



EAST MIDLANDS NETBALL NEWSLETTER

LOCAL SUCCESS

Ashby Netball Club set their sights on a Guinness World Record to raise money for a charity close to their hearts. How many points do you think they scored in 24 hours?

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REGIONAL NEWS

2023 is off to a flying start! Regional Schools tournament brought together 30 teams to compete across U14, U16, and U18 age groups, for a shot at the national tournament. One Award Nominations open soon too...

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COUNTY NEWS

New Nottinghamshire County Chair, Pam Weatherby thanks Pauline Shipman for her 25 years as County Chair.

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AROUND THE COUNTIES NEWS

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LOUGHBOROUGH LIGHTNING

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UPCOMING COURSES



Level 2 Coaching

Where: Alfreton, Derbyshire
When: Starting 4 April
13-14 May practical weekend

Where: University of Lincoln
When: Starting 15 June
22-23 July practical weekend

B Award

Where: Repton School, Derbyshire
When: 8 & 15 June
25 June practical

[Click here to find a course](#)



Can't find a course for you? Let us know [here](#)



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ASHBY NETBALL CLUB GO FOR A WORLD RECORD!



The story of the Ashby Netball Club's World Record attempt originated with an initial idea in August 2022, following the birth of a club member's daughter, who was born with a potentially life-threatening health condition. Evelyn had to spend the first three weeks of her life in neonatal intensive care, and she underwent major surgery at 3 months old.

The family have spent a significant amount of time in the children's hospital in the last two years and have been surrounded by families going through some of the most horrendous times of their lives. Within Ashby Netball Club, two other families going through similar heart-breaking experiences with seriously poorly children, one of which battled cancer and one had open heart surgery at 6 months old. The idea to help was formed from these touching stories and Ashby Netball Club stepped up to challenge!

The club selected a charity which

best suited their experiences, in *The Kids Village*, who give hope to families through respite holidays. The charity were so thankful to be selected, as their build for the holiday park starts this year, and this would be the first fundraising effort since they were awarded planning permission.

By September, the project plans were well underway as the team discussed how to raise money for the charity, and an idea formed, to attempt to break a World Record! Reviewing all of the relevant options within the Guinness World Records, the team selected 'how many goals could be scored in 24 hours' and the hard work began. By Christmas the club had populated their list of participants and immediately after the New Year training had started, the intensity of training significantly increased right up to the event date. At the end of last year there was already £5,000 in the fund and the challenge was gearing up! The organising committee created a timeline and project plan, splitting the roles and tasks focused on each area, including the administration, verification and of course the whole point, the fundraising.

The club held numerous events before the big weekend of the record attempt to raise additional funds,



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LOCAL SUCCESS

including a sold-out quiz night and multiple bake sales, and along with significant corporate sponsorship, the total in the charity pot soon doubled to £10,000.

At the point of reaching the weekend of the 4th and 5th of February, with the 24 hour netball marathon upon them, the club had £15,000 in the fundraising pot and with 20 plus prepared and trained participants ready to shoot! The wider group of participants, 52 in total, had been allocated various roles, obviously including shooting, but also ball feeding, ball retrieving, counting, administrating etc... Every person involved was vital to the challenge and every person fully committed to the project. 21 independent witnesses and officials were recruited as the organising team planned the execution of this challenge to perfection.

The marathon commenced at 12 pm on Saturday 4th February, the hooter sounded, and the shooting started! A crowd of spectators had gathered to watch the start, and the club realised the impact and challenge that stood ahead of them, but without wasting a single second and with adrenaline high and the talent and commitment of the shooters, they started strong. 1 hour in, and the count showed that the number of goals scored in that first hour had exceeded a different world record of the number of goals scored by a



team in an hour by 185 goals, what an amazing start!

The team settled in and the planning really paid off, the transitions were seamless, the support was fantastic and everyone played their part. 12 hours in, as the clock approached midnight, the team hit the current world record and the elation of the participants at this point spoke volumes, knowing that they had not only already beaten the current world record, but they were on track to completely smash it at the half way point!

By the morning, with tired arms and sleepy heads the challenge continued and the crowds gathered for the final push. Loughborough Lightning players came to support the club and the BBC had repeatedly broadcasted the club's endeavours so the amount of support the team received was incredible, with over 200 friends and family through the doors over the period.

As the clock approached 12 pm on Sunday 5th February, the crowds counted down the last 10 seconds of the challenge and the tears started to flow, scenes of elation and exhaustion in equal measures and at that point, just under £19,000 had been raised for an incredible charity, plus a new World Record of 28,745 goals, doubling the previous record!

What is evident here is that the club massively stepped up and the legacy of this challenge will last well beyond the 24 hours of the marathon. The club have vowed to reach £20,000 in their fundraising and every single member of the team showed that teamwork really does make the dream work, with records broken, targets achieved and a phenomenal amount of team spirit shown!

Inspired by the bravery of a little girl and executed flawlessly by a group of teammates that really have achieved something very special.





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REGIONAL

REGIONAL SCHOOLS

U14

Cup 🏆

1st Queen Elizabeth Grammar
School
2nd Repton
3rd Oundle
4th Kesteven and Grantham
Grammar School

Plate 🥈

1st St Martins High School
2nd Queen Elizabeth High School
3rd Wellingborough School
4th West Bridgford
Equal 5th Fernwood and
Lutterworth High School

U16

Cup 🏆

1st Stamford
2nd Sponne
3rd West Bridgford
4th Derby High School

Plate 🥈

1st Ratcliffe College
2nd Oakham
3rd Northampton School for
Girls
4th Ecclesbourne
Equal 5th Fernwood and
Grantham Grammar School

U19

Cup 🏆

1st Rushcliffe
2nd Oakham
3rd Robert Smyth
4th Nottingham Girls High
School

Plate

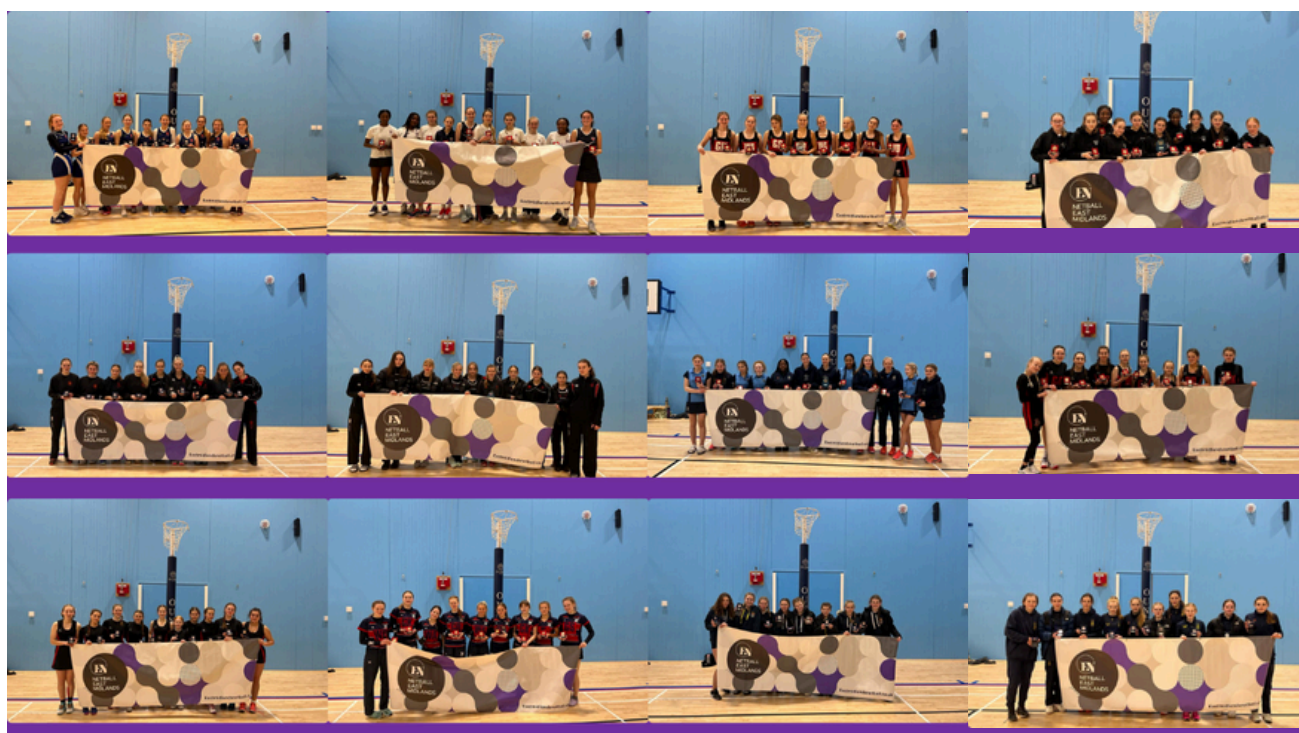
1st Oundle 🥈
2nd St George's
3rd Repton
4th Ecclesbourne
5th Bishop Stopford

U19 1st Repton School, 2nd Oakham School

U16 1st Oakham School, 2nd Sponne School

U14 1st Stamford High School, 2nd Trent College

These schools go on to represent the East Midlands at the National Schools
Finals. Good luck to them all.





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REGIONAL

ONE AWARD NOMINATIONS OPEN SOON...

Help us celebrate all the volunteers that make netball happen. Check out last years event and winners [here](#).



REGIONAL PROGRAMMES

CHRISTMAS WALKING NETBALL FESTIVAL



Walking
Netball

In It To Win It Group
1st Barton Seagrave
2nd Grace Dieu
3rd Nottingham Mixers
4th Vixens

Wiggle & Giggle Group
1st Grantham Straycats
2nd Loughborough
3rd Oadby Wigwags
4th Long Laps



NYC
NETBALL YOUTH CAMP

Lincs NYC

MIXED WORKPLACE CHALLENGE



Nottingham College
- Winners



Saffron Catering -
Runners up

An amazing winter, full of netball programmes! 10 Teams took part in a fantastic Christmas Walking Netball Festival. Two Half Term Netball Youth Camps and our first Workplace Challenge since Covid! Thank you to everyone that took part and keep an eye out on more to come!



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REGIONAL

WALKING NETBALL CELEBRATES INTERNATIONAL WOMENS DAY

Sunday 5th March saw teams from all over East Midlands and beyond take part in a Walking Netball Festival at Oundle School Sports Centre in Northamptonshire. 9 teams plus an allsorts team made up of ladies who turned up on the day, one of which had their first taste of the game that we all know and love. The format of the day included a round robin of 2 groups which then seeded the teams into the afternoon of 'In it to Win it' and 'Wiggles & Giggles' groups.

The event was supported by a very generous in-kind facility contribution in partnership with Oundle School Sports Centre, working collaboratively with volunteers from Oundle Town Netball Club, who are a newly established club for adults and juniors in area. Maddie Rainert who is a club coach, Walking Netball host and our wonderful festival table volunteer said 'I have had an absolute ball, goes down as one of my favourite days, so amazing to see so many wonderful netball players, spectators and volunteers and honoured to have been a part of it. Amazing event!

Over 100 players, volunteers, supporters and staff came together celebrating 'International Women's Day' but it was not 'just' wiggles and giggles as we know. There was a raucous happy birthday sing song, a heartfelt tribute from the Codebreakers Team in memory of their fellow team member Sharon who sadly passed away this year. The



netball family did a minute silence in a memorial to showcase the camaraderie and support that the ladies have for each other, which was very poignant in celebrating International Women's Day. The event was a huge success, showcasing pioneering women in sport, supporting each other and working as one for the love of the game that is Walking Netball.

Congratulations to Borderville Belles and Code Breakers for winning their respective groups!

Thank you to everyone who took part in the event and to Oundle School Sport Centre / Oundle Town Netball Club for their outstanding hospitality.



THANK YOU PAULINE!



Pauline Shipman was Chair of Nottinghamshire County Netball Association for 25 years! Yes, that is a quarter of a century!! Of course, prior to that she had been vice-chair and held other roles within the county, so it is no surprise that her name is synonymous with netball locally, regionally and nationally. You might even say she is a legend in her own lifetime. She has said herself on many occasions that if you cut her in half, like a stick of rock, you would see the word NETBALL running through her core.

Over her many years of service, she has been particularly passionate about junior netball and providing opportunities for youngsters to have fun whilst developing skills. However, she has been equally passionate about senior competition. She was instrumental in setting up leagues involving teams from local businesses as well as local clubs which ran successfully for many years at various venues across the city and county.

She has volunteered at countless events for all age groups as county chair, organiser, coach, manager, tournament referee, official or "just a volunteer". Volunteering must be in her blood because she continues to volunteer her time and expertise on behalf of the county. She is still a much-valued member of the county committee as the Performance TSG Lead and she represents Notts at regional level on the Volunteer and Club Development TSG. In her own words, volunteers are not paid because they are worthless but because they are priceless. Pauline is definitely priceless!

There really isn't enough time to itemise all Pauline's achievements or initiatives during her time as County Chair but everyone who has worked with her over her long career will have their own special memories as indeed will Pauline.

From all the members of Nottinghamshire County Netball Association, both past and present, a HUGE THANK YOU Pauline for your leadership over the past 25 years and all that you continue to do on our behalf. -Pam Weatherby



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COUNTY

NORTH WEST LEICESTERSHIRE LETS GET MOVING AWARDS

Congratulations to Grace Dieu Senior & Junior Netball Club for winning Club of the Year at the North West Leicestershire Lets Get Moving Awards 2022! Along with their club chair Rachel Ridgill being awarded the Outstanding Contribution Award.

Shout out also to Castle Donington Netball Club for being shortlisted for Team of the Year and Club of the Year.





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AROUND THE COUNTIES

BACK TO NETBALL CELEBRATED AS BEING POSITIVE FOR COMMUNITY WELL-BEING

Stamford and Rutland Junior Netball club have teamed up with MindSpace Stamford to encourage more people to take up netball as a way of improving their mental well-being. Adults are being offered 4 free taster sessions of Back to Netball so that cost is not a barrier to people experiencing the benefits of netball.

Being active, learning new skills and connecting with others through team sport are three of the NHS endorsed 5 Ways to Well-being and so MindSpace got in touch with us as they were looking to invest in social and active opportunities specifically for local women that can be accessed via a 'social prescription'.

Beka Avery from MindSpace said, 'Social prescribing is all about giving people options other than medication or therapy to improve their mental well-being. The friendly and supportive environment of the back to netball groups in Stamford and in Oakham make them the perfect places for women to get back into sport, make new friends and feel better in themselves. They create a community and the feedback from those that have attended so far has been fantastic- they've got the netball bug!'

BASSETLAW BELLES RAFFLE

In December the whole club were involved in raising money for the Alzheimer's Society as part of their 2022 Elf Day. They all dressed as elves during matches, training and even our Back To Netball session. Players were asked to make a donation, umpires volunteered their services and match fees went towards to fund raising. Over the course of just one week they raised £500 for this important charity.

Bassetlaw Back To Netball reached its 6th anniversary in January. Over the course of those six years they have had hundreds of netballers come through our doors to try out the session. The sport isn't for everyone however they have formed various different teams who now play in a variety of different leagues both locally and elsewhere. Occasionally attendance has been low but they have carried on regardless and continue to provide netball opportunities for their local community.





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NATIONAL

SEASON OPENER



Nottingham was home to the Netball Super League season opener on Saturday 11th February. With Lightning securing a fantastic win over Team Bath 86-52! You may have also recognised some of our local netballers as ball girls and event volunteers too. Tickets sold out fast so don't miss out on the Grand Final.

If you want to volunteer at future events, let us know [here](#)!



LIMITED SEATS
LEFT FOR THE
NETBALL
SUPERLEAGUE
GRAND FINAL!

GET YOUR
TICKETS NOW
[HERE](#)

UPCOMING MASTERCLASSES



12TH MARCH
MIDCOURT
MASTERCLASS WITH
BETH COBDEN AND
HANNAH WILLIAMS

1ST APRIL
DEFENSIVE
MASTERCLASS WITH
ALICE HARVEY



15TH APRIL
SHOOTING
MASTERCLASS
WITH RHEA DIXON
AND CLARA MILES
&
MIDCOURT
MASTERCLASS
WITH NAT
PANAGARRY AND
BELLA BAYLIS



22ND APRIL
SHOOTING
MASTERCLASS
WITH EMMA
THACKER AND
RHEA DIXON
&
DEFENSIVE
MASTERCLASS
WITH ALICE
HARVEY, JAS
ODEOGBERIN





NETBALL
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LIGHTNING



14TH MAY
ADULT MASTERCLASS
WITH LAUREN
NICHOLLS AND JAS
ODOEGBERIN

**WATCH OUT FOR
LIGHTNING'S EASTER
HOLIDAY CAMPS!**

EAST MIDLANDS NETBALL SPONSOR EXTRA TRAINING PARTNERS

The East Midlands Region is proud to support Loughborough Lightning in adding Lauren and Alex, former wasps players, as training partners for the next Netball Super League season!



NETBALL SUPERLEAGUE

Loughborough Lightning have now completed Round 5 of this season's Netball Superleague! Currently sitting in 2nd places only 3 points behind Surrey Storm. They will take on Leeds Rhinos on 19th March at Loughborough University.



Get your Lightning Tickets [here](#)!

Meet the Team...!!!



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