

# NETBALL NEWS

## EAST MIDLANDS REGION

July 2010



### Umpires and Coaches Conference

**Sunday 24th October 2010**

**8:45am - 4:15pm**

This conference will be advertised on our website shortly. The aim of the event is for coaches and umpires to share knowledge, promote new ideas and awareness of pathways for coaches/umpires/players combining practical ideas with resources

### Regional Celebration Event a big success!

Saturday 19<sup>th</sup> June 2010 saw the East Midlands Netball Association members come together to celebrate the achievements of the 2009/10 season.

The Regional Management Board, nominees, award winners, Regional Talent, competition winners, Loughborough Lightning & NTL players, staff from East Midlands Netball and members of clubs and counties all turned out to celebrate a successful year in Netball in the East Midlands.

See pages 2-3 to find out all about the day, the winners of each award, and what was in store for spectators at half time!



**The 2010/2011 Regional Calendar is now available to view at [www.eastmidlandsnetsball.co.uk](http://www.eastmidlandsnetsball.co.uk)**

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## Regional Celebration Event- 19th June 2010



The day kicked off with a friendly FastNET game with players from 4 out of our 5 counties represented. The teams were coached by Olivia Murphy (Loughborough Lightning Head Coach) and Rosie Port (Regional Excel Coach), supported by team managers Claire Appleby (Nottinghamshire) and Donna Swann (Leicestershire).

The game was played in great spirit and was excellent entertainment for over 200 spectators who came to share the day. We would like to give our thanks to the umpires and table officials: Kathy Stripp, Kate Stephenson, Jo Stephenson, Heather Gleadall, Jennifer Newman, Caroline Richards and Carol Spencer.

At half time, County Academy players from Derbyshire, Leicestershire, Lincolnshire and Nottinghamshire turned out to show off their cheerleading skills to the crowd and players. Thanks go to Anne Sparks (Derbyshire) for leading the cheerleaders in creating the spectacle for the audience.

After a quick change from the players and umpires, the presentations began.

First up were the winners from all the competitions that the East Midlands Competition Technical Support Group runs in partnership with the 5 County Associations. Winners had already received their trophies but the East Midlands Regional Board presented them each with a match ball.

Congratulations to all the competition winners:

U14 Schools Tournament- Stamford High School  
 U16 Schools Tournament- Nottingham Girls High School  
 U19 Schools Tournament- West Bridgford School  
 U14 Clubs Tournament- Brigg & District  
 U16 League- Charnwood  
 U19 Clubs Tournament- Lincoln City  
 Regional League- Division 1: TFC  
 Regional League- Division 2: Hinckley Hurricanes  
 Over 35s- Stilletto  
 High 5's Tournament to be held 10th July



Next up were the Regional Excel Programme presentations. Congratulations to all the girls who have been involved in the programme this year:

Maria Acierno, Clare Drakeford, Emily Turgoose, Amelia Oakman, Saadia Hassan, Hannah Milns, Georgia Blessed, Jessica Smith, Natalie Simpson, Elisha Cooper, Isobel Sayer, Katie Sheldon, Amy Leach, Emily Marshall, Sarah McAnallen, Lindsey Cover, Kimberley Pratt, Daisie Torpey, Mia Baker, Nicole Bailey, Deanna Cooke, Georgia Horn, Laura Maloney, Celish Van-Rensburg and Harriet Frost

The NTL presentations were made for:

Sofija Djukic- Coaches Player of the Year

Rose Walker- Most Improved Player of the Year and Players Player

Rose has also been selected with Elisha Cooper into the U19 England squad this season.

NTL attendees included Lauren Palmer, Lauren Liburd, Lauren Steadman, Nicola Caunt, Sofija Djukic, Sophie Ware, Rose Walker, Natalie Ekweogu

July 2010

## Regional Celebration Event... continued

The Regional Goalden Globe Awards are the England Netball Volunteer Awards to recognise the fantastic volunteers who are involved in netball at all levels. All nominees were acknowledged and presented with regional pin badges.

Congratulations to all winners who will go on the National Goalden Globes, taking place in September. The winners were:

Caroline Richards- Mary Bulloch Award  
Lynn Moore- Muriel McNally Award  
Cheryl Naylor- Grassroots Coach Award  
Heather Gleadall- Officials Award  
Oliver Hooper- Young Netball Volunteer Award  
Claire Appleby- Coach Award  
Sue Danson- Rose Award

The last presentation of the day was the Jean Staley Award. This award was initiated in memory of Jean Staley, who was tragically killed in November 1987, aged 38. Jean's main attributes were her efficiency in administration, commitment to playing and umpiring within her Club, County and Region as well as an overall dedication to netball in whatever her role.

With this in mind, nominees should be involved at Club, County and Region in one or more of the following roles: administration, umpire or coach over at least the past 5 years.

The winner of the award was Mary Yardley who has been involved in netball for more than 25 years, helping to set up a junior section at her club- Stilletto, she is chair person of Derbyshire Netball and also sits on the East Midlands Regional Management Board, to name but a few. Congratulations Mary!

All in all, a good day for Derbyshire in the volunteer awards!!

The feedback from the event has been extremely positive and it was great to bring the members together.

Thanks to everyone who supported the event and the East Midlands Regional Management Board. We hope to repeat the event next year.

To view and purchase photo's from the Celebration Event, please visit <http://stillsport.zenfolio.com/f42165996>





# July 2010

## News from around the counties....

### Northamptonshire.....

#### Congratulations to:

**St Brendan's and Woodlands for making the final of the County High 5 Tournament**



The County High 5's final was held on 27th May at KBA in Northamptonshire. 10 teams from around the county represented each of the 5 School Sports Partnerships. Parents, teachers and coaches all supported this exciting netball event from the sideline. Well done to all the teams across the county who qualified for the 2010 County High 5's Tournament.

#### Northampton League tournament

On 23rd May, the Northampton League held its annual tournament at Moulton College. There were many teams from around the county, plus teams from Bedford and as far as Derby. The High 5 section had 11 teams, ranging from 1st timers to much improved teams. All the children had great fun and a chance to play many positions against different oppositions.

The U14's had 10 teams from around the region and there were some hotly contested matches. Full time of the final saw a draw between Wyvern-Grangers Dragons and Futureprint Blue, but it was the dragons who scored the golden goal.

#### Carnival Appearance for Foilit NC

Foilit NC made their first appearance in the famous Northampton Carnival. The theme was 'myths and legends' and the squad were one of around 80 groups in attendance. Age groups represented from the club were between 7 and 50 something! Foilit wanted to raise the profile of netball in the area and handed out goodie bags to children and ladies, promoting the clubs training and routes back to netball. Foilit raised £30 for Crazy Hats (for breast cancer awareness), and £30 for a local Diabetics Association. A great time was had by all...next year, the club will be showing off their ball skills!!!

#### Brackley pay tribute to Debbie Muddiman

In January 2010 Debbie Muddiman passed away after a long battle with Cancer. This was a great shock to us all at Brackley Netball Club. Debbie, alongside Trina Upstone started BNC some 25 years ago, and here it is today still going strong with senior, junior and high 5 sections.

As a player, Debbie was an awesome GS and rarely missed a shot, helping BNC become increasingly successful in the days when the Banbury and District League ran on Sunday mornings. Whilst playing, and also after she hung up her bib, she put her efforts into building up and developing players. Debbie devoted much of her time to helping others, whether it be via Netball, Cricket, or in her day job as a school teacher in Oxford. She left us with so many fond memories that she will be sorely missed.

Debbie- we thank you for making BNC what it is today!!

**Have you got  
a good news  
story to share?**

Contact Katie Broderick on:  
Tel 01509 226753  
Email: [eastmidlands@englandnetball.co.uk](mailto:eastmidlands@englandnetball.co.uk)



# July 2010



## Nottinghamshire.....

### New Junior Club a Big Success!!

Realising that there was no current junior provision for junior netballers in Bassetlaw, Steve Hawkins (PDM), Tony Wright (SDO), Melanie Hancock (Diva NC) and Nicola Thorpe (NDO) got together to see if they could create somewhere for young people to play. Diva NC were willing to develop a junior section of their club with support from the local Council and England Netball. At the beginning of the year, a successful Sport Unlimited Bid was achieved and the first of the ten week trial sessions took place in April. The target age was U14 and there is currently around 20 girls turning up to each session which is being run by Melanie and a few other coaches from the adult club.

An evaluation meeting held recently branded the sessions a big achievement and they are going to continue to run indefinitely. The club hopes to open the training up to other age groups and are looking at entering an U14 team into the Nottinghamshire Junior League in September. Congratulations to Diva Netball Club!

### High 5 County Final

The Nottinghamshire High 5 County Final was held on Wednesday 16th June at Manor School in Mansfield. The day was a huge success with 8 teams entering, representing various areas of Nottinghamshire. The netball was of an extremely high standard and the volunteer umpires and Young Leaders did a great job too. The weather was glorious and there were lots of parents supporting and cheering on their schools. The big surprise of the day was that the winning school originally didn't qualify to get through to the County Final but because the winners of Broxtowe SSP couldn't make it, they stepped in! Well done to Lynncroft School for winning. Many thanks to everyone who helped to make the day such a great event!

### Nottinghamshire Sirens

Nottinghamshire Police Netball Section was resurrected in April 2010 after an absence of some 10 years. They are registered through England Netball and will be taking part in local leagues and tournaments for the first time this year.

An interesting fact for you...the meaning of sirens: "Sirens were dangerous bird-women portrayed as seductresses who lured nearby sailors with their enchanting music and voices to shipwreck on the rocky coast of their island!"

There are only 3 players left from the old squad, but it is wonderful to have fresh blood and some exciting new talent. Sirens have around 24 players registered; some already play competitively, but the majority have not played since leaving school. Ages range from 23-46 and they're made up of serving Police Officers, Police Community support staff and support staff. After a year of hard work, they will continue to train twice a month at Henry Meelish Leisure Centre with Jo Holt and Beth Jackson coaching and participate in the Nottingham Summer League and the Friesland League.

On 8th June Nottingham hosted the Police netball finals for the cup and the plate, which was a great success. In the past Nottingham have won the cup 4 times. Sirens hope to one day bring the trophy back to Nottingham. But that's all in the future. Onwards and upwards!

### Help for Heroes and Armed Forces Netball Tournament

#### ARMED FORCES PRE-SEASON SENIOR NETBALL TOURNAMENT

Raising money for Help the Heroes and Forces Netball

Sunday 5th September 2010

Moulton Sports Complex, Pound Lane, Moulton, Northampton. NN3 7SD

10.00am - 4.00pm (Registration 9.30am )

Entry Fee: £35

Deposit; £35 returnable on the day should all requirements be met.

For further details, contact Tina Irvine  
Head Coach - Armed Forces Netball  
[netballunited@aol.com](mailto:netballunited@aol.com)

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a good news  
story to share?**

**Contact Katie Broderick on:  
Tel 01509 226753  
Email: [eastmidlands@englandnetball.co.uk](mailto:eastmidlands@englandnetball.co.uk)**

# July 2010



## Lincolnshire.....

### Successful Sport England bid!

Washingborough Imps NC in Lincoln started from humble beginnings in July 2008 with a handful of players training at Washingborough tennis courts. Through the hard work of the coach and players, the club now has 40+ affiliated members and has 3 teams: Connections (for players aged 30+), Synergy (players aged 14-19 years) and Trilogy (consisting of mixed players). All 3 teams play in division 2 at Yarborough.

The club were recently successful in their Sport England bid and were awarded £7,500 (with the support of Lincolnshire Sports Partnership). The money has gone towards providing much needed training equipment (including a netball post-goal scoring records have gone up since!) new kit, umpiring and coaches courses to name but a few things. The club celebrated receipt of the grant and the growing success of the club at a launch party on April 22nd.

The party was a great success and was filmed by Channel Lincolnshire for all to see. The footage can be found by going to [www.channellincolnshire.co.uk](http://www.channellincolnshire.co.uk). The club is continuing to expand and going from strength to strength. For all the information about the launch party and the club, have a look at their website: [www.washingboroughimps.org.uk](http://www.washingboroughimps.org.uk).



### Sleaford Barge annual tournament

Sleaford Barge NC will be holding their annual netball tournament on the 5th September 2010 at St Georges Academy, Sleaford, Lincoln, NG34 7PS. Registration will be open from 9am, with the day finishing at 4pm and the cost per team is £20. Each team must also supply a competent umpire.

Teams are asked to donate a raffle prize; refreshments will be available on the day, and 25 teams will be expected, so respond early! For an application form, contact Mandy Hall at [bargeandbootlenc@aol.com](mailto:bargeandbootlenc@aol.com)

### Congratulations to coaches passing their assessments!

Vickey Henderson and Nicola Knapton-  
level 1

Susan Argent, Laura Marshall, Mark  
McErlain-Naylor and Natalie Shaw-  
level 2

Club: Brigg & District

### Brigg & District's 10th Anniversary

May 7th saw Brigg & District celebrate their 10th birthday- and what a way to celebrate with a place at the National U14 Championships in Manchester- the first time the club had reached the nationals. Over the years, the club have had some great success stories- winning a local tournament in many age groups- and their success has continued to grow. Some other milestones include: funding success from Awards for All and the Big Lottery; winning volunteer awards; gaining silver CAPS accreditation; tournament and league wins and achievements in coaching and umpiring courses!

## SAVE THE DATE!!!

## Umpires and Coaches Conference

### Sunday 24th October 2010

8:45am - 4:15pm

Netball and Badminton Centre, Loughborough University

July 2010



## Coaching News..... Skills Workshops

England Netball has developed a new series of workshops aimed at providing club coaches / teachers who are regularly planning sessions with a better understanding of a specific area of player and game development, the toolkit required to analyse and correct technique and fresh ideas for building practices and sessions.

### On the Ball

This workshop focuses on catching and passing skills, observation and analysis of technique and practice design in relation to the development of ball skills.

By the end of the workshop a coach should be able to:

- Ø Identify practices to develop ball handling skills
- Ø Identify and describe correct passing and catching technique
- Ø Identify the difference between random, variable and blocked practices
- Ø Understand how different practice designs influence player development
- Ø Define the decisions required by players when receiving and passing
- Ø Identify the physical impact of practices on players
- Ø Observe skills in action with the aim of detecting strengths and areas for improvement

To book onto these courses, visit  
[eastmidlandsnetsball.co.uk/excel-coach](http://eastmidlandsnetsball.co.uk/excel-coach) to  
see where and when the courses  
are running!

### Sharp Shooting

The course will examine the technique of shooting and the associated game strategies linked to this position namely; shooter rotation, balance, 'T' position and the support of attacking players on the circle edge. The coach will be introduced to observation and analysis skills and will acquire knowledge of the common errors and corrective measures linked to various phases of the shooting action. In the workshop coaches will gain hands on experience working with a shooter and correcting a mismatch with guidance from the tutor. Shooter programmes will be reviewed and the use of tools / props explored to enhance the practice environment for the shooter in training.

By the end of the workshop a coach should be able to:

- Ø Explain the purpose of circle rotation and identify practices to develop this skill
- Ø Identify common errors and corrective measures
- Ø Observe and analyse an individual's shooting performance
- Ø Explain the coaching points for effective shooting technique
- Ø Identify the coaching points for the 'T' position on a defender
- Ø Plan and progress practices to develop shooter movement



## SAVE THE DATE!!!

### Umpires and Coaches Conference

**Sunday 24th October 2010**

**8:45am - 4:15pm**

**Netball and Badminton Centre, Loughborough University**



## Skills Workshops continued.....

### Strength and Conditioning

Getting physical is a workshop to help coaches understand and implement some key physical training ideas specifically for netball. This is a practical workshop that will take coaches through injury prevention strategies related to posture and the development of efficient movement patterns and strength development exercises to increase athletic performance on court. Coaches will learn progressive exercises recommended for players progressing along the Excel pathway which have relevance to all levels of performance. Coaches will learn how to incorporate conditioning principles into netball training sessions through varying intensity levels and combining skill practice with fitness training. The workshop will also look at practical and easy methods of measuring player fitness and identify post training recovery methods.

By the end of the workshop a coach should be able to:

- Ø Describe and identify good posture and common faults in posture statically and dynamically
- Ø Conduct a range of exercises that can help with posture and conduct this safely and correctly
- Ø Be able to provide correct technical information that will enable players to perform exercises correctly and safely
- Ø Identify common errors in performance of exercises
- Ø Plan and incorporate strength and power exercises into netball training sessions
- Ø Differentiate between steady state and high intensity conditioning and the principles that relate to either end of the conditioning spectrum
- Ø Identify ways of incorporating conditioning principles into training sessions and skill practises
- Ø Be able to plan and evaluate; speed, strength and endurance of players
- Ø Describe the key methods for athlete recovery post training

### On the Move

The course will introduce the coach to the essential movement skills required for effective performance in netball and physical training sessions. Specific tasks will enable the coach to identify the coaching points, common errors and corrective measures associated with each of the movement skills. The workshop will examine practice design and outline how to progress a movement skill practice with specific emphasis on making progressions game related throughout.

By the end of the workshop a coach should be able to:

- Ø Explain the importance of body alignment in movement skill execution
- Ø Identify the movement skills required in the game of netball and explain the coaching points
- Ø Explain the common errors and corrective measures associated with each movement skill
- Ø Observe and analyse an individual's performance
- Ø Plan movement skill practices which incorporate decision-making and are game related



### Talent ID Workshops

England Netball's new Talent Identification Workshop has been developed to help teachers and club coaches identify talented and potentially talented netballers. This is a certified course **and** accredits attendees to nominate athletes to an appropriate level within the County Excel pathway (Satellite and County Academy Level).

The workshop is a CPD opportunity for teachers and club coaches; it will give them a better understanding of what is needed to succeed in netball and how they can help their talented players be the best they can be. Attendees will leave the workshop with an understanding of:

- The England Netball Excel Programmes and Structures
- The characteristics of a talented athlete
- Processes for Talent Identification and Selection
- Selection methods and considerations
- Support available

**Check the website  
for course  
availability!!!**

From September 2011 (for East Midlands only), athlete nominations for Satellite and County Academies will only be considered from accredited nominators or scouts.

# July 2010



## CAPS Accreditation.....



### The new folders are here!

After a long wait, the new CAPS folders are ready and some clubs have already received their folder and memory stick. If your club is still waiting for a new folder, please contact your Netball Development Officer.

Thank you to all clubs who submitted their additional criteria. If you have yet to hear from the Regional Office or your Netball Development Officer regarding this, please contact the Regional Coordinator (contact details on last page).

The CAPS Accreditation is going through an exciting transition and has been updated with new logo's and additional criteria to continue to maintain a high quality standard for netball clubs. Clubs will be rewarded with vouchers as part of the CAPS incentive scheme.



In order to support the transition with the additional criteria, East Midlands Netball is offering support to newly registered clubs, clubs who have registered and are working towards CAPS and clubs who already have Bronze, Silver or Gold Accreditations. The next step is to

**New clubs wishing to register for CAPS** - download an application form from [www.englandnetball.co.uk/clubs/CAPS](http://www.englandnetball.co.uk/clubs/CAPS)

**Working towards CAPS clubs** - should have received information from the Regional Office. Contact your Netball Development Officer for advice and support (see last page for details)

**CAPS Accredited clubs** - should have received information from the Regional Office. Contact your Netball Development Officer for advice and support (see last page for details).

### Deadline for CAPS Assessments

Friday 13th August 2010  
Friday 12th November 2010

## UKCC courses.....

### Upcoming dates

#### Level 1

Lincolnshire: 18th and 19th September, 9th October, Cherry Willingham School

Leicestershire: 6th and 7th November, 5th December, Soar Valley Community College

Derbyshire: 19th and 20th February, 20th March 2011, da Vinci School

#### Level 2

Leicestershire: 2nd and 3rd October, 6th and 7th November, 28th November, Loughborough University

Leicestershire: 8th and 9th January, 5th and 6th February, 27th February 2011, Shepshed High School



Go to  
[www.englandnetball.co.uk/coaching](http://www.englandnetball.co.uk/coaching)  
to book on a UKCC course!!!

## Funding Update.....

### East Midlands Grant Scheme

Netball East Midlands wishes to support their affiliated members by providing course subsidies and mentoring opportunities to help develop coaches and umpires across the region.

#### Eligibility:

- Up to 50% subsidy is available towards UKCC Level Two
- Up to 50% subsidy is available towards UKCC Level Three
- Up to 50% of A and B umpire courses and test.
- Up to 50% for accreditation and re accreditations for umpire tutor and tester courses



Please note if you would like funding for a UKCC Level 1 / C Award course, contact your County Association for information on funding that can be gained through the Association or other organisations within the county.

If you are unable to gain funding through your county please email: [eastmidlands@englandnetball.co.uk](mailto:eastmidlands@englandnetball.co.uk)

#### Next deadlines for applications

1st September 2010

1st November 2010

## Useful Funding websites:

#### National

[www.sportengland.co.uk/funding](http://www.sportengland.co.uk/funding)

#### Regional

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

#### County

Visit your County Sport Partnership website for updates on funding programmes in your county.

<b>Derbyshire:</b>	<b><a href="http://www.derbyshiresport.co.uk">www.derbyshiresport.co.uk</a></b>
<b>Leicestershire:</b>	<b><a href="http://www.lrsport.org">www.lrsport.org</a></b>
<b>Lincolnshire:</b>	<b><a href="http://www.lincolnshiresports.com">www.lincolnshiresports.com</a></b>
<b>Northamptonshires:</b>	<b><a href="http://www.northamptonshiresport.org">www.northamptonshiresport.org</a></b>
<b>Nottinghamshire:</b>	<b><a href="http://www.sportnottinghamshire.co.uk">www.sportnottinghamshire.co.uk</a></b>



## Regional Competition dates.....

### Regional League

All games will be played at either the Netball Centre (NC) or the Sir David Wallace (SDW) Sports Hall, both at Loughborough University. There will be 8 matches each day and spectators are welcome to come and watch from the balcony- there will be no charge. Teams qualified at a tournament held in June 2010.

Date	Time	Where	Date	Time	Where
September 12 <sup>th</sup> 2010	10.00- 3:30	NC	December 5 <sup>th</sup>	10.00- 3:30	NC
September 19 <sup>th</sup>	10.00-5.00	NC	January 23 <sup>rd</sup> 2011	10.00-5.00	NC
September 26 <sup>th</sup>	10.00-5.00	NC	February 20 <sup>th</sup>	10.00-5.00	NC
October 3 <sup>rd</sup>	10.00-5.00	SDW	March 6 <sup>th</sup>	10.00-5.00	NC
October 10 <sup>th</sup>	10.00-5.00	NC	March 13 <sup>th</sup>	10.00-5.00	NC
October 31 <sup>st</sup>	10.00-5.00	NC	March 20 <sup>th</sup>	10.00-5.00	NC
November 7 <sup>th</sup>	10.00-5.00	SDW	April 3 <sup>rd</sup>	10.00- 3:30	NC
Play offs: May 22 <sup>nd</sup>	11.00- 3.00	NC			

### Other dates

Jan- March	Regional U16's Club League Two clubs from each county qualify via a county competition
22nd January	Regional round of the National Schools Competition U14, U16 and U19's Two schools from each age group qualify via county tournaments
10th April	Regional round of the U14 clubs Two clubs from each county qualify via a county competition
10th April	Regional U19's club tournament Open Entry
15th May	Regional Over 35's tournament Open Entry
12th June	Qualifying tournament for the 2011-12 Regional League (Open age) Two clubs from each county qualify via a county competition
9th July	Regional High Five's (U11's) and U12's tournaments Open Entry



**The 2010/2011 Regional Calendar is now  
available to view at  
[www.eastmidlandsnetsball.co.uk](http://www.eastmidlandsnetsball.co.uk)**

July 2010



## Loughborough Lightning News.....

[www.loughboroughlightning.com](http://www.loughboroughlightning.com)



In partnership with East Midlands Netball our franchise team Loughborough Lightning run a range of Netball Fun Days. Our days are coached by Lightning players and coaches, including England Internationals Olivia Murphy, Jo Harten and Welsh International Becky James. All of our coaches will have the necessary coaching qualifications, attended child protection & first aid workshops and hold a current CRB disclosure as well as extensive experience coaching players from beginners to National and International level.

Who's it for:  
8-16 year olds

What to bring?  
Suitable footwear, warm clothing, food and drink, medication if required

2010 Prices/Dates/Times

Loughborough Lightning Training Day:

25th, 26th, 27th August

10am – 4pm, £30 per day

Wild Card Discount: £25



Coaching can also be arranged specifically for your Netball Club/School, with the Lightning players coming to you to deliver coaching sessions and specific clinics within your venue.

See the Lightning website for further information.

## LOUGHBOROUGH LIGHTNING ATHLETE SCREENING DAYS

### LIGHTNING NTL TRIALS 2010/2011

**Saturday 18<sup>th</sup> September 2010**

10am-4pm, Netball Centre, Loughborough University

If successful you will be selected to go forward to full trials on the evening of **Tuesday 5<sup>th</sup> October 2010**.

Athletes must be available on Tuesday and Thursday evenings for Franchise training sessions. All players must be aged over 14 and under 19 at midnight on 31<sup>st</sup> August/1<sup>st</sup> September 2010.

To obtain an application form, please contact Olivia Murphy at [o.e.murphy@lboro.ac.uk](mailto:o.e.murphy@lboro.ac.uk) Forms must be returned no later than **Wednesday 15<sup>th</sup> September 2010**.

### LIGHTNING NSL TRIALS 2010/2011

**Thursday 30<sup>th</sup> September 2010**

6:30pm-9:30pm, Netball Centre, Loughborough University

If successful you will be selected to go forward to full trials on the evening of **Thursday 7<sup>th</sup> October 2010**.

Athletes must be available on Tuesday and Thursday evenings for Franchise training sessions. It is recommended that athletes are of Regional or Premier league Club level or above.

To obtain an application form, please contact Olivia Murphy at [o.e.murphy@lboro.ac.uk](mailto:o.e.murphy@lboro.ac.uk) Forms must be returned no later than **Friday 24<sup>th</sup> September 2010**.



**Jo Harten** has just returned from a successful trip to Australia with the England Netball Team. We would all like to wish her well in the selections for the the Commonwealth Games in October in Delhi

### Lightning Superleague and NTL coaches wanted

For the season 2010/2011, Loughborough Lightning are opening up the application process for coaches working with Superleague and National Talent league players. Details will be released shortly on the Loughborough Lightning and Regional websites.

For more information contact Olivia Murphy [o.e.murphy@lboro.ac.uk](mailto:o.e.murphy@lboro.ac.uk)

### Season 2010/2011

The NTL season begins in December and Lightning seasons begins in January. Keep an eye on our website for fixtures and other news!

## Deadlines & Contact Information.....

### Upcoming dates

Many thanks for taking time to read our newsletter. We hope you have found some useful and interesting information. It would not be possible to write the newsletter without stories from our clubs and members, so if you would like anything adding to the newsletter, please forward it to Katie Broderick, Regional Coordinator.

The next newsletter is due in October and therefore the deadline for submissions is **30th September 2010**.

Message from the Board: It is with regret that we say goodbye to Hayley Peel our Regional Manager for the past three years. Hayley has been an inspiration to us all within the region, her dedication has been outstanding, she has pushed, cajoled, managed and developed this region unerringly throughout her time in post and is going to be greatly missed.

Hayley has been a pleasure to work with; professional and passionate in promoting our region and we certainly would not be in the position we are today without her dedication.

In recognition of all Hayley's efforts, the Regional Management Board and constituent counties contributed to present Hayley with a Pandora bracelet and charms together with a cheque and bouquet of flowers at the Regional Celebration day held on 19th June. We wish Hayley the very best of luck in her new job and hope that she will continue to be involved in netball in our region as a volunteer for a very long time.

Message from Emily St John, National Development Manager- Regional Implementation: Hayley has been an excellent Regional Manager, showing outstanding commitment, effort and ability in a challenging role. She has been a pleasure to work with and will be missed; we all wish her the best of luck in her new role!

### Regional Contact Details

**Regional Manager:**  
TBC

**Regional Co-ordinator:**  
Katie Broderick  
Phone: 01509 226753  
Email: [eastmidlands@englandnetball.co.uk](mailto:eastmidlands@englandnetball.co.uk)

**Regional Excel Coach:**  
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## Don't forget.....

## Umpires and Coaches Conference- 24th October!!