



EAST MIDLANDS NETBALL NEWSLETTER

REGIONAL NEWS

We are one month into our new season of regional league! Ten of our regional One Award winners recently attended the National One Awards in Birmingham. With one of our own winning a national award for their outstanding contributions!

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COUNTY NEWS

Get to know Derbyshire's brand new County Chair, Charlie Sizer. She is a passionate volunteer in the world of netball and sports, Learn more about her desire to give back to the community and promoting gender equality in sports!

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FROM PAGE 13



HERE IF
YOU NEED!

See our FAQs
for all your
netball
queries...



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EastMidlandsNetball.co.uk

NATIONAL ONE AWARDS 2023



On Saturday 14th October, ten of our regional One Award winners were nominated for the National One Awards at the Belfrey Hotel in Birmingham. Our nominees were:

- Coach of the Year – Children & Young People - **Sophie Sanderson**
- Coach of the Year - Adults -**Vanessa Gatrell**
- Community Official of the Year (in honour of Sheelagh Redpath) - **Jayne Bell**
- Outstanding Contribution of the Year (in memory of Mary Bulloch) - **Donna Osborn**
- Pioneer of the Year (in memory of Muriel McNally) - **Jeanie Midson**
- Unsung Hero of the Year (in a Club or League) - **Lindsey Haywood**
- Club of the Year - **Ashby Netball Club**
- Young Volunteer of the Year - **Rebecca Bowen**
- Teacher of the Year - **Ria Bailey**
- Inclusion Award - **Abi Wilcockson**

Donna Osborn of Grasshopper Netball Club was awarded the National Award for Outstanding Contribution of the year!

Congratulations to Donna and to all of our National One Award nominees!
Read more about the event [here](#).





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REGIONAL LEAGUE

We are nearly one month into our senior regional league with the two junior leagues also restarting. A quick look at the season so far:

Division 1:

TFC Leicester
Charnwood Rutland
Hinckley Hurricanes

Division 3:

Northants Storm
Ashby Giants
Charnwood Rutland

Under 14:

Lincoln City
Charnwood Rutland
Nottingham City

Division 2:

Nottingham City
Nottinghamshire Sirens
Cliftonettes Scarlet

Under 16:

Lincoln City
Charnwood Rutland
Allestree

In **Premier League 1**, Charnwood sit on 2 wins and 3 losses putting them at 7th place. In **Premier League 3**, Northants Storm have 3 wins and 2 losses putting them at 4th place! Best of luck to all teams for their next games.

HALF TERM FUN AT NETBALL YOUTH CAMPS!



Amazing U11 Netball Youth Camps in Leicester and Derby!

During the October half terms, the young netballers came together for a fun day of netball, learning new skills, playing fun games, making new friends, and finishing off with a match.

Congratulations to all and well done!
Shout out to our Netball Development Officers for running some amazing Netball Youth Camps!

NEW NETBALLHER OFFER

Introducing the NETBALLHer Learning Offer, created in partnership with The Well HQ, and our first FREE online module "The Female Body" - exclusive to Over 18 members and Secondary School group members.

Whether you're a coach or teacher looking to improve your coaching and training programmes, a parent wanting to better support your netball-loving kids or a player looking to elevate your game, this module has something for you. Read more [here](#).





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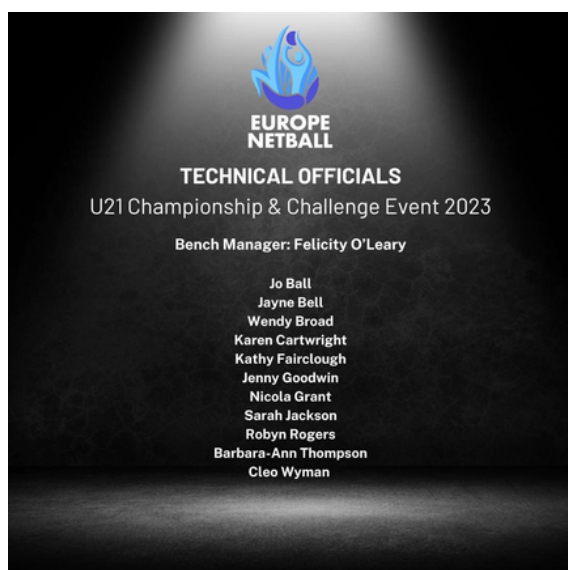
EMMNA MENS U25 SQUAD



Congratulations to Solomon Wright on being selected to England Men's & Mixed Netball Association (EMMNA) U25 Trailblazers squad going to Singapore!

A fundraising page has been set up to help support the costs of the trip [here](#).

EUROPE NETBALL U21 CHAMPIONSHIP



Well done to all our East Midlands Technical Officials that took part in the Netball Europe U21 championship and challenge event from 6-8 October!



Congratulations also to Heather Gleadall for being presented the Europe Netball Service Award by the Chair, Catherine Lewis



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EAST MIDLANDS CHRISTMAS FESTIVAL!



ROSES TO TAKE ON SOUTH AFRICA

The Vitality Roses to take on South Africa in December!

 5 December at Manchester's AO Arena

 9 & 10 December at Nottingham Motorpoint Arena

England Netball Tickets can be found [here](#)!





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REMINDER FOR CLUBS

Have you ticked off the checklist to ensure you have the best start to the 23/24 season?
For more information visit the England Netball website for the Care Package [here](#).



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CLUB 23/24 SEASON

CHECKLIST

Venue

- ☐ Fit for purpose- Is it suitable and safe for Netball Activity?
- ☐ Copy of the venues risk Assessment.
- ☐ Risk Assessment for your Netball Activity which is specific to each age group.
- ☐ Do you know the emergency evacuation plan for you venue and do your members?

Equipment

- ☐ Correct size balls.
- ☐ Posts secure and safe.
- ☐ Bibs.
- ☐ First Aid kit in date.

Coaching Staff

- ☐ Qualifications up to date.
- ☐ DBS checks up to date.
- ☐ Safe Guarding in date.
- ☐ First Aid up to date.
- ☐ Do they have a register set up for new sessions starting?
- ☐ Do you have the right ratio for players to coaches?

Governance

- ☐ Safe Guarding policy up to date.
- ☐ Photo and media policy up to date.
- ☐ Participation/membership forms up to date.

Please get in touch if you need any support
eastmidlands@englandnetball.co.uk
or visit

<https://www.englandnetball.co.uk/support/support-for-organisations/clubs/>



NETBALL
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COUNTY

MEET THE NEW DERBYSHIRE COUNTY CHAIR!



In the world of netball and sport, dedicated volunteers play a crucial role in shaping the future of these activities. Today, we are delighted to introduce the new Derbyshire County Chair who is bringing her passion and commitment to the game of netball. Meet Charlie Sizer, a dynamic individual with a wealth of experiences and a vision to make a positive impact in the world of netball in Derbyshire.

As the Derbyshire Chair, Charlie is excited to contribute to the growth and transformation of the netball community. She recognizes the sport's untapped potential and eagerly embraces change to reach new audiences and make a difference.

Charlie finds great fulfillment in her volunteer work, offering a purposeful escape from the commercial nature of her job. Netball, in particular, allows her to work with and empower women, creating a refreshing change of pace.



Charlie has been involved in sports and volunteering for many years. She engaged with Sky Sports' "Living with Sport" team whilst working at Sky, organizing football sessions for kids at schools. Her dedication continued at BT, where she collaborated with the communications team on community events. Her volunteering path continued through the BT Gender Equality Network, where she organized events with guest speakers to spark conversations on relevant topics, such as women in the workplace.

Her motivation to dedicate time and energy to volunteer work stems from her desire to use her experiences and position to create a supportive environment where others can make impactful decisions. A recent example includes her involvement in a presentation to the London FA about barriers to women's participation in grassroots football, highlighting gender imbalance. This led to a council wide review, underscoring the need for diversity across committees and implementing change.

Looking ahead, Charlie aspires to become a non-executive board member in sport, aiming to promote gender equality at the top of the sports business. She is excited about implementing a mentoring or board-ready scheme to support members on their journey to leadership roles in sports in the future.

To individuals interested in sports volunteering, Charlie advises seeking opportunities to support the growth and success of others. She emphasizes that sports offer invaluable life skills and experiences for various career paths.

Charlie's volunteer work has significantly influenced her personal and professional growth, instilling a passion for gender equality in top business positions. She views volunteering as a stepping stone toward her goals.

Charlie's journey illustrates the power of passionate individuals dedicating their time and energy to create meaningful impacts in the world of sports. Her commitment to a more inclusive and diverse sports community serves as an inspiring example, and we eagerly await her future contributions.

Charlie is happy for anyone who wants to contact her to reach out [here](#).



““Sport taught so many things that are now just part of who I am. Wanting to win and learning to lose. Building resilience and being able to pick yourself back up again so you can keep driving forward towards what you want to achieve. That all can transfer over to work and life.”



SWADLINCOTE NETBALL CLUB



At Swadlincote Netball Club we recently appointed a new fundraising secretary (Sarah Roache). Sarah has hit the ground running and successfully secured funding from East Midlands airport which we used to purchase brand new training balls for our club.

Our annual presentation evening took place in September to celebrate the winter and summer 2022 / 2023 season. In total 22 awards were given out - congratulations to all our winners!



NORTHANTS OFFICIATING DAY SUCCESS



The first Northants Officiating Day was a huge success, what a great day meeting fellow umpires and volunteers from different levels and experiences of officiating.

Bringing the Officiating family together as a county to upskill, support, network and learn about the pathway & opportunities around the county and beyond. The day covered both theory and practical, with the one and only Gary Burgess joining them virtually for a Q&A session.



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AROUND THE COUNTIES

NOTTINGHAM WENT PINK FOR CHLOE!

By Vicki Ashman

On the hottest day of the year, the Nottinghamshire netballer family came out in force on 9th September for the new Pink Preseason Tournament. Everywhere you looked there was a bit of pink, why? It was Chloe Gibson's favourite colour and we honoured her by painting Nottingham pink, started the new season with some fun, all whilst raising money for the local charity that Chloe worked for, The Notts County Foundation.

Chloe had great 2 passions in netball, the first was development, and the second was getting back to playing after the summer break and having a good gossip with everyone. So today we did it all! A chance for different players to play with and against different teams, and welcome those making their senior debuts in the forthcoming season. With 15 teams entered, it was well supported and almost every Nottinghamshire club was represented. Throughout the day, the sun was shining, faces got pinker and pinker and there were pink shoes, lippy, bibs, hair, raffle tickets and more. At the end of the day, we had raised over £1000 in Chloe's memory, and saw some fantastic netball and sportsmanship.

Chloe's family also supported the event with her parents donating pink netballs from Maddog sports and her sister Katie joined us to say a few words, draw the raffle and present the winning team with the pink trophy.

Congratulations to runners up Bridgford Blue and the eventual winners Cliftonettes Red, who had players coached by Chloe in previous years, so very fitting they lifted the trophy!

Thank you to my family and all the volunteers, I couldn't have done it without you; Robin, Olivia, Molly, Cerys, Steve, Pam, Jane, Katie, Carolyn, Claire, Rebecca, Liz, Jenny, Julie and Anne.

Because of it's success, the Pink Preseason Tournament will now be an annual event, continuing to raise money for the Notts County Foundation, so that Chloe can continue to support them even after her untimely death.

Thank you Nottingham.





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AROUND THE COUNTIES

PAULINE BRASHER TURNS 80!

Wishing a Derbyshire legend who has given so much to the County as a player, coach, supporter and continues to give as a Walking Netball host and as President; all the very best for her 80th Birthday.



BREAST CANCER AWARENESS MONTH

October was breast cancer awareness month. It's important to make sure you're aware of symptoms, your body and how to seek help if you notice any changes in your breasts.





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AROUND THE COUNTIES

MARKET HARBOROUGH GOES SUSTAINABLE

By Market Harborough Netball Club

The focus on professional sport has long been on competition, show and profit. Whilst grassroots sports tend to be the bedrock of the community, offering much more than just the sport being played. Research shows the huge mental and physical health benefits and opportunities grassroots sports can provide through generating opportunities to meet new people, share talent, learn new skills, and strengthen community ties.

But like all of us, these community powerhouses need to be responsible, and take their time to protect, and invest in our Earth's future. Market Harborough Youth Netball (MHYN) has taken its first bold steps towards a more sustainable way of operating and becoming conscious of its effects on the environment. This journey will not only reduce our negative impact but raise awareness and promote positive action for sport in our region, helping our planet and future generations to come.

It is inevitable that all sport produces some waste. Thankfully netball is relatively light on equipment and gear, but still, we have identified several areas that we can begin to address, through collaboration and support from our netball family.

In collaboration with MDH, the Club's longstanding kit, equipment and trophy partner, club kit is now actively being kept from landfill. Names and initials will be blanked out by MDH, ensuring preloved kit is ready for new owners.

With the help of Everyone Active and our coaches, kit will be made available through an 'in-house' preloved scheme. A donation/sale box will be made available during the first week of every month of the netball season from October to May.

All donations for pre-loved kit will be sent to Leicestershire and Rutland Wildlife Trust, a leading conservation charity working to enhance wildlife and wild places of Leicestershire and Rutland.

Trainers are also being kept from landfill with the JogOn scheme, facilitated by Harborough Leisure Centre. By working with Everyone Active, MHYN will ensure unwanted netball equipment such as posts can be donated to local schools and clubs in need and do not get wasted.

The average 'life span' of a netball in Market Harborough is reduced by the rough, hard and unforgiving court surface in the netball/tennis dome. However, responsible disposal of netballs appears to be a rare thing! Worn balls can be donated to a local school, or to players within our netball family for practicing at home, after this, in Leicestershire, they can only be sent to landfill for disposal! Whilst MHYN work with partners to develop a better option, worn netballs will be kept in circulation for as long as possible, and stored once they become too worn. Training with a worn ball is easier than playing a match with a ball that has lost most of its traction.

MHYN continue to work with our amazingly supportive netball community to promote car sharing where possible, helping to keep fossil fuel use to a minimum.

The next steps on the journey will be to work with our regional branch of England Netball to share our story, and hopefully cascade our learning to other clubs in the county and beyond, so they too can start or continue their own sustainability journey.

Matthew Hopkin, Everyone Active's contract manager, said: "We are delighted to support Market Harborough Youth Netball in their drive to increase sustainability."

"As a leading leisure operator working in partnership with Harborough District Council, we consider upholding and supporting sustainable practice to be a key part of our role in the local community."

If you like to learn more about our journey or help us develop the processes, please contact us at mhyouthnetball@gmail.com





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NETBALL SUPER LEAGUE SEASON OPENER 2024!



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Meet the Team...!!!



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