

East Midlands Netball Newsletter



East Midlands Netball

@EastMidlandsNet



eastmidlands@englandnetball.co.uk

January

2015



Save the Date: Sunday 21st June 2015

East Midlands AGM & Goalden Globes Celebration

The East Midlands AGM & Goalden Globes Celebration will be making its way back to the Raddison Blu, East Midlands Airport on Sunday 21st June 2015.

Further details will follow very shortly. To make sure that you are kept up to date with the categories and nomination deadlines, follow us on Social Media, keep checking the [Regional Website](#) and look out for our emails!



THIS GIRL CAN!

East Midlands Netball would like to say a huge THANK YOU to the everyone within Region that have supported and promoted the England Netball 'Renew You' campaign, and the Sport England 'This Girl Can' campaign.

#RenewYou

#ThisGirlCan

We would love to hear about the positive impact that Netball has had on your life... so if you would like to share your story with us (to be featured in the next Regional Newsletter) please send it through to the Regional Office:

eastmidlands@englandnetball.co.uk

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Awards & Recognition

A Award Umpiring Success

Brigg Netball Club, Lincolnshire – truly a family run club!!!!

Founded in 2000 by Vanessa McErlain-Naylor- a C Award Umpire and UKCC Level 2 Coach- **the club has grown from strength to strength and this hasn't been without** the support of all family members.

Vanessa herself became the first UKCC Level 3 Coach in Lincolnshire (as well as the East Midlands) in May 2011 and has mentored many up and coming coaches within the club and academy structure – none other than her husband Mark – who is not only a UKCC Level 2 Coach but a B award Umpire. Now, both Mark and Vanessa head up the Satellite and County Academies in the North of Lincolnshire.

Their son Stuart, not to be left out, achieved his UKCC Level 1 Award a few seasons ago. But, like his dad, Stuart took to the umpiring side of the game and fast became a B Award Umpire and a regular face at County / Regional / NPL matches, **as well as on the National Club / School circuit. Stuart's success increased further** on Sunday 23rd November when he became an A Award Umpire – the first ever in Lincolnshire.

To add to the family involvement... Vanessa's dad designed and maintains the clubs website and is the twitter account holder. And not to be out done, Vanessa's mum is a regular at all the clubs fund raising events and annual tournaments, lending a hand with anything from the BBQs to Raffles to keeping the toilets clean.

So when Brigg Netball Club says they are a family run club – this is no exaggeration of the facts!

Unsung Hero in Sport: Pauline Shipman

November was a great month in which Nottingham City Netball Club saw their Chair and Head Coach, Pauline selected as an East Midlands finalist for the BBC Unsung Hero award.

For almost 60 years Pauline has been involved with netball and in that time she has made a significant impact to the netball landscape in Nottinghamshire. As a player in the 1960s, Pauline was a founder member of Nottingham City Netball Club. She then started volunteering as an umpire in 1973 prior to becoming a Coach and Umpire tester. Pauline is the Chair for Notts Netball Association (a role which she has held for the last 21 years), she has been the Senior County Coach, and she has also served in various senior roles on the East Midlands Regional Committee and Board.

Pauline continues to be the driving force at Nottingham City NC which has recently been re-accredited as a Gold CAPS club. In the 60 years she has selflessly dedicated herself to netball, it is estimated she will have worked with and inspired over 10,000 girls, women and volunteers across Nottinghamshire.

Congratulations to Pauline for this incredible achievement!

Awards & Recognition

B2N Nottingham Rock Nottingham City Sports Awards

In November, Nottingham City Council held their annual Sports Awards at the Council House, a fantastic evening was had by all. The City of Nottingham Back 2 Netball league were runners up in the 'Voluntary Project of the Year' award. Ruth Pickthorn won the 'Community Coach of the Year' Award. The 'Improved Club of The Year' went to Forest Bows and Arrows Netball Club, and Andrea Liburd who plays for Riverside B2N Club won the 'Personnel Achievement Award' after losing 4 stone+ since joining England Netballs Back to Netball programme.

Amanda Hunt commented: "To be nominated in the first place is a great achievement but to win 3 out of 4 awards it's fantastic and overwhelming and definitely put B2N on the map in Nottingham as a great project to get involved in".

Derby & Nottingham City Sports Awards, Netball Success

Voluntary Community Group of the Year:

City of Nottingham B2N League

Community Coach of the Year:

Ruth Pickthorn

Personal Achievement Award:

Andrea Liburd

Sporting School of the Year:

The Fernwood School

Improved Club of the Year:

Forest Bows and Arrows Netball Club

Primary School Team of the Year: Greenwood Netball

Services to Sport Derby City, Runner Up: Mary Yardley



Ruth Pickthorn has also been put forward to the Nottinghamshire Sports Awards in February for Community Coach of the Year - we wish her all the best.



Finally, in November's newsletter we recognised our many award winners and nominees at the Derbyshire, Northamptonshire & Lincolnshire Sports Awards. And, as promised we have managed to get hold of a picture of Rosie Port collecting her award for 'Service to Sport' at the Derbyshire Sports Awards back in November.

Congratulations once again to all of the Netball winners and nominees!

News from around the Counties

Leicestershire:

Market Harborough Youth Netball Club

Nearing 150 members, with waiting lists in operation for some ages, Market Harborough Youth Netball Club are certainly a Club to be proud of... and what a great first part of the season the Club has had.

The new coaches (and old) are all settled in and getting to know the girls, who are looking fab in their kit and playing some fantastic netball!

The club have also made many changes to their structure and are working towards CAPS accreditations (so thanks go out to everyone for bearing with them!).



The High Fives 2014 season is complete and Harborough were unstoppable, finishing 2nd, 3rd & 8th. Absolutely fantastic!

Under 12's Pumas finished 2nd in the league & Panthers were brilliant too. Special mention to Kate Buczynski who was U12 League Player's Player... Congratulations Kate!!

The Club has lots to look forward to in the new season for Hi5 & U12.

Under 14 & Under 16 are only half way through the season and the Club have definitely seen some tough competition so far!!

The Club are working hard to see how the girls can be best supported and may tweak things slightly in 2015. Having said that, the coaches and club on a whole are so proud of how the girls have played and conducted themselves – keep up the hard work!!



Market Harborough Youth Netball Club continue to receive positive feedback in the Netball community about their players and we could not be prouder! Keep up the hard work!

News from around the Counties

Derbyshire: Back to Fitness with Back to Netball



Press Release

Back to Fitness with Back to Netball in Bolsover District *Get Back On The Court With Derbyshire Village Games and England Netball*

Netball players in Bolsover District are being encouraged to score an early **fitness goal this New Year as part of England Netball's 'Renew You' campaign.**

Back to Netball sessions take place at Clowne Sports Centre on Monday evenings at just £2.50 per session with the first session FREE and provide women of all ages with a gentle reintroduction to the sport.

Run by passionate and enthusiastic coaches, sessions cover the basics of the game including passing, footwork and shooting. Sessions finish with a friendly game to put the skills learnt into practice.

Many women who join Back to Netball sessions go on to form teams and play in festivals, tournaments or local leagues in the county.

"Back to Netball is the ideal way to tackle those resolutions because not only is it a great way to get active, it is also fun, friendly and sociable meaning you have a whole bunch of ladies around you all trying to do the same thing and keeping each other motivated. The fact that although you are being active it's easy to forget that is the often dreaded exercise. Ladies come along to meet new people, have a laugh and in the meantime they are becoming fitter, happier and healthier... it's win, win, win!"

Stacey Hardy, 29, attends the Clowne sessions and said: **"I had only ever played netball at school and at the time I wasn't a big fan of school so never really got the chance to enjoy playing netball either."**

"I started going to the sessions as it sounded like fun, I wanted a new way to help my weight loss and fitness and just attending the gym didn't always work, I needed something more to encourage me."



"I really enjoy the friendly (and sometimes competitive) feel to the sessions, the skills I've learnt are great and through the club I became part of a team, so I can now put the skills to good use!"

News from around the Counties

... Derbyshire: Back to Fitness with Back to Netball

Kirsty Cox, 33, lives in Bolsover and attends the Clowne netball sessions. She said: "When I joined the session I hadn't played for a number of years and had just moved into the area."

"I wanted to get back into playing netball and the fact that it was a Back To... club appealed to me as it wasn't as daunting as trialling for a local league team etc."

"The session was friendly and didn't leave me feeling like my ability level was in question. The coach and other players were encouraging and the sessions were informative and fun."

"Back to Netball clubs are the best way to either get back into the sport or to take up a new one. Since joining the session I have progressed to playing competitively in a couple of local leagues, captaining one of the teams."

"I have also qualified as a netball coach and undertake umpiring duties when needed. If someone had suggested I would be doing all of this before I joined the session I would never have believed them! It has all been possible and achievable thanks to joining that session!"

To find out more about the Clowne Back to Netball group, 'like' Clowne Netball Club on Facebook or visit:

clownenetballclub.wix.com/cnc

For further information on the netball sessions contact Laura Stephen, Bolsover District Village Games, Community Sports Trust, 07909 444 094. Or for media relations contact Rebecca Cassidy on 07507 669 440 rebecca@lissacookpr.co.uk

Laura is also planning to re-launch the Pinxton Back to Netball session, when the nights become lighter in the Spring.



For information on Back to Netball sessions across Derbyshire and the rest of the East Midlands visit: www.EnglandNetball.co.uk/Back-to-Netball

If you are a coach interested in delivering Back to Netball, or a Club is interested in delivering it, please contact your [NDO](#) or the [Regional Office](#).

News from around the Counties

Northamptonshire: Special Moment for Young Volunteer

Beth Dillon from Northants JM's Netball Club was a volunteer at the recent England V Wales match on Sunday 14th December at Liverpool's Echo Arena.

Beth was not only a ball girl but was also selected to present Geva Mentor with a momentum as part of her Geva achieving her 100 Caps for England. **Beth said ...**

"When I arrived I was taken to the volunteers room where I met all the other volunteers. It was a little daunting at first as they all came from the same netball club but they were all friendly.

We had a tour of the arena and was taken to the courts where the event crew told us what we were doing and we had a rehearsal with the flags so we all knew where to go.

The first game was England A v Scotland. I was ball girl for the whole match and really enjoyed it.

As more people arrived the atmosphere built up and by the end of the match the crowd was buzzing. After the match The ball girls all collected England's and Wales's bags from their changing rooms and took them to court side. I held the flags again and was ball girl for the first quarter then I sat in the front row for the rest of the game.

When you are ball girl you are so close it is amazing but you have to remember not to get in the game as you need to be alert for whenever the ball goes off court.

As I was not on ball patrol for the last quarter I was asked to present the momentum the players had made for Geva for her 100th cap! Overall the experience **was amazing, I had a great time and will definitely volunteer again."**



Northants JMs Ball Girl - Beth Dillon presents Geva Mentor with 100 Caps momentum

News from around the Counties

Northamptonshire:

The Paula Mayers Sunday Netball League

On Thursday 8th January, Wellingborough Netball League made a very special presentation to Kelvin Mayers, husband of the late Paula Mayers, a fellow netballer who sadly lost her battle with cancer in August last year.

WNL had raised £240 with a contribution from Minstrels Netball Team which was presented to Kelvin and daughter Jordan as a cheque that he received on behalf of Macmillan Cancer Support.

Paula was a very loveable and friendly lady who worked as a nurse and cared for all. The Sunday Netball League paid a special tribute to Paula by renaming this league, The Paula Mayers Sunday Netball League.



News from around the Counties

Northamptonshire:

Northants JMs partner up with Friars Academy

At the beginning of December, Northants JMs Netball Club, in partnership with Friars Academy, started some taster sessions for pupils with learning disabilities.

The sessions were held at the JMs training ground (Redwell Leisure Centre, Wellingborough) and coached by Yvonne Blunt and Kelly Washington. Yvonne and Kelly were assisted by JMs U12 Junior Eleanor Mears, and Friars Academy teaching staff Rhian Turnbull and Jo Rutter.

Kelly Washington said: "The sessions were a great success and we are pleased to announce that we plan to launch our new learning disability club on January 15th. The girls were really enthusiastic and worked really hard and it was a pleasure to coach them. I was personally a little nervous initially as they have already achieved so much as a school team by winning the Marion Smith tournament and Special Olympics, but they are a lovely bunch".



Due to the success of the taster sessions, Northants JMs now run a weekly session in partnership with Friars on Thursday evenings, 4.45pm to 5.30pm. For more information contact: admin@northantsjms.co.uk

Nottinghamshire: Fundraising Recognition

The Children's Brain Tumour Research Centre ([CBTRC](#)) was founded at the QMC in 1997. The CBTRC performs pioneering research into genetic abnormalities of brain tumours, novel imaging techniques and drug delivery. It also excels in diagnosis, innovative treatment and raising awareness. Additional funding will enable further crucial advances to be made into understanding the cause, nature, treatment and outcomes of childhood brain tumours.

For the last 5 years Nottingham County Netball Association has organised end of season charity netball tournament that raises money and awareness for The CBTRC. Entry fees as well as money raised through tombola, cake and snack stalls all go to the Research Centre to fund the research and necessary equipment that will help save and improve lives. On 22 June 2014 the County Association raised £600 which was proudly presented by Nottingham County Netball Association Pauline Shipman.



Pauline presenting Ruth Brady a cheque for Children's Brain Tumour Research Centre

Nets: The Basics!

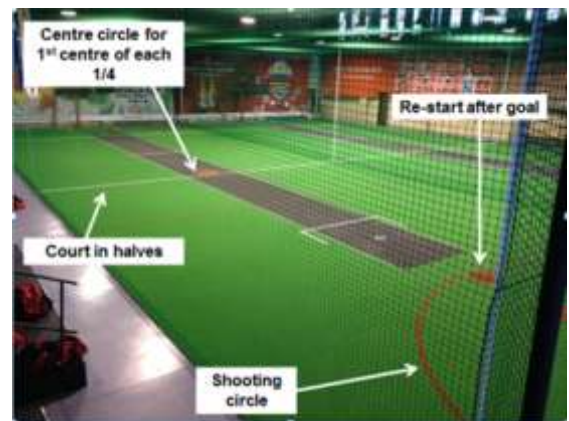
Over the past few months you may have heard about, read about or even played **Nets**. With 3 Centre's in the East Midlands offering Nets (details of Centres on upcoming pages), we thought we would take the opportunity to explain Nets in a nutshell!

Nets is a variation of netball that is fast, non-stop and very tactical. Although there are similarities with the rules of standard 7 a side netball, there are obviously a number of differences as well.

There are 2 international versions of Nets....6's and 7's although some centres in the country (including Willows Sports Centre, Derby) also run 5 a side Nets activity as well.

An Introduction to 6's

- The court is narrower and shorter than a standard court and the surface is generally carpeted.
- The court is in two halves rather than thirds in 6's.
- There is a re-start spot at the top of the shooting circle.
- As there are only 6 players on court, the positions are slightly different.
- In 6's there are three playing positions with two of each of these positions on court...



Attack- This player is an attacking player and can shoot from both inside and just outside of the shooting circle.
Defence- This player is a defender and can go in their teams defending half of the court as well as inside of the shooting circle.

Link- This player is able to cover both halves of the court and acts as a mid-court player. They cannot go into the shooting circle but they can shoot from just outside.

Shooting in 6's!

- From just outside the shooting circle either a Link or Attack can opt to shoot for 2 points.
- Adding further excitement is that when shooting, the ball must NOT hit the net behind the goal post (so not like basketball!)
- An attack can shoot for 1 point when inside the circle.
- The post is the same height as a standard netball post and players can defend the shot from both within and outside of the shooting circle.

The Nets

The nets are obviously one of the biggest differences and one that literally adds another dimension to the game! The ball can be passed off the nets and it can literally help get it round the opposition. When shooting however, the ball must not rebound into the goal off the net as this would result in a dis-allowed goal!



In the April Newsletter we will introduce you to the 5 a side game!

Nets: Opportunities to Play

Leicester Sports Centre

A free 'Introduction to NETS' event was held at Leicester Sports Centre on Sunday 18th January. With a turn out of 66 players/umpires/coaches/observers a good time was had by all.

A big thank you to all the staff at Leicester Sports Centre for their hospitality and to all of the East Midlands teams/players for making it a successful event: Hinkley Ladies, Bingham Bullettes, Knighton, Charnwood Sapphires, Stapleford, Old Dalby Netball Club, Norhants JM's, Rural Trading Foxton Netball Team, Henley Netball Club, Helen White, Lorna Hylton & Anne-Marie Marshall.


Leicester Sports Centre is already planning a second event in March with a view to launching a Netball League in the summer once all of the local leagues have concluded. If you are interested in attending the March event, or participating in the new league, please let the Sports Centre (details below) or the [Regional Office](#) know.

In the meantime, if you are interested in hiring a court to play some Nets, please contact the centre directly for availability:

 www.leicestersportscentre.co.uk/

 0116 2470221

 info@leicestersportscentre.co.uk

 Leicester Sports Centre Ltd,
16 Commercial Square,
Freemans Common, Leicester, LE2 7SR



Hinkley Ladies with their 'Mini-me' mascots



Nets: Opportunities to Play

Willows Sports Centre, Derby



Willows Sports Centre is based in Derby City Centre and has offered local players an excellent opportunity to play all forms of netball for over 20 years! In excess of 80 teams play weekly at the centre, recently refurbished and boasting superbly carpeted indoor courts, modern changing facilities and free car parking to its customers.

Women's and Mixed teams play in weekly recreational leagues at both 5 and 6 aside versions of Nets. Players can also choose to play traditional 7-a-side netball at the centre.

The Centre do everything for you; no bibs and ball to provide, they even organise the umpires too! Willows Sports Centre aim to make it as accessible and easy for you to play as possible; their league software can help you organise your team, keep up-to-date with league fixtures and standings and even follow other results from your league as they happen via their Twitter handle (@willows_netball). Simply provide the players and play the game!

Willows Sports Centre prides itself on offering easily accessible netball for all players, be it lapsed players **returning to the game they once loved via 'Back to Netball', social and recreational leagues for any level of player at all formats, or a higher level netball for the more committed elite player, all year around.**



Netball is played 52 weeks of the year at the centre, so if you want **season-to-season netball, you'll find at Willows!** Why not continue playing netball during your **'off-season' this summer?** The centre have new 7-a-side and Nets leagues starting after Easter/early May that dovetail perfectly with the end of your regular season. Choose to play 7-a-side on Tuesday or Thursday evenings, or why not give Nets a go? There are 5-a-side Nets leagues every weeknight and if you really fancy a change. You can also get your boyfriends and husbands involved and enter the summer mixed 6-a-side Nets league! ...

Nets: Opportunities to Play


...Willows Sports Centre, Derby

If you would like to see what Willows Sports Centre can offer you; either as an individual, or for your existing or new team, contact them today! To celebrate their link with England Netball, they are offering any team a FREE trial game at the centre, **simply by quoting 'NETS15'** when you enquire.

The Centre will be hosting an **'Introduction to Nets' Open Evening** on Thursday **5th March** which you're welcome to come along to. Why not bring along your work-place or group of friends to trial Nets on the evening? The Centre plan to host numerous games throughout the night for a wide variety of women's and mixed teams, plus a very special representative game between a team selected from the Centre's regular players and a very special team put together by England Netball!

Look out for details on social media over the coming weeks, or register your interest by **texting 'WILLOWS NETS15' AND your email address to 61211**. Alternatively, call the centre on 01332 204004 or email nets@willowssportscentre.co.uk.

 www.willowssportscentre.co.uk

 01332 204004

 nets@willowssportscentre.co.uk


 Willows Sports Centre, 1 Willow Row, Cathedral Quarter, Derby, DE1 3NZ

Bar Lane Community Sports, Nottingham

On Tuesday 27th January, Bar Lane Community Sports hosted a launch event for Nets. The event was attended by players from: Southwell NC, Stapleford NC, Titans, Angels, Bows and Firecrackers.

The success of the event and demand for more opportunities to play Nets in Nottingham has led to the organisation of a second event on Tuesday 10th February (6:30pm start). If you are interested in entering the event (cost: £16 per team), please contact the [Regional Office](#) or Bar Lane Community Sports for further details.

 www.barlanecommunitysports.co.uk

 0115 9244766

 info@barlanecommunitysports.co.uk

 Unit 1B, Bar Lane, Bar Lane Industrial Estate, Nottingham, NJ6 0JA



Dates for your Diaries

Please see below dates for your diaries. To access the regional calendar visit [our website](#).

31 January Regional Schools competition (reserve 28 February)

6 March Back to Netball Presentation Evening

8 March Regional U14 Competition (reserve 22 March)

14 March National Schools Competition

22 March C award Umpire Course Nottingham

21-22 March Netball Europe U17 Competition

22 and 29 March Regional U16 Competition (reserve 12 April)

28 March National Screening

19 April Regional League Play Offs

25-26 April Netball Europe U19 Competition

26 April and 31st May UKCC Level 1 Lincoln

2-3 May National U16 Competition

9-10 May Premier League Play Offs

10 May Regional Hi5 clubs and U12 Competition (reserve 31 May)

10 and 31 May UKCC Level 1 Nottingham (Kimberley)

16/17 May 13/14 /27 June UKCC Level 2 Leicester

17 May Regional League Qualifying Tournament

23-24 May National U14 Competition

23-24 May Netball Europe Open Competition

6 June Marion Smith Tournament

21 June Regional Golden Globes and AGM

21 June Regional Schools Hi5 Tournament

27-28 June National Masters Competition





LOUGHBOROUGH LIGHTNING



The Netball Superleague season is upon us and

Loughborough Lightning **squad couldn't be more excited** for the action to start. Rachel Henry has been named as Captain for the upcoming season with the support of Lauren Steadman and Rachel Forbes as Vice-Captains.

Everyone behind the scenes wishes the squad the very best for their first match against **Yorkshire Jets and can't wait** for the 1st home game of the season on the 9th February.

HOME FIXTURES

09/02/15	7.30pm	Loughborough Lightning vs. Celtic Dragons
21/02/15	6.00pm	Loughborough Lightning vs. Surrey Storm
09/03/15	7.30pm	Loughborough Lightning vs. Yorkshire Jets
	5.00pm	Loughborough Lightning NPL vs. West Mids Warriors NPL
21/03/15	6.00pm	Loughborough Lightning vs. Hertfordshire Mavericks
	4.00pm	Loughborough Lightning NPL vs. Yorkshire Jets NPL
27/03/15	7.30pm	Loughborough Lightning vs. Team Northumbria
06/04/15	7.30pm	Loughborough Lightning vs. Team Bath
11/04/15	6.00pm	Loughborough Lightning vs. Manchester Thunder

Tickets for all our matches are selling fast so get in quick and book yours via the website link below.

COMMUNITY



Lauren Steadman
Vice-Captain

Rachel Henry
Captain

Rachel Forbes
Vice-Captain

After the success of our first Master Class in October, Lightning will be offering up further opportunities for young netballers and Coaches in the East and West Midlands to engage with our franchise. Keep your eye out on Facebook, Twitter and our website for Master Class, holiday camp and coaching workshop information.

Get your tickets online at <http://loughboroughsport.com/loughborough-lightning>

Twitter: @LoughboroughLightning

Facebook: Loughborough Lightning