

# NETBALL NEWS

## EAST MIDLANDS REGION

January 2012



**Nottingham City Back to Netball Christmas Tournament. See page 7**

## Dates for the diary

### February

- 11th- Back to Netball Tournament Loughborough (see page 2)
- 15th- CAPS pre assessment deadline
- 25th- first day of UKCC level 1 Derbyshire

### March

- 23rd- Talent ID workshop for Leicestershire Schools

### April

- 14th- first day of UKCC level 2 Loughborough
- 16th- Activate workshop Lincolnshire

Further details of all dates of events and courses can be found on our website: [www.eastmidlandsnetsball.co.uk](http://www.eastmidlandsnetsball.co.uk)

### News from the Region

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# January 2012



## News from the Region

### New England Netball staff in the region

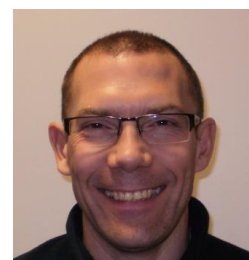
The East Midlands now has a full quota of Netball Development Officers in post. In addition to Val (Leicestershire) and Louise (Lincolnshire) the three other counties are already starting to see the benefits of having the new members of staff in place.

#### Derbyshire and Nottinghamshire

Julian Taylor: Julian comes from a background in Sports Development and started the role of NDO in November. He has settled in well and is now starting to meet key contacts throughout both counties. You can contact Julian at:

julian.taylor@englandnetball.co.uk

07545 924993



#### Northamptonshire

Kelly Walker: Kelly worked previously as the East Midlands Regional Coordinator and so may be a familiar name to some of you. She has most recently been Secretary for Northamptonshire County Netball Association and has returned to England Netball to work part time as NDO for Northamptonshire. Kelly's details are-

kelly.walker@englandnetball.co.uk

07545 924954

We'd like to welcome both Julian and Kelly to the team and hope that you get to meet them both out and about very soon.

### Primary School Affiliation

In September 2011, England Netball launched free affiliation for Primary Schools. The first 10 primary schools to sign up received a high 5 netball and a set of bibs. We're pleased to announce that two schools from the East Midlands were in the first 10 to sign up: St Gilbert's C of E Primary and Ingoldsby Primary, both from Lincolnshire. Well done to you both!



You can still affiliate your primary school for free. To do so visit the My Game section of the England Netball website

### Regional Back to Netball Tournament

21 teams have entered the Regional Back to Netball Tournament taking place on 11th February 2012 at Loughborough University. If you're in the area, why not pop into the the Sir David Wallace Sports Hall to show your support, or catch the next edition of the newsletter for all the information from the day and for photo's from the event.

**Good luck to all teams taking part!**

**Keep up to date with the latest  
information on our website:  
[www.eastmidlandsnetsball.co.uk](http://www.eastmidlandsnetsball.co.uk)**

## News from the Region- Excel

### Regional Excel Squad selected

Screening for the East Midlands Regional Excel squad took place in October and the following girls were successful:

#### **Derbyshire**

Tamikah Campbell  
Brittany Coleman  
Sophie Matthews  
Cherese Naylor  
Ella Ritchie  
Isabella Sturgess  
Katie Ward

#### **Leicestershire**

Beth Marron  
Adelaide Muskwe  
Ashleigh Plumptre

#### **Lincolnshire**

Megan Chapman

#### **Northamptonshire**

Annie Bolle-Jones  
Danielle Murphy  
Jaydene Robinson  
Ella Sturley  
Hannah Tunnicliffe

#### **Nottinghamshire**

Laura Borrie  
Katie Cresswell  
Emma Davies  
Bethany Shotton  
Thea Thompson  
Gabrielle Titley-Wilson



The Regional Excel squad train between October and March approximately once a month. They are taking part in fixtures against other regions in January and February as well as a Tri-regional match day during February half term.

Check out the next edition of the newsletter to see how they get on in the fixtures.

### National team spend time with Regional Squad

When the England team trained at Loughborough University recently, they were on the court next to the Regional Talent Squad who were training hard themselves. This allowed the Regional girls to watch the National team- how they train, what goes into training, and how the coaches work with players and the team as a whole.

If this wasn't enough, the National team found time to talk to the Regional girls and they took the opportunity to quiz them on all things netball.





## News from the Region- student placement

### Gaining experience with East Midlands Netball

In October 2011, East Midlands Netball recruited a placement student to help with netball development in the regional office. Sofie Suckley is a keen netballer, a level 1 coach and was at the time working towards her C award umpire qualification. Sofie asked for an opportunity to gain an insight into how the NGB develops netball locally. Sofie tells us how she got on:

When deciding where to go to complete my work experience as part of my Sport and Exercise Science degree at the University of Derby, there were a few points I wanted to ensure I covered such as learning about strategic planning; event management; local and regional initiatives and different coaching styles amongst different levels of elite pathways. With much of my sporting career being based in netball, I started my 120 hours of Work Experience.

During my time with East Midlands Netball I have met lots of new people within the East Midlands structure, attended several meetings, including with Loughborough Lightning management and I have always felt welcome in the office and with all team members. I have developed skills such as planning meetings, organising tournaments, promoting and marketing workshops, attendance and input into meetings and assisting a team manager on a university match day.

One of my highlights has been working alongside Olivia Murphy, Loughborough Lightning Head Coach, in the coaching of elite athletes and watching match play. I observed many different coaching styles, approaches to leadership, team management and individual coaching. From this, I have taken ideas and skills back to the club I currently coach and my own university team and also learned ways in which to adapt and change the coaching and theory behind our game. It was fantastic to see how determined and committed many of the girls were and the support they were given from the coaches around them.



My experience with East Midlands Netball has been superb, I have thoroughly enjoyed myself, learned a vast amount of information and strategies to help with my academic studies and netball career. I would recommend all young people with a keen interest to get involved and support the East Midlands region.

From my placement, I am now a member of the East Midlands Youth Action Group and work with them to organise events and plan projects within the region. I have been sure to record my hours volunteering here, and when coaching and umpiring, for England Netball's Pass on Your Passion Scheme and can't wait to get my first certificate!

A big thank you goes to Katie Broderick (Regional Coordinator) who took the role as my line manager for my placement and who has been absolutely fantastic, helpful and supportive as well as keeping me on my toes, along with all the people in the office and within the region who I have met and who I have learned from. This placement has given me options, pathways and a stronger idea of future career plans. I am very grateful and will always keep in touch with and support East Midlands Netball.



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## News from the Region- course information

### UKCC courses

The following UKCC courses are available to book onto now.  
Visit [www.Englandnetball.co.uk/coaching](http://www.Englandnetball.co.uk/coaching) for more information.



#### Level 1

Leics	26; 27 May, 23 Jun	Shepshed High School	Closing date 27.4.12
Notts	2; 3; 30 June	Sycamore Centre	Closing date 4.5.12
Lincs	15; 16 Sept, 20 Oct	Cherry Willingham School	Closing date 17.8.12

#### Level 2

14; 15 Apr; 12; 13 May; 2 Jun	Shepshed High School, Loughborough	Closing date 16.3.12
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### Skills workshops for teachers and coaches

The following skills workshops are available to book onto now.  
Visit [www.eastmidlandsnetball.co.uk/coaching](http://www.eastmidlandsnetball.co.uk/coaching)

Leics	23rd March	Talent ID (schools only)	TBC	Closing date 9.3.12
Lincs	16th April	Activate	Priory City Academy	Closing date 30.3.12
Derbys	2nd May	Winning the Ball	Aldecar College	Closing date 18.4.12
Leics	10th June	Strength and Conditioning	Loughborough Uni	Closing date 25.5.12



**A number of workshops are available from England Netball. Visit the coaching; safeguarding and officiating pages of the England Netball website for videos and more information**



# January 2012



## News from around the counties

### Derbyshire

#### North East Derbyshire Village Games Netball Tournament

More than 80 ladies took part in the tournament held at Tibshelf Community School at the beginning of October. The day was organised by Hayley Bramley, Village Games Coordinator for North East Derbyshire, who said: "Everyone enjoyed themselves, the weather reflected the warm and friendly atmosphere with the ladies coming together to play a sport they love. The focus was on sportsmanship, fair play and healthy competition. The ladies showed brilliant skill, drive and determination throughout a very warm but enjoyable day."



The winners were Etwall Lions, but the other 6 teams put up a fight. Organiser Hayley Bramley is looking to run another tournament in the New Year. Interested teams should contact her on 07909 444538 or [hayley@villagegames.org.uk](mailto:hayley@villagegames.org.uk)

### Leicestershire

#### Active together workplace challenge 2012

The Active Together Workplace Challenge is aimed at organisations in Leicestershire, Leicester and Rutland and promotes a more active lifestyle with offers of innovative methods to stay active. 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.

You can join the Active Together Workplace 2012 at [www.workplacechallenge.org.uk](http://www.workplacechallenge.org.uk)



Cash prizes are available for the winning workplaces and other prizes are available courtesy of sponsors

Remember a team effort will be needed to win the workplace prize categories so make sure all your colleagues are signed up and active from the 16th of January!

#### Charnwood Sports Awards- winners announced

Congratulations to the following who picked up their deserved trophies at the Charnwood Sports Awards: Imogen Clements- Junior Volunteer of the Year; Lynn Moore- Volunteer of the Year; Charnwood Sapphires- Club of the Year and Sue Jones- Outstanding Contribution to Sport. Well done all!

### Lincolnshire

#### Lincolnshire shine at awards ceremony

Lincolnshire County Netball Association made the headlines at the Lincolnshire Sports Awards taking home the 'Sports Organisation of the Year' and Sally Thomas won 'Coach of the Year' at the Newark and Sherwood Awards. See the two write ups on the regional website for more information about LCNA and Sally and to see them smiling with their awards!

# January 2012



## News from around the counties

### Lincolnshire cont....

#### Lincolnshire County Netball Finals 2011

Over 60 Lincolnshire secondary schools, 1500+ pupils, entered the School Sports Association (SSA) Netball competitions in 2011. The top two teams from the SSA rounds competed in the Lincolnshire County Netball Finals.

U19s: The U19s competition was held at Horncastle Queen Elizabeth Grammar School and 8 teams took part. A round robin format was played which produced several unexpected results and saw some excellent netball skills displayed. Tournament victors, The Deepings School, had a clean sweep, winning all of their games. The next three positions were tightly fought. The Deepings and runners up Priory LSST will now represent Lincolnshire at the Regional Schools Finals on January 28<sup>th</sup> 2012 in Northamptonshire.

1<sup>st</sup> The Deepings, 2<sup>nd</sup> Priory LSST, 3<sup>rd</sup> QEGS Horncastle, 4<sup>th</sup> Stamford High, 5<sup>th</sup> Minster School, 6<sup>th</sup> John Leggott, 7<sup>th</sup> Boston High, 8<sup>th</sup> Monks' Dyke

U14 and U16s: Blue skies, bright sunshine and a superb venue set the scene for the 24 teams in the U14 + U16 Netball County Finals. All the teams secured their place in the County event by being top in their Super Zone. 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.

Queen Elizabeth's Grammar Horncastle were successful in progressing both U14 and U16 teams to the semi-finals with Caistor Grammar, Priory LSST and Stamford High joining them at U14 and Stamford High, Frederick Gough, and Vale Academy taking the remaining U16 semi-final places. Further close fought matches in the semi finals, finals and 3<sup>rd</sup>/4<sup>th</sup> place play offs stretched the girls to play the best netball of their lives and keeping the spectators cheering throughout. Our top two teams in each age group will, as their U19 compatriots, represent Lincolnshire at the Regional Finals in January.

Schools taking part were : Stamford High, Vale of Ancholme, Walton, QEGS Horncastle, Caistor Grammar, Bourne Academy, QEHS Gainsborough, Lincoln Minster, Priory LSST, The Deepings, Bourne Grammar, Healing, Frederick Gough.

Final Results: U14 - 1<sup>st</sup> Caistor Grammar, 2<sup>nd</sup> Priory LSST, 3<sup>rd</sup> QEGS Horncastle 4<sup>th</sup> Stamford  
U16 - 1<sup>st</sup> Stamford, 2<sup>nd</sup> Vale Academy, 3<sup>rd</sup> QEGS Horncastle, 4<sup>th</sup> Frederick Gough

Lincs County Netball Committee Members Louise Key and 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. We wish all teams the very best of luck".

A big thank you goes to the host schools, Priory LSST and QEGS Horncastle for the use of their facility and to teachers, athletes and spectators for making the events so enjoyable.

Tentative dates for the same event in 2012 are:

Saturday 10<sup>th</sup> or 17<sup>th</sup> November – ideally for all three age groups but if we have to split, then Wednesday 14<sup>th</sup> November for U19.



# January 2012



## News from around the counties

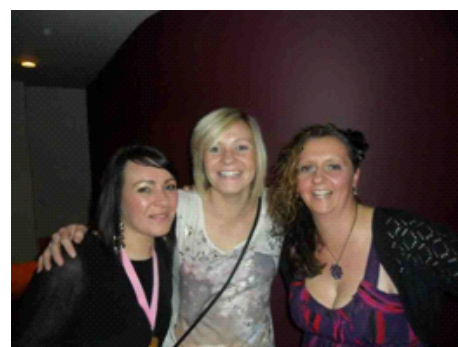
### Nottinghamshire

#### Back to Netball Christmas Festival

After the success of the first Nottingham Back to Netball tournament in June, Kaylea McQuade (NDCC) couldn't wait to organise a Christmas Festival and it took place on Tuesday 20<sup>th</sup> December 2011 at the Jubilee Sports Centre. The Festival was attended by 56 enthusiastic ladies who have attended sessions at Portland Leisure Centre, Harvey Hadden Sports Complex, Southglade Leisure Centre, Clifton Leisure Centre and Djanogly Sports Centre.

Due to difference in playing standards, Kaylea spent time organising mixed ability and mixed session teams. A lot of the ladies from different sessions had met one another at the Christmas Celebration which Kaylea organised prior to the Festival and so the Festival was not only a night to celebrate the success of getting Back to Netball, but it was also an occasion to catch up with new friends.

8 Teams were formed and played a round robin competition over 3 hours. The ladies played a variation of FastNet which allowed them to score 3 points from outside the circle. Despite the ladies never playing these rules before, they were not shy to attempt the 3 pointers, this only increased their excitement.



The 3 Musketeers, Ruth, Tracey and Nikki from Portland Leisure Centre played for the Reindeers and came prepared with fancy dress, which must have distracted the other teams as they won and held a draw on 4 occasions putting them in 6<sup>th</sup> place. The Seven Swans and Candy Canes were head to head the whole evening and finished on equal points.

The Angels certainly did not act as Angels as they fought their way to 5<sup>th</sup> place despite holding a draw against Mrs Claus who finished 2<sup>nd</sup>. The Snow Women played well the whole evening and finished a respectable 4<sup>th</sup> place, closely behind The Eight

Maids who finished 3<sup>rd</sup>. The Baubles shone through, winning 6 out of 7 games with a whopping 35 points, 6 more than 2<sup>nd</sup> Place.

The games were umpired and scored by volunteers from several local clubs in Nottingham. Without their help and support the evening would not have been a success. Thank you!

During the evening a Raffle took place with all the profit being donated to Cancer Research UK. A total of £45 was donated. Congratulations and thank you to everyone who bought a ticket or two!

Kaylea is already in the process of organising the next Festival which is taking place in March 2012. If you're interested in taking part in the Festival or attending a Back to Netball session please contact the NDCC Kaylea McQuade on 07872407215 or [kaylea.mcquade@englandnetball.co.uk](mailto:kaylea.mcquade@englandnetball.co.uk).



# January 2012

## News from around the counties

### Northamptonshire

#### Wellingborough Netball League celebrates 40 years of Netball

On Thursday 15<sup>th</sup> December former netball players and volunteers from the last 40 years reunited in a celebration of netball in Wellingborough. The evening was celebrated with a match from teams Aruba and Futureprint, followed by refreshments and speeches from Barbara Wilkins- current chair; Pat Hyde- President; and Marion Neale who were the co founders of the league in 1971. The raffle raised £100 for local 'Crazy Hats' breast cancer charity, as photographed right with WNL members wearing commemorative t-shirts and a netball court celebration cake. Barbara Wilkins said she was pleased with the celebration and 'A good time was had by all'.



### Back to Netball schemes in your counties

For information on Back to Netball schemes taking place across the region, visit the Programmes section of our regional website [www.eastmidlandsnetball.co.uk](http://www.eastmidlandsnetball.co.uk) Some of the schemes currently taking place include:

CLOWNE (Derbyshire) 7-8pm Heritage School £2.00  
Contact: Laura Stephen- [laura@villagegames.org.uk](mailto:laura@villagegames.org.uk)

WIGSTON (Leicestershire) 7-8pm Guthlaxton College Sportshall £2.50  
Contact: Leanne Plummer- [leanne.plummer@oadby-wigston.gov.uk](mailto:leanne.plummer@oadby-wigston.gov.uk) or Telephone: 07789 926 462

SOUTH KESTIVEN (Lincolnshire) 2-3:30pm Priory Ruskin Academy, NG31 8ED £2.50  
Contact: Louise Key- [louise.key@englandnetball.co.uk](mailto:louise.key@englandnetball.co.uk)

YUMMY MUMMY (Nottingham city) 4-5pm Forest Fields Primary School FREE  
Contact: Kaylea McQuade- [kaylea.mcquade@englandnetball.co.uk](mailto:kaylea.mcquade@englandnetball.co.uk)

GEDLING (Nottinghamshire) 8-9pm Gedling School £2.50  
Contact: Adam Grunby- [GunbyA@gedling.notts.sch.uk](mailto:GunbyA@gedling.notts.sch.uk)

# back to netball

In association with ASICS

# January 2012



## Loughborough Lightning

### Lightning squad 2011/12

**Shooters** – Lianne Badmin, Becky James, Olivia Mason, Michaela McFarlane

**Mid court** – Lucy Adams, Sophia Candappa, Jodie Gibson, Jenni Montgomery, Jordan Moxey, Lauren Steadman

**Defenders** – Nicola Caunt, Jade Forbes-Wattley, Afrika Morris, Rachel Mulloy, Alex Sinclair

Olivia Murphy, Head Coach at Loughborough Lightning said: "By bringing in several new players we will have a fresh new look for the 2012 season. I am looking forward to working with such an exciting, young and talented group of players that we have secured for the new season. I hope our loyal fans get behind the new team, and support us as we look build the next stage of the Lightning franchise."

Becky has been selected as Captain and will work with Sophia and Jade in the Lightning Leadership Group. Lightning welcome Jordan who has progressed from the West Midlands NTL and players who have come through the East Midlands pathway include Lauren; Lianne and Nicola.

### Coaching team

Olivia Murphy may have hung up her trainers (again!) but she is still with Loughborough Lightning as Head Coach and will work with Rosie Port. Loughborough Lightning also welcomes Jo Webb who previously coached Hertfordshire Mavericks.



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

### Fixtures

#### Phase 1:

Saturday 28th January	Surrey Storm	7pm	Surrey Sports Pak
Saturday 4th February	Northern Thunder	6pm	Netball Centre, Lboro
Monday 13th February	Team Bath	8pm	Sir David Wallace, Lboro
Saturday 18th February	Hertfordshire Mavericks	6pm	Netball Centre, Lboro
Friday 24th February	Yorkshire Jets	8pm	Bonus Arena, West Park, Hull
Thursday 1st Match	Celtic Dragons	8pm	Sports Wales National Centre

#### Phase 2:

In phase 2, the top 4 teams will play each other home and away, and the bottom 4 teams will do the same. The play offs will include the top 4 teams and the top team from the bottom group.

Tickets for home matches can be purchased online by visiting the ticket page of the Loughborough Lightning website



January 2012

## Loughborough Lightning

Jordan Moxey



Lianne Badmin



Lauren Steadman



Nicola Caunt



Jade Forbes-Wattley



LOUGHBOROUGH  
LIGHTNING

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

Afrika Morris



Alex Sinclair



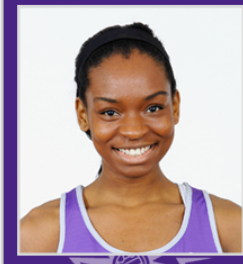
Olivia Mason



Michaela McFarlane



Jodie Gibson



Lucy Adams



Jenni Montgomery



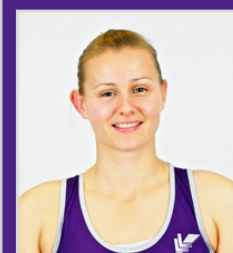
Sophia Candappa



Rachel Mulloy



Rebecca James



**Jo Harten:** Jo Harten has moved to New Zealand to play with Canterbury Tactix. We'd all like to wish Jo luck and hope to see her soon as she is still eligible for selection to our National squad

# January 2012



## News from England Netball- Young People

### Athlete selected to attend National event

The National Talent Orientation Camp developed by the Youth Sports Trust enables talented 14-16 year old sports performers to experience sporting challenges outside of compulsory education. In December 2011 the England Netball Excel Coach chose ten netballers to attend the camp which this year was held at Loughborough University's Netball Centre. Over 90 athletes from different disciplines attended and amongst the netballers was Clare Drakeford from Northamptonshire. Clare wrote to us to tell of her experience:



"Having seen the National Talent Orientation Camp website prior to going I had some idea as to what it would involve, however I did not realise how inspired I would actually be from participating. The camp started on Sunday night, first meeting our mentor, Olivia Murphy. As one of my heroines, learning from her made the camp more special. Throughout the camp, a mixture of training and workshops were held. As a young netballer I think that motivation and the willingness to train hard are important for success; however through the workshops I learnt different aspects of motivation and actually how to keep going when faced with failure on any level whether that be failing to intercept a ball or actually not making a squad bench. The first workshop was about determination and whether we actually were dedicated enough to succeed from actually having the dream to knowing our own strengths and weaknesses and how to overcome them.



**Clare (front row, far left) with the netball team**

Our last day involved us participating in team relays and a closing ceremony headed by Jason was very emotional; talks from people who had lived their dream and the hard work and dedication that had gone into them achieving their dreams. I came away from camp knowing far more about what it takes to be the best and have a better understanding of my own qualities and how to turn negative aspects into positive learning opportunities. It was a brilliant experience and I would urge anyone who gets the opportunity to go grab it with both hands: I would love to do it all again."

One useful workshop on ability and planning included an inspiring talk from Jason Gardener who won a gold medal at the Athens Olympic Games in the men's 4x 100m relay. He stressed to us not only the importance of being a talented athlete but also how important it is to plan down to the very last detail in order to succeed and achieve. Throughout the camp we trained- early starts made us realise that training needs to be fitted around everything else that is happening in our everyday lives. We were teamed up with other sports on several occasions to enable us to develop our skills (not just the sporting ones) and make them transferrable.



**The final day relay race**