

East Midlands Netball Newsletter



East Midlands Netball

@EMNetball



eastmidlands@englandnetball.co.uk

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Our Goalden Globes are coming!

We had an outstanding response to our Goalden Globe nominations in 2015. We want to better it again in 2016 so here is your early warning!

With England Netball preparing to launch the nomination process in February, East Midlands Netball have booked our Celebration Event for **Saturday 25th June 2016** at the Radisson Blu Hotel, East Midlands Airport. New for 2016– a 3

course evening meal and DJ set. Why not get your friends to save the date, book a hotel and boogie the night away? Keep an eye on [our website](#) and social media for the launch and booking process!

Get updates direct to your inbox

If you've got a story to contribute to the newsletter or monthly e-blast, or if you want to receive these direct from us, email eastmidlands@englandnetball.co.uk

Volunteer in netball

East Midlands Netball and our constituent counties rely on a workforce of dedicated volunteers to deliver netball across the region. We are always on the lookout for people to support our work at both county and regional level, many of our everyday work & life skills are transferable so personnel need not be netball specific. So if you have or know anyone who has time to spare and is interested in the delivery of netball in the East Midlands, contact eastmidlands@englandnetball.co.uk for more information.

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News from the Region

NETS

NETS is an exciting variation to netball played inside high tensioned netted courts. It is fast paced, non-stop and very tactical. Each year the World Indoor Netball Championships take place and in 2015, the East Midlands was represented in the U18 category by two players from the region– Jade Potter (Lincolnshire) and Laura Bailey (Derbyshire). Here Jade tells us about her experience:

"I was first introduced to NETS when I heard about trials on my club Facebook page. I thought I would go along as the long distance shooting and fast-paced game really appealed to me.

In 6s I play A (attack) which can either consist of being low A- the 'rebounder'; feed to other players on the edge of the circle & shooter or high A where you help link up the Ds (defence) and Ls (links) and also shoot two-point shots. In 7s, I usually play GA or GS which do the same job as traditional netball.



NETS has done wonders for my netball helping with my fitness and speed through court, but also with my general shooting too. It has also helped my holding as a shooter and movement as a GA and allowed me to learn so much about ball placement into a shooter (whether it's off a net or not).

I found the training amazing and thoroughly enjoyed every session. Although the days and travel were long they were very rewarding and allowed me to see the benefits of not only the training within NETS, but also the training I do outside of it too.

The World Championships were such an incredible experience and I loved every minute of them. They were held in Brisbane

and the centre was amazing! All of the teams we played were of a similar standard which made it even more competitive and enjoyable. I made some life-long friends and memories from this experience.

My proudest moments have to be beating Australia by 1 and also winning the gold medal! It was such an amazing experience being the first ever England team to win a gold at the Indoor Netball World Championships and was fantastic to be able to say that we achieved this!

NETS is a great game that you are guaranteed to enjoy if you like a fast-paced, energetic game! It is definitely worth trying and it is a great opportunity to help improve your general fitness, defence **and shooting and also to make friends!** "

For more information about NETS, visit the [England Netball website](#). You can also find information about NETS centres in the region on [our website](#)



News from the Region

University Netball

Many netballers drop out of sport when they go on to further study, or when they leave University. To prevent this, and to provide further opportunities, England Netball have launched their #NetballNeverStops campaign. We believe netball is a great stress reliever and that it can fit around many different lifestyles. For more information about the campaign, visit the [England Netball website](#).

In the East Midlands, one university reports on their social sessions for students:

Nottingham Trent University run a 'Play for Fun' programme which is an exciting timetable of sessions aimed at getting people active on a fun and casual basis. Social netball sessions provide an opportunity to be involved in netball while having fun and playing in a more casual, less competitive way. Alongside all this, being involved allows you to be part of the NTU netball family where you can make new friends and increase your confidence.

There are netball social sessions at both Clifton and City Campuses. The Clifton campus session is delivered by one of the England Netball University Netball Officers (UNO) Megan Bailey, who does a fantastic job in creating a relaxed and sociable atmosphere.

So far this year over 40 different ladies have attended with 15 students attending weekly on average. They really enjoy working on their skills and playing friendly games. The City site session is led by our other UNO, **Jessie Bradshaw with an impressive 50 ladies on average. It's fantastic to see so many getting involved in the sport!**

One student who attends weekly said: "Social netball is a great way to keep fit and meet new people, without the commitment of training and games every week." Jessie told us why she loves being involved: "I choose to do social netball sessions because I love netball with a passion but am not at the level of the University BUCS and Development teams. I'd hate for someone to take the opportunity to play netball away from me purely because of my ability. Also it's a great way to get to know new people, as I found out in my first year."

This year has seen a record number of 11 teams enter the league with over 200 ladies involved. For more information / enquiries visit the [Netball league's facebook page](#). NTU Netball have a number of other opportunities for students to get involved with including social tournaments and mixed tournaments.



For more information about netball at NTU visit their [Play for Fun webpages](#) or follow them on Twitter @NTUPlayForFun



News from the Region

Regional Fast Net Tournament



CANCER
RESEARCH
UK



Sunday 22nd May 2016

Times to be confirmed, likely 9:30am—4pm

Soar Valley Netball Centre, Soar Valley College, Leicester, LE4 7GY

East Midlands Netball are running a Fast Net Tournament on Sunday 22nd May 2016 to raise funds for Cancer Research UK (England Netball's partner charity).

Fast Net is an exciting, fast-paced game which was introduced in 2008 through the World Netball Series. This form of the game includes a number of innovative rule changes which have been introduced to the traditional game in order to challenge the fitness, technical ability and tactical awareness of players and teams. To **read more about Fast Net and to watch the 'Fast Net rules and the game in action'** video, visit the [England Netball website](#):

There are 20 team spaces available which will be filled on a first come first served basis– get your applications in quick! The entry fee is £30 per team (non refundable).

The purpose of the day is to have fun through netball and raise money for a brilliant charity. No experience of playing the game is necessary, and full rules will be outlined on the day.

To enter, please complete the booking form ([available on the regional website](#)) and return with your teams entry fee to the Regional Office.

Note: All players must be affiliated to England Netball and names of players will be requested prior to the event.

News from around the Counties

Derbyshire

Changes in Derbyshire.

At its AGM on 10th September 2015 a number of changes to the County Management Board (CMB) were made. In her capacity as the current Vice-Chairman, Liz Alsop paid tribute to all of **Derbyshire's volunteers. Liz informed the meeting that regretfully, Liz Broomhead MBE was standing down as President of the Association. Liz's commitment to and passion for Derbyshire has been second to none since she became coach and player way back in the 1970s. Her time as President has guided and supported the Association through many changes but Liz's work in developing players and coaches in Africa is now taking up much of her time and thus Liz feels that she has to pass the mantle on to someone else. Derbyshire is extremely grateful to Liz and will miss her. Fortunately for the Association its Vice-President, Pauline Brasher, has taken on the role with gusto with the same commitment and endearing qualities.**

Derbyshire also has a new Chairman in Sarah Hollidge. The CMB is delighted that such a dedicated professional will lead them. Liz Alsop is standing down as Vice-Chairman to enable Mary Yardley to re-enter the fold so that she can support Sarah. Hilary Flint has resigned as Secretary but will continue until a replacement is found.

Valued Volunteers and Achievements.

Liz Alsop also highlighted those to receive their England Netball Long Service Awards at the National Golden Globe Awards. These in addition to previous recipients mean that Derbyshire benefits from 290 plus years volunteering and experience.

Other achievements were noted such as representation by various county personnel on national and regional groups, successes for some talented athletes, umpires and coaches thus celebrating **Derbyshire's continuing contribution to netball.**



News from around the Counties

Northamptonshire

Sports Awards

Daventry Jets Netball Club attended Northamptonshire Sports Awards on Thursday 12th November at Sywell Aerodrome, Northamptonshire. Players and volunteers from the club were invited to the awards evening having been shortlisted for Sportivate Project of the Year. The club applied for Sportivate funding which funded equipment, hall hire and coaching courses to develop more junior sections of the club by offering an 8 week programme to young girls from 11-16 years. With the success of the Sportivate Projects the club has seen an influx of new players and the development of new teams.

Kelly Walker Chair/Head Coach said ` It was lovely to be nominated for something that you have great passion for and each week the club is attracting new members. To win the East Midlands Sportivate Project of the Year Award was a huge surprise with there being so many successful clubs accessing the funding and providing opportunities for people to play Sport, competition is high. Unfortunately we did not win the National Award but we are proud to be East Midlands winners.

The club started 2.5 years ago when a group of 8-10 girls wanted to play netball but there wasn't any junior club in the area. With the support from Daventry Leisure Centre a Sportivate bid was applied for and 2.5 years later the club is running with two sessions and over 35 girls playing netball each week.



#Netball90

As England Netball celebrate their 90th birthday, they're looking to break the Guinness World Record for the 'largest netball exhibition match' ever and you can get involved!

Friday 12th—Monday 15th February 2016
Whitechapel, London
Hour long matches



For more information see the [England Netball website](#)

News from around the Counties

Lincolnshire

Back to Netball Festival 2015

Sunday 15th November saw the second Back to Netball Festival of the season to be hosted by Lincolnshire at Lincoln College. 12 teams entered the festival from Lincolnshire and Nottinghamshire. The event saw new and existing programmes come together for a great day of netball. Two groups of six played each other to then play the corresponding finishing position in the other group.

Medals were awarded to the overall winners of the top six and lower six teams. The next festival is to be on the 21st February at Lincoln College. Full details on www.lincolnshirenetball.co.uk

Final Positions

Upper 6

- 1st - Bassingham
- 2nd - Boston 1
- 3rd - Sleaford
- 4th - Grantham
- 5th Southbank
- 6th Ravens

Lower 6

- 1st Forest
- 2nd Boston 2
- 3rd Bassingham 2
- 4th Washingborough
- 5th -Bishop Grott
- 6th Rustons



Nottinghamshire

Congratulations to the following ladies from the Back to Netball league who have completed their level 1 UKCC course: (L-R)

- Amanda Hunt;
- Nicola Cross;
- Andrea Liburd;
- Kelly Brown;
- Tori Heaps;
- Nicola Fountain



News from around the Counties

Nottinghamshire

England Star visits club

Cliftonettes Netball Club were lucky enough to receive a high quality coaching session from Jo Harten on Monday 30th November. Jo worked with the U13 age group and then answered questions and showed them her World Championship medal. The seniors were then put through their paces with a high intensity attacking session before all got the opportunity to have their photo's taken with the England shooter.

This was an amazing experience for all the players and they were inspired by their idol!



Tinsel Tournament

The University of Nottingham's UNOs hosted a Tinsel Tournament and were joined by students from Nottingham Trent University. Over £150 was raised for Cancer Research UK (a great effort) and lots of fun was had by all.

Well done everyone on a fantastic event!



Other News

Make the Game Live On the Road

After the success of another Make the Game Live conference in 2015, England Netball are bringing it On the Road! If you were unable to attend last years national conference, then this is for you!

Monday 22nd February 2016

6: 30-9: 30pm

Welbeck College, Loughborough

Email eastmidlands@englandnetball.co.uk for your booking form



MAKE THE GAME LIVE

On The Road
- COACHING -
EAST MIDLANDS

- Understand how the game is changing and what that means for your coaching.
- Get updates on the key messages from our national coaching conference.
- Embed game based practice into your coaching and design practices that maximise player decision making.

£25 Affiliated
£35 Non-affiliated



New Regional Manager

We'd like to welcome Steve Benson to the team as our new Regional Manager. Steve joined us on 16th November from a School Sports Partnership in Leicestershire where he has worked locally with netball to increase participation through schools in the county. He has a strong background in sports development **having spent several years working for the English Cricket Board.** We'd like to wish Steve a warm welcome to the East Midlands Netball team!

Steve can be contacted on steven.benson@englandnetball.co.uk 07970 059904

Dates for your diary

UKCC courses

L2- 16th/17th April; 14th/15th May & 11th June Moulton College, Northamptonshire

L1- 24th April & 22nd May Lincoln University, Lincolnshire

L1- 8th May & 12th June Kimberley Leisure Centre, Nottinghamshire

L2- 24th/25th September; 15th/16th October & 12th November Derby University, Derbyshire

Net 10 for Life is coming!

Net 10 for Life is back in 2016 and we want you to take part. Between **22nd February and 13th March, we'd like leagues to help raise money** for Cancer Research UK by donating 10p per goal scored in matches. Speak to your NDO for more information, or keep an eye on social media channels for further details.



For further information on news and dates visit
www.eastmidlandsnetball.co.uk or email
eastmidlands@englandnetball.co.uk