from the Region

Club Action Planning Scheme



CAPS assessment deadlines for 2011 are:

16th February

20th May

26th August

TBC November

Should you wish to submit your CAPS folder for assessment, or register for CAPS, please contact your Netball Development Officer whose details can be found on page 9

Baby news for UKCC workforce

Congratulations to Rachel Henderson on the safe arrival of baby James who was born on 22nd October at 18:07 weighing 6lb 10oz. Rachel is a tutor for level 1 and level 2 UKCC courses and is in training to become an assessor for level 1 courses. Baby James is pictured right. Well done to Rachel and your new family!



If you are interested in becoming a UKCC coach tutor or assessor, please contact Katie in the Regional Office to discuss

News from the Region- Competition

Competition

Regional League 2010/11 Teams:

Division 1

Bluetits
Falcons Yellow
Hinckley Hurricanes
Lincoln City
Nottingham City
Pennine
Phoenix
TFC

Division 2

Charnwood Sapphires
Futureprint
Grasshoppers
Leapoole
Northants JMs
Nottingham City Comets
Nottingham Knights
Sleaford Barge

U19s Regional Tournament

10th April 2011, Soar Valley College, Leicestershire
Closing date 11th March 2011

The aim of this tournament is to provide competition for U19 players within their own age group. It is a one-day tournament with no commitment to advance to the national event. Clubs with only two or three U19 players are encouraged to combine with other clubs to enter a team. The tournament will be held on the day and at the same venue as the Regional U14 Clubs Tournament.

Forms available on regional website

For the latest news on the Regional League, and to view the current tables, see the competition section of the regional website

www.eastmidlandsnetball.co.uk

January 2011



News from the Region- Education and Training

Umpires and Coaches Conference

Sunday 24 October was a date marked on the calendar by many of us in the East Midlands Region. The first ever Regional Umpires and Coaches Conference had arrived. 54 participants had booked onto a range of workshops, some aimed at umpires, some coaches and some bringing everyone together.

The day was opened with a welcome from Sue Collin, our Regional Chair, before everyone broke into groups. The umpires enjoyed two sessions led by Bill Alexander. Bill had just returned from the Commonwealth Games in New Delhi, where he was working with the appointed umpires. He delivered sessions on 'Discipline' and 'Contact / Contest' provoking much discussion amongst those attending.

The coaches enjoyed a session entitled 'Games for Understanding' delivered by Rosie Port followed by either 'Problem Solving' or 'Effective Decision Making' delivered by Olivia Murphy and Joan Young. For those who don't know Joan, she is a vastly experienced coach from Yorkshire. Most of the participants then enjoyed a 'Strength and Conditioning' session led by John Walton from Loughborough University whilst Rosie Port led a session on 'Working the Bench'. After a well-deserved lunch break, a very busy afternoon programme got underway. The coaches again had workshops on 'Problem Solving' and 'Effective Decision Making' swapping their choice from the morning session, whilst the umpires attended a workshop on 'Protocols'. This was delivered by Sheelagh Redpath, England Netball Officiating Manager.

All participants spent the next hour watching a match umpired by Sarah Watts and Ian Fuller, both of whom umpired Super League matches at Loughborough last season. This gave everyone the chance to observe how the umpires dealt with various aspects of play. Our thanks go to both Sarah and Ian for opening themselves up to such scrutiny and to TFC and Falcons Yellow for giving up a rare free Sunday afternoon.

This then led to the final session delivered by Sheelagh, addressing questions raised by the umpires with an emphasis on 'Reading the Game' whilst Olivia and Joan led the coaches in sessions on 'Circle Defence' and 'Circle Attack'. The afternoon then drew to a close with Liz Alsop delivering a brief session on becoming a tutor which hopefully will at least get some people thinking about it.

There was a great deal of hard work and planning put into making this day a success so thanks must go to Olivia Murphy and Rosie Port for planning the coaching workshops, to Sue Collin, Heather Gleadall, Donna Beckett and Cheryl Butler for their input into the umpire programme and to Anne Henderson, Katie Broderick and Denise Green for their tireless work on the day. Evaluations show that this event was a major success with 'a good mix of theory and practical', 'easy to absorb information' and many suggesting what to include at the next Umpires and Coaches Conference!

Jo Stephenson



Umpires Ian Fuller and Sarah Watts

Bill Alexander leading an umpires' session



Rosie Port leading a Coache's session

January 2011



News from the Region- Regional Talent and Academy information

Regional Talent Development Programme

Congratulations to the following girls who were successful in reaching the Regional Talent Development Programme following the October Regional Screening Day

Derbyshire: Isobel Beighton; Harriet Wingfield; Jessica Smith; Katie Sheldon; Isabella Sturgess

Leicestershire: Mia Baker; Stephanie Garfield

Lincolnshire: Megan Chapman; Emily Downie; Sophie Prentice; Alexandra Robson; Emma Sharpe; Lucy-May Wallis; Emily Watson

Northamptonshire: Honor Drummond; Honor De-winton; Harriet Frost

Nottinghamshire: Charlotte Foster; Lauren McAnallen; Bethany Richardson; Amy Robinson; Georgia Blessed; Iman Thomas; Emily Turgoose

Girls represent the Region at the Trent FM Arena

The girls on the Regional Talent Development Programme were selected to take on roles as flag bearers, ball girls and programme distributors at the England v New Zealand Test Match on 17th January 2011. They also took to the court prior to the England game to showcase their talent to the audience. See the April issue of the newsletter for details of how they got on.



Inter-Regional match

Girls who are selected to take part in this years Regional Talent Development Programme took part in an inter-regional match alongside the East and South regions. This was held at Cambridge Regional College on 27th October 2010.

Girls from each region formed new teams together and played in an all play all tournament. Each team took on a name relevant to Commonwealth Countries and were assigned coaches.

The event lasted the whole day and encouraged the girls to work with new coaches, new and different players, demonstrate good team work and allowed them to look at what other regions have on offer. Most importantly, the girls were engaged in high quality game play.

If you would like any information on our Regional Academy or the nomination and selection process, contact Rosie Port, Regional Excel Coach

Rosie Port
Regional Excel Coach
rosiep@englandnetball.co.uk
07525 702639

NDO's- working in the counties

In each newsletter, the Netball Development Officers will keep you up to date with work they are doing in the counties by setting out of 3 of their key achievements from the past quarter, and their 3 key focus areas of work during the next quarter.

Derbyshire- Hayley Bramley

3 priorities:

- 3 new clubs working towards CAPS
- SSP cuts affecting Netball across Derbyshire
- Working on the New Development Plan with Derbyshire Netball Association

Achievements:

- ✓ 50 ladies attended the first High Peak Back to Netball session
- ✓ High 5 Grand Prix has been a success with 6 teams entering the first round
- ✓ Youth Umpire Award course planned to run in Derby City

Nottinghamshire- Hayley Bramley

3 priorities:

- 6 clubs working towards CAPS
- Meeting with key clubs, partners and associations to develop and sustain netball
- Help local schools and clubs find new coaches

Achievements:

- ✓ YUA tutors organising courses for students
- ✓ Back to Netball sessions continuing to take place with good numbers attending
- ✓ Coaches completing level 2 courses with the support of grants from the Regional Grant Scheme

Leicestershire- Val Kindred

3 priorities:

- Meeting with CAPS clubs
- Forming further School Club Links
- Promoting Back to Netball

Achievements:

- ✓ Working with North West Council to set up a Back to Netball League
- ✓ Working with L&R coaching development Manager to recruit new coaches, offering scholarships for those affiliated to Leicestershire County Netball
- ✓ Lynn Moore's award and nomination for Sue Jones involved in Inspire Project's 'Oldest athlete' event

Northants- Sam Meade

3 priorities:

- Planning for next year in schools, county and region.
- CPD workshops
- County League

Achievements:

- ✓ 2 High 5 Teacher workshops ran in the county and a successful C award umpire course ran in Daventry
- ✓ 2 Satellites and 1 Academy up and running in the county
- ✓ Corby NC secured funding from a local business to help purchase kit for juniors and are working towards Bronze CAPS resulting in a rise in membership

Lincolnshire- Louise Key

3 priorities:

- Lincolnshire to host Regional Schools finals on January 22nd at The Priory LSST Academy
- Lincoln City Netball Club advertising for Level 2/3 coach(es) to support their regional team
- Looking to develop County Awards for volunteers to underpin the regional awards to be presented at the county presentation evening, May 2011

Achievements:

- ✓ Extra County Academy in the North meaning 80 athletes attend Satellite and County Academies in the North and South of the County
- ✓ Lincolnshire's County League underway with competition for H5, u12s, u14s, u16s, u19s and two Senior Divisions
- ✓ On the ball workshop, level 1 UKCC and 2 Young Netball Organiser courses run in county

News from around the counties

Leicestershire

Workplace Challenge

Do something proactive to reduce the 17 million working days lost each year through obesity related illnesses. Help reduce the figure of 300,000 people unable to work due to sickness related to their weight. Increase employee health and team morale at your workplace in 2011.

Running from January – July, the Active Together Workplace Challenge gives workplaces and employees the opportunity to access some great new activities and events designed specifically for organisations across Leicestershire, including:

- Free online competition between businesses
- An opportunity to measure your business's contribution to reducing our carbon footprint through cycling to work in the Workplace Cycle Challenge!
- Inter organisational competitions and events in over ten different sports in the lead up to the UK Corporate Games to be held in Loughborough from 14th - 17th July 2011



The Active Together Workplace Challenge promotes a more active lifestyle and offers innovative methods to stay active. It gives individuals and businesses the opportunity to compete against each other to be crowned the most active in Leicestershire!

It's free to join and once registered; there are many tools, resources and support available to help achieve your activity goals and compete for prizes along the way. There are huge benefits for businesses in terms of social responsibility and impacts on the bottom line. We all know that healthy people = healthy, productive business, which is why it's in everyone's interests to get more active. Individuals will receive points for their activities which contribute to the overall company total. The top prize is £2000 to the top two organisations.

Promoting netball in the county

Val Kindred, NDO for Leicestershire, is taking to the streets with players from Loughborough Lightning to promote netball, courses and clubs.

The team will visit Leicester's Highcross Shopping Centre on 12th March and will host a shooting challenge. The event is still in its planning stages, so find more information on our regional website and see the next newsletter for details of what the team, players and public got up to on the streets of Leicester!

East Midlands Team Contact Details

Derbyshire and Nottinghamshire

Hayley Bramley
hayley.bramley@englandnetball.co.uk
07545 924993

Leicestershire

Val Kindred
v.kindred@lboro.ac.uk
07540 126816

Lincolnshire

Louise Key
louise.key@englandnetball.co.uk
07545 924994

Northamptonshire

Sam Meade
samantha.meade@englandnetball.co.uk
07545 924954

Regional Office

01509 226753

eastmidlands@englandnetball.co.uk
www.eastmidlandsnetball.co.uk

News from around the counties

Derbyshire

Back to Netball explodes in Derbyshire

From no informal ladies Netball sessions in Derbyshire in 2009 to 9 Back to Netball sessions in 2011! Netball in Derbyshire has come a long way in 18 months and this is thanks to the hard work and commitment put in by everyone involved; funding and support from our District Councils to extra hours and effort put in by our coaches and clubs.

Netball differs between areas depending on facilities, interest or transport but one constant in every area is the hard work and enthusiasm put in by volunteers. South Derbyshire's Etwall Back to Netball have a young volunteer, Alice Hunter who a sixth form student and loves netball. She was not old enough to do her UKCC Level Two so instead, she volunteered her own time to help run the sessions, assisting the lead coach and taking registers. Thanks to her hard work, Etwall Back to Netball are now paying for Alice to go on her UKCC Level Two!

Rural areas are sometimes difficult to set up new initiatives in and they don't always succeed, but the hard work and persistence has paid off with the New Mills Back to Netball in the High Peak. Emma Besick, Village Games Officer, and Chris Nightingale, Sports Development Officer for High Peak, pulled off an amazing session in a very rural area where no one thought this would work. Emma has now coached two sessions that run 8.30-10.30pm and had over 50 ladies in attendance. This works because it suits the ladies of New Mills who are working mums and can use this time to get fit and meet new people.

Ashbourne NC has been running for over two years and wanted to set up a ladies session, but struggled with funding. Mark Ward, Ashbourne's coach, sought support from Rob Wilks, Sports Development Officer for the Derbyshire Dales who funded the club to run a six week Back to Netball programme in the Dales allowing Ashbourne to expand and get women active and back into sport in the Dales.

These are just a few examples of Back to Netball sessions in Derbyshire and no matter how big or small these sessions are they all play a huge part in getting netball and Derbyshire on the map!

Lincolnshire

Head Coach(es) Wanted

Lincoln City Netball Club is looking for a new coach or coaches to help develop its senior section. Our senior section consists of 3 teams and is for players aged 16 and over. Our first team plays in the East Midlands Regional League Division 1 and has ambitions to make it into the National League. Our second team are currently in the Lincolnshire County League Division 1, although we are hoping to gain promotion this season to the East Midlands Regional League Division 2. We also have a development squad who are playing in the Lincolnshire County League division 2 and we would like to improve this to Lincolnshire County Division 1. We have an indoor venue in central Lincoln which we train at on Wednesday evenings, although we could be open to moving our club night to facilitate a new coach.

We are looking for between 1-3 coaches to train one or more of our squads. Ideally we would like the first and second teams to be coached by someone with a minimum level 2 coaching qualification. For the development squad, we would be looking for a minimum of level 1 coaching qualification. We are looking for someone to take training once a week for their squad(s) and attend fixtures on Sundays as often as possible. For the East Midlands Regional Leagues these are held in Loughborough. We are open to negotiate wages dependant on qualifications.

Please contact our current head coach Katherine Sturton on 07757 551582 or kSturton@anglianwater.co.uk for an informal chat or to register your interest in any of our teams.

News from around the counties

Lincolnshire

Lincolnshire County Netball Finals 2010

Over 60 Lincolnshire secondary schools and 1500 pupils entered the School Sports Association (SSA) netball competitions in 2010 at under 14, 16 and 19 age groups. The top two teams from the SSA rounds recently competed in the Lincolnshire County Netball Finals.

The U19s competition was held at the newly formed Witham Academy. The courts were literally brand new as the U19s were the first people to use them! Paula Hill, Tournament Referee stated that "in keeping with the excellent courts Witham Academy has offered us, the standard of play from all teams was tiptop – superb passing, shooting and defending skills made for some very exciting games".

The semi finals saw the two teams KGGS (Kesteven and Grantham Girls School) and QEGS (Queen Elizabeth Grammar School) Horncastle victorious over their opponents The Deepings School and Stamford High. QEGS had previously beaten the KGGS girls in their league game but the tables were turned in the final as KGGS took an early lead with the final score 13-4 to KGGS.

NDO for Lincolnshire, Louise Key presented the medals to winners and runners up and congratulated the ladies on their success and aspired them to repeat their achievement in the following round. Both teams will represent Lincolnshire in the regional final in January. We wish them the very best of luck.

Final placings were:

- | | |
|------------------------|----------------------|
| 1. KGGS Grantham | 6. Spalding High |
| 2. QEGS Horncastle | 7. Priory LSST |
| 3. The Deepings School | 8. QEHS Gainsborough |
| 4. Stamford High | 9. Franklin College |
| 5. Lincoln Minster | 10. John Leggett |

KGGS Grantham



All the teams in the U14 and U16 netball county finals had won their place in the event by being top in their Super Zone. Games were hard fought and score lines were extremely close with several drawn games and some being won by just one goal. The support of the crowd of spectators spurred the girls on as England Netball trained scouts from Lincolnshire looked out for any girls with all round talent who might have slipped the net at the recent academy trials.

Further close fought matches in the semi finals, finals and 3rd/4th place play offs stretched the girls to play the best netball of their lives. The top two teams in each age group will represent Lincolnshire at the regional finals in January. Competition Manager Paula Hill commented "Lincolnshire has a great chance in the regional finals and I really think we can hope to see one of our schools at the Nationals. Teachers and club coaches are doing a fantastic job in developing our netball athletes – girls are now being spotted by regional and national coaches".

Final Results:



U14

- 1st QEGS Horncastle
- 2nd The Deepings
- 3rd Stamford
- 4th Banovallum

QEGS Horncastle

U16

- 1st Priory LSST
- 2nd Stamford
- 3rd Caistor Grammar
- 4th QEGS Horncastle

News from around the counties

Northamptonshire

Northants JM's Netball Club

After two days of trials, Harriet Frost and Honor Drummond were selected for the East Midland's regional squad. Molly Chadwick and Louise Tunnickliff made it through to final screening day. These are great achievements for the club. Also Clare Drakeford has made it into the East regional squad. Clare was scouted at a previous tournament by an East Excel coach who offered Clare a trial at the first regional session and by the end was told the exciting news that she had a place in the squad. Well done to all of you. After two intense screening days the following Northants JM's players have been selected to join the Northamptonshire satellite and academy programmes:

Northampton Satellite: Sophie Lyles, Hannah Tunnickliff, Alice Legg, Ella Sturley and Jadyn Robinson.

Northampton Academy: Yasmin Dhaliwal, Nicole Hudson, Molly Chadwick, Harriet Frost, Louise Tunnickliff, Olivia Weston and Honor Drummond.



Harriet Frost, Honor Drummond, Clare Drakeford

This is a great achievement and fabulous news for the club. The players will gain lots of experience and skills from the best coaches in Northamptonshire in their quest to make the regional and national teams - Well done girls

JM's U14's News

After a superb tournament Northants JM's U14's deserved their place to compete in the National Club Finals held in Manchester. The girls had two tough days of games against the best teams in the country and finished a respectable 16th overall. *"I am so proud of the girls, they gave it their all and played some great Netball - It is a fantastic achievement for them and our club"*. Stacey Pool U14 JM's Head Coach.

Northants JM's Junior section is thriving and all of us within the JM's Senior and Junior teams are all very proud of the recent achievements.

Senior JM's Team News

JM's have senior netball teams playing in the first division at Wellingborough, Rushden, Northampton Leagues and a mixed team of juniors and seniors in the Market Harborough League.

Last season all of the JM's senior teams finished within the top two. In the Wellingborough League JM's Blue finished second. In the Northampton League JM's Pinks first and JM's Blue second and in the Rushden League JM's Black finished first. In the Market Harborough League JM's Pink came first in the second division and were promoted to the first division for this season. A great achievement for all of the teams.

A great start has been made by all of the JM's teams within all of the senior leagues this season. In the Rushden league we have a junior team entered into the senior league- JM's Pink. Good luck to all the teams for this season. For more information regarding JM's netball club please visit www.jmnetball.co.uk

Training takes place on Thursdays between 6.30pm and 10pm at Redwell Leisure Centre, Barnwell Road, Wellingborough. NN8 5LP

January 2011



News from around the counties

Northamptonshire

Get Back into Netball in Northamptonshire

If you are interested in getting back into netball in Northamptonshire, the following may be of interest to you:

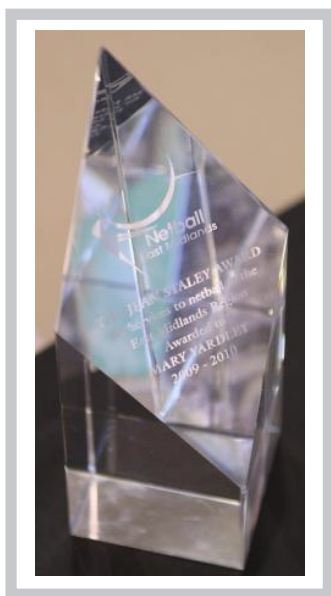
Wellingborough Netball League are holding 'return to netball' session at Weavers Sports Centre, Weavers Road, Wellingborough. Sessions will be held on Tuesday 3rd February and Thursday 3rd March from 7:45-8:15pm at a cost of £2.50.

Haven't played netball since school? Come along and have fun playing netball! For more information, contact Barb Wilkins on 01933 652919 or email barbara.wilkins53@btinternet.com

Foilit Netball club are a friendly and enthusiastic club where all ages and standards of player are welcome. They offer High 5 netball for boys and girls up to year 6; Junior teams for girls from year 7, and senior ladies teams.

For more information, contact Barb Wilkins on 01933 652919 or email barbara.wilkins53@btinternet.com

Goalden Globe Awards 2011



The time is here again when we seek to reward the achievements of volunteers within our region with our Goalden Globe Awards. The awards will be **launched on 1st February 2011** and nominations need to be submitted by April 8th 2011.

There are 10 national categories which include, amongst others: Coach Award; Netball Teacher Award; Officials Award; Outstanding Netball Club Award; Young Netball Volunteer Award. Full details of each award along with the criteria and the nomination process will be available on our website from 1st February 2011.

At the same time we will also be seeking nominations for regional specific awards: the East Midlands Netball Long Service awards and the Jean Staley award.

Nominations for the Goalden Globes and the East Midlands awards are the perfect opportunity to say 'Thank you' for an individuals' or a clubs' commitment to netball and we would love to hear about those people within your counties and throughout the region who really make a difference to netball- so get nominating!

**Make your nomination count:
Forms and further details will be available at
www.eastmidlandsnetball.co.uk from
Tuesday 1st February**

News from around the counties

Nottinghamshire

Talented Coaches Scheme

Karen Cresswell of Hucknall Town Junior Netball Club has been awarded funding from the Talented Coaches Scheme. Here, Karen gives us details of how she secured the scholarship:

"I was given details of the Talented Coaches Scheme in June last year and after checking I qualified, I decided to apply for the period Sept 10-Sept 11. I was planning to apply for my level 3 netball coaching course so thought the timing was perfect and it would help me progress my coaching to the next level. Thankfully, I was accepted into the programme along with around 10 other coaches from all sports. It was recommended I look for a mentor to help guide me should I need it and again, I was very lucky that Rosie Port, Regional Excel Coach, agreed to support me.

Since being on the programme I have attended several different coaching courses including: Induction, Mike Newell and his team from Notts County Cricket Club, multiskills, fundamentals of movement and a series of strength and conditioning workshops over the coming few weeks. Olivia Murphy has agreed to me observing Loughborough Lightning also. I currently coach regularly at club and county level (satellite) and I believe as a result of the Talented Coaches Scheme, I have now been given the opportunity to assist at the Regional Talent level. Recently, I coached the Regional Excel girls at the Capital FM arena prior to the England v New Zealand test match. I have grown in confidence over the last 6 months and learnt a lot from the other coaches on the programme. I intend to make full use of this privileged position and I know already it has helped improve my coaching ability."

Congratulations to Karen and to Claire Appleby who has also been accepted onto the Scheme!

Nottingham County Netball Association Charity Tournament

A charity tournament has been organised on behalf of Nottingham County NA to take place on Saturday 7th May 2011, 10am to 4pm at Rushcliffe Leisure Centre. Entry fees of £25 per team will go to the Child Brain Tumour Research Centre at Queens Medical Centre, Nottingham.

There will be many stalls for you to spend all your loose change on e.g. tombola, cake stall, shooting competition and a snack stall.

To enter, contact Hannah Pacey (details below). Each team must provide a C award (or above) umpire to umpire your own matches. Teams requiring an umpire will need to inform Hannah in advance where it may be possible to appoint an umpire on your behalf, for a fee of £15.

To enter, please send a cheque payable to Nottinghamshire Netball Association and send to Hannah Pacey, 9 Wynbreck Drive, Keyworth, Nottingham, NG12 5FY. Please also inform Hannah of your entry by ringing or texting on 07970 423576 or 0115 914 3195. Booking forms are available on the regional website with details of entry requirements.

NHS 2012 Challenge

Nottingham University Hospitals NHS Trust and Nottingham City PCT are teaming up to encourage their staff to take up netball as part of the NHS 2012 Challenge. The challenge aims to get 2012 more staff from each NHS trust to be more physically active as part of the legacy of the 2012 Games.

Initially the netball challenge will take place for 6 weeks and will be open to all staff (male and female) who want to have a go. There will be a mixture of games and coaching with a chance to pull all the skills learnt together for an inter organisational competition on the final week. If successful, more sessions will be organised.

January 2011



Loughborough Lightning



Lightning



Talent Squad

Fixtures 2010/2011



Fixtures

www.loughboroughlightning.co.uk

January

22nd 3pm Glasgow Wildcats v LL
29th 6pm LL v Celtic Dragons

February

5th 4pm LL v Mavericks
7th TBC Team Bath v LL
12th 6pm v Surrey Storm
19th 6pm Mavericks v LL

March

5th 7pm Surrey Storm v LL
21st 7:30pm v Glasgow Wildcats
26th TBC Northern Thunder v LL
27th 4pm v Team Bath

April

4th 7:30pm LL v Leeds Carnegie
7th 7:30pm Celtic Dragons v LL
14th 7:30pm LL v Team Northumbria
30th 3pm LL v Northern Thunder

May

14th 6pm v Leeds Carnegie
16th TBC Team Northumbria v LL

Lightning Talent

Feb 6th (TBC) Team Bath
Talent v LLT
Feb 12th 4pm v Storm Talent
Feb 19th 4pm Mavericks Talent v LLT
Mar 27th 2pm v Thunder Talent
Apr 2nd (TBC) Team South
Talent v LLT
Apr 16th (TBC) Celtic Talent v LLT
Apr 17th LLT v Leeds Talent

Team News

Home match tickets

Tickets can be purchased at Sports Reception prior to matches where cash or credit/debit cards are accepted. The best place to get your ticket is on a match night, just walk up! Contact lightning@lboro.ac.uk or 01509 226250 if you would like to book or for more information

Lightning Team: Afrika Morris, Alex Sinclair, Jade Forbes-Whattley, Emma Bliss, Nicola Caunt, Joanne Harten, Lianne Badmin, Rebecca James, Masego Motaung, Michaela McFarlane, Sarah-Jane O'Sullivan, Natasha Hampshire, Sophia Candappa, Tallisa Haynes

Coaching Staff: Head Coach: Olivia Murphy, Coaches: Rosie Port, Colette Thomson, Team Manager: Jackie Milsom, Physio: Ros Cooke

Lightning Talent: Nicole Bailey, Megan Burnside, Elisha Cooper, Ellie Rogers, Charlotte Hall, Eleanor Durcan, Charlotte Royce, Lynsey Cover, Sarah McAnallen, Hannah Millns, Isobel Sayer, Sarah Beaty, Helen Hancock, Rose Walker, Simeone Compton, Sophie Duncan

Coaching Staff: Coaches: Bev Burnham, Erica Ford, Val Kindred, Kaylea McQuade, Donna Swann, Team Manager: Donna Beckett, Physio: Ros Cooke

News from England Netball- Safeguarding

Time to Listen training

The East Midlands Region held its first Time to Listen training on 24th November in Loughborough which ran very successfully. The feedback has been very positive:

- Lots of interaction and through provoking activities
- Very interesting and helpful
- An excellent course, well run, very productive
- Feel more confident in the procedures and knowing what we're doing is right

We are confident that as more courses are rolled out, Safeguarding Officers will really feel the benefit of our trained and experienced Time to Listen tutors. So far, we have picked up on the fact there needs to be more clarity on what gets reported to England Netball and that you may benefit from more localised support as you strive to do your club roles to the best effect.

We are hoping to deliver a Time to Listen course in each county (Lincolnshire's has already been arranged for March 16th). If you are interested in attending a Time to Listen course, please contact Katie in the Regional Office, or your NDO (contact details on last page). Further information can also be found on the Safeguarding pages of our website.



Pictures from the Loughborough course

England Netball news

England Netball has achieved the intermediate level of the child protection standards and we have just heard that we have received a conditional pass on the advanced level. This is a great achievement for England Netball and we couldn't have done it without your help and commitment. We have been complimented on the fact that the whole organisation is really behind safeguarding and there has been a positive shift in attitude during the last 12 months with everyone really understanding that we all have a responsibility in this area. Thank you and let's keep the momentum going!

Safeguarding and protecting children courses

You can find details of local Safeguarding and Protecting Children courses on our regional website. Visit www.eastmidlandsnetball.co.uk and go to Club Accreditation; Courses; Safeguarding and Protecting Children

Please remember it is not your duty to investigate a child protection concern but it is your responsibility to report

Email: besafe@englandnetball.co.uk

Tel: 07595 863991

NSPCC helpline: 0808 800 5000