



EAST MIDLANDS NETBALL NEWSLETTER

ENGLAND NETBALL CENTENARY YEAR BEGINS

England Netball has officially launched its centenary year, and celebrations are already underway across the East Midlands! To find out more about the milestone and what's planned nationally and regionally, head to [page 2](#).



REGIONAL SCHOOLS

Regional Schools Netball Tournament Wrap-Up: Thirty Teams Competed, six advance to the national finals at the EIS. Find out more about our regional winners on [page 5](#).

REGIONAL NEWS

It's been a busy winter across the East Midlands - from award-winning coaches to community action! ❤️ See what our netball family has been up to from [page 9](#).



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ENGLAND NETBALL CELEBRATES 100 YEARS!

On 12 February, England Netball proudly marked its 100th birthday. Throughout 2026, the organisation will celebrate this incredible milestone with a full year of activity, recognising a century of shaping the sport and expanding opportunities for women and girls across the country. As one of England's **oldest female-specific sporting governing bodies**, the centenary highlights not only England Netball's long and rich history, but also its **pioneering role** in championing and advancing women's sport.

The organisation's journey began on 12 February 1926, when 230 delegates gathered at the YMCA on Tottenham Court Road in London, led by Miss Edith Thompson CBE, to form the **All-England Women's Net Ball Association**. One hundred years later, that founding commitment to an unapologetically female game continues to influence England Netball's vision, values and the development of the sport we know today.

A number of exciting national events are planned for the year ahead, including:

- 'Heritage of Netball Exhibition' at Heritage Quay – 12 February to 7 August
- 100-Day Countdown to the Commonwealth Games Opening Ceremony – 14 April
- Regional Centenary ONE Awards – Summer 2026
- Centenary County Masters Event – 11-12 July
- The Vitality Roses competing at the Glasgow 2026 Commonwealth Games – 25 July-2 August

Here in the East Midlands, we'll be paying homage to the centenary with a variety of regional activations and celebrations throughout the year. **Keep an eye on our social media channels** for updates on what's happening near you.

It's already been fantastic to see so many clubs and groups marking the occasion in their own way.

If your club or netball group is planning a centenary celebration, **don't forget to tag us - we'd love to share the joy and celebrate with you!**

Tag us on [Instagram](#) or [Facebook](#)!

1 0 0 Y E A R S O F E N G L A N D N E T B A L L

#EN100



Portland Walking Netball ladies were one of the first groups in the East Midlands to kick off their centenary celebrations! After finishing their usual weekly session on 12 February, the group stayed on a little longer to enjoy coffee, birthday cake and plenty of smiles as they marked the special occasion together.



During the festivities, Anne Henderson was proudly presented with a Centenary Pin in recognition of her long-standing commitment to netball in Nottinghamshire, as well as her dedication to mentoring many women working towards their Into Officiating qualification. A huge congratulations to Anne and well done to everyone getting involved in celebrating this special year for our sport.



100 YEARS OF ENGLAND NETBALL

#EN100



CELEBRATING LONG-SERVING STAFF IN THE EAST MIDLANDS

As part of England Netball's centenary celebrations, long-serving members of staff from across the organisation have been recognised for their dedication and commitment. Here in the East Midlands, we are thrilled to congratulate two wonderful team members who have been honoured for their outstanding contributions.

A huge well done to Kelly Thompson (Northamptonshire NDO) and Louise Key (Lincolnshire NDO and East Midlands Team Leader) on receiving your roses. Kelly and Louise have each been part of the England Netball family - and central to the East Midlands region - for over 15 years, and we are delighted to see their exceptional service acknowledged.

Congratulations to you both - and thank you for everything you do for our netball community!



100 YEARS OF ENGLAND NETBALL

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REGIONAL SCHOOLS COMPETITION

The East Midlands Regional Schools Netball competition returned in style this year, delivering three fantastic days of high-quality netball, incredible teamwork, and memorable sporting moments. With 30 teams competing across the U14, U16, and U19 age groups, the event once again highlighted the strength and spirit of school netball in our region.

The top two teams from each age group have now qualified for the National Schools Finals, which will take place at the EIS in Sheffield on 14th, 21st, and 22nd March - a huge achievement for those progressing!

Day 1 – U14s Kick Off in Style (Saturday 24th January, Oundle School)

The weekend began with the U14 competition at Oundle School, superbly organised by the Northamptonshire County Netball Association.

Despite the chilly conditions, teams showed exceptional resilience and produced exciting, high-tempo netball throughout the day.

🏆 U14 Winners: Saint Martin's

🥈 Runners-Up: Prince William School - a special mention as this is the first time Prince William has ever reached this stage!

🥉 Third Place: Stamford High School - finishing just one point behind Prince William in a thrilling final standings table.



U14 WINNERS - SAINT MARTIN'S ACADEMY



U14 - NOTTINGHAM GIRLS HIGH SCHOOL



U14 RUNNERS UP - PRINCE WILLIAM SCHOOL



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REGIONAL SCHOOLS COMPETITION

Day 2 – U19s Take the Court (Sunday 25th January, Oundle School)

The action continued the next day, again at Oundle School, this time hosted by the excellent team at the [Lincolnshire County Netball Association](#).

The U19s displayed brilliant athleticism, composure, and teamwork, making Sunday another standout day of regional competition.

🏆 U19 Winners: Trent College

🥈 Runners-Up: Uppingham School

A huge well done to both teams as they secure their places at the National Finals in Sheffield.



U19 WINNERS - TRENT COLLEGE



U19 RUNNERS UP - UPPINGHAM



U19S - PRIORY ACADEMY LSST



U19S - QUEGS



U19S - NOTTINGHAM HIGH SCHOOL



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REGIONAL SCHOOLS COMPETITION

Day 3 – U16 Competition Closes an Outstanding Week (Saturday 31st January, Soar Valley)

The final leg of the Regional Schools event took place at Soar Valley, with fantastic organisation from Leicestershire County Netball Association. This day provided yet more inspiring performances, with tight matches and impressive skills across the courts.

🏆 U16 Winners: Branston Academy

🥈 Runners-Up: Oundle School



U16S - OUNDLE



U16S - NOTTINGHAM HIGH SCHOOL

HUGE THANKS TO OUR EVENT ORGANISERS AND VOLUNTEERS!

These three days of competition simply wouldn't be possible without the incredible dedication of so many people.

A heartfelt thank you to:

Donna Fensom, Yvonne Blunt, Kathy Stripp, Bev Burnham, Leo Fensom, Lizzie Saunby, Val Kindred, Kathy Doran, Lynn Moore, Debra Mayes, Danni Donovan, Debbie Edwards and Julie Inniss

Alongside all volunteers, County Netball Associations, the Competition TSG, teachers, coaches, umpires, and parents - thank you for helping to deliver a wonderfully organised and memorable tournament for all involved.

A huge well done to every school that competed in this year's Regional rounds. The standard was exceptional across all age groups, and every team should be proud of their performances.

And of course - good luck to all our East Midlands teams heading to the National Finals in Sheffield! We'll be cheering you on every step of the way.



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REGIONAL SCHOOLS COMPETITION

Position	U14	U16	U19
1st	Saint Martins	Branston	Trent College
2nd	Prince William	Oundle	Uppingham
3rd	Stamford	KGGS	Priory Academy LSST
4th	Trent College	Loughborough High School	Stamford
5th	Nottingham Girls High	Nottingham High School	Nottingham Girls High School
6th	Oakham	Ecclesbourne	Oakham
7th	Northampton School	Lutterworth	Queen Elizabeth's Grammar School
8th	Repton	Dronefield	Oundle
9th	Nottingham High School	Rushcliffe	Northampton School For Boys
10th	Queen Elizabeth's Grammar School	Bishop Stopford	Nottingham High School



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KNL HOST SUCCESSFUL CHRISTMAS CHARITY TOURNAMENT

Kettering Netball League brought festive cheer to the court in December with a brilliant Christmas charity tournament! Eleven teams came together for a day of fantastic netball, complete with tinsel, tutus and reindeer antlers adding plenty of sparkle to the day. The atmosphere was full of energy, teamwork and great sportsmanship, making the event truly special. An impressive £921.69 was raised for charity, and a huge well done goes to all players, officials, organisers and volunteers who helped make the tournament such a success.

You can see pictures of all 11 teams involved and keep up to date with other news from Kettering Netball League by [giving their Instagram page a follow!](#)





YOUNG NETBALLERS LEAD THE WAY IN LOCAL ENVIRONMENTAL ACTION

Members of **Market Harborough Youth Netball Club**, including players, coaches and parents, braved cold conditions recently to help their local community by collecting discarded litter from the grounds surrounding **Harborough Leisure Centre**.

The litter pick marked the club's **second Environmental Day of the 2025/2026 netball season** and resulted in eight full bags of litter being collected. Equipment for the event, including litter pickers, was kindly loaned by Teddington, with the grabbers originally donated by **Keep Britain Tidy**.

The club thanked **Harborough Leisure Centre** for its ongoing support of the Environmental Days programme and confirmed plans to return later in the spring. Working alongside **Everyone Active**, volunteers will help plant up the community vegetable beds that were recently cleared as part of earlier environmental activities.

Market Harborough Youth Netball Club continues to combine sport with community action, encouraging young players and their families to give back to their local environment.



ADELPHE NETBALL CLUB LAUNCHES THEIR FULLY INCLUSIVE KIT

Adelphe Netball Club has become the first grassroots netball club to provide a fully inclusive kit with KitQueen, marking an important step forward for inclusivity in the sport.

In partnership with [KitQueen](#) and [Nike](#) - the Official Kit Supplier of [England Netball](#) and the [Vitality Roses](#) - the club has introduced an inclusive training range designed to give players genuine choice. The kit includes [dresses, t-shirts, shorts and leggings](#), allowing every player to train and compete in what makes them feel most confident and comfortable on court.

E The launch of the kit was a special moment for the club, with the range officially presented to Adelphe players by [Nottingham Forest's Tash Pavelin](#) and [Loughborough Lightning's Celena Appleby-Prince](#). Their involvement helped underline the importance of visibility and representation and showed how inclusivity at grassroots level is supported and championed across all tiers of the game.



As a new club, Adelphe wanted [inclusivity to be embedded from the very beginning](#). Working closely with [KitQueen](#) and [Nike](#), the club prioritised comfort, confidence and choice - ensuring players can step onto court feeling like themselves. Adelphe shared that having inclusive kit options reflects exactly what the club is about and wouldn't have been possible without partners who share the same values and this collaboration demonstrates that inclusivity belongs at every level of the sport.

By becoming the first grassroots club to receive a fully inclusive kit, Adelphe Netball Club is setting a powerful example for the netball community - helping shape a future where every player feels confident, comfortable and truly included on court.





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TRACIE THORNE GETS LOCAL RECOGNITION

Celebrating Tracie Thorne: Erewash Active Award Winner ❤️

Congratulations to Tracie Thorne, who has been the dedicated host of Long Eaton Walking Netball for more than seven years, on winning an Erewash Borough Council Active Award for her outstanding volunteer work.

East Midlands Netball is incredibly proud of Tracie and the commitment she shows to her group each and every week. This award recognises an individual who has given a significant amount of their time to a physical-activity project, and celebrates volunteers who go above and beyond in supporting opportunities for people to get active.

Tracie epitomises this spirit - her enthusiasm, warmth and reliability have helped create a welcoming and supportive Walking Netball community in Long Eaton. A huge well done, Tracie!



If you - or a club, group or volunteer you know - have a story you'd like included in our next newsletter, we'd love to hear from you!

✉️ Email us at eastmidlands@englandnetball.co.uk



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EAST MIDLANDS REGIONAL LEAGUE

The East Midlands Regional League has delivered 18 thrilling weeks of netball since the season kicked off in September, with all four senior divisions and both junior divisions showcasing exceptional talent and competition. Impressively, only one team remains undefeated across all leagues - huge congratulations to Harriers in Division Four. These results are a testament to the great standard of competition across each league. With just a few weeks left, everything is still to play for as teams push towards a strong finish to an exciting season.

Take a peek at how the tables look, as of 8 March, but keep up to date with how the tables look every week, by visiting the [East Midlands Netball website](#).

Division 1	
Position	Team
1	Bridgford Navy
2	TFC Leicester Too
3	Northants Storm 1
4	TFC Leicester 1
5	Hucknall Town
6	Charnwood Rutland 1
7	Hinckley Hurricanes
8	Cliftonettes Scarlet

Division 2	
Position	Team
1	Lincoln City 1
2	Ashby Giants
3	Hawks
4	Derby Roses
5	Grasshopper 1
6	Nottingham City Aces
7	Falcons Yellow
8	Grasshopper 2

Division 3	
Position	Team
1	Cliftonettes Navy
2	Foxhall Jets
3	Northants Storm 2
4	Bridgford Blue
5	Lincoln City 2
6	Charnwood Rutland 2
7	Ashby Titans
8	Northants JMs

Division 4	
Position	Team
1	Hampton Harriers
2	Harborough Hornets
3	Futureprint
4	Fenland
5	Brigg Impacts
6	Nottingham City Scarlet



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EAST MIDLANDS REGIONAL LEAGUE

U14 League	
Position	Team
1	Lincoln City
2	Stamford & Rutland
3	Nottingham City Robins
4	Belper
5	Charnwood Rutland
6	Northants Storm
7	Louth
8	Allestree
9	Hawks
10	Futureprint

U16 League	
Position	Team
1	Charnwood Rutland
2	Lincoln City
3	Bramcote
4	Bingham
5	Leicester Vixens
6	Allestree
7	Louth
8	Northants Storm
9	Nottingham City Scarlets
10	Cliftonettes Red

As always thank you for every player, coach, official and supporter for your continued dedication that allows for such amazing matches take place each week.



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COACHING CORNER

CONNIE XAVIER – PHILOSOPHY, PATHWAY & ADVICE FOR COACHES

CONNIE'S JOURNEY



This month we spotlight Connie, whose coaching journey began in a local Police netball team, which she was originally involved in as a player. The team unfortunately folded, however Connie took the initiative to restart it and step in as coach, sparking a passion that has carried her through roles in county programmes, clubs, NTU BUCS squads, and eight years at the Worksop Lightning Hub, where she progressed from assistant to head coach.

Connie's first coaching qualification was her Level 2. Without a teaching background Connie was a little bit apprehensive about skipping her Level 1 as she didn't have the experience in planning sessions. Instead Connie relied on strong mentoring she received from Parkside Netball Club to build confidence in planning and decision-making. Collaboration has remained central to her approach ever since.

PHILOSOPHY

Connie describes herself as calm, honest and player-focused. Her key principles include:

- Group-based reality checks, rather than singling out individuals
- High training intensity balanced with enjoyment
- Making time for individual conversations
- Tailoring approaches to different personalities
- Reflecting after every session to stay self-aware and continually improve

She also notes that selection remains one of the toughest parts of the role.

WHAT DO COACHES NEED?

Connie believes coaches thrive when they work together. She champions:

- CPD and shared learning
- Clear communication expectations, especially around injuries and availability
- Strong support networks, from mentors to assistant coaches
- Confidence to speak up, ask questions and seek help

ADVICE FOR NEW COACHES

- Take every course you can - seeing different styles builds confidence.
- Be curious: shadow sessions, ask questions, learn from other sports.
- Use online resources, visuals and hands-on practice.
- Build a network and share ideas widely.

ADVICE FOR EXPERIENCED COACHES

- Keep learning - don't get stale.
- Stay curious about new courses and approaches.
- Remember every session might include a future pathway athlete.
- Know your "why". For Connie, coaching is about building confidence and helping people enjoy the game.



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COACHING CORNER

DEVELOP YOUR COACHING OR OFFICIATING SKILLS WITH AN ENGLAND NETBALL QUALIFICATION

Connie is also a valued member of our East Midlands Coaching Technical Support Group (TSG), supporting the development of coaches across our region. If you'd like to get in touch with Connie or any member of the TSG, you can find their details [on our website](#).

If you feel inspired by Connie's journey or you're just looking to take the next steps in your coaching or officiating journey, now is a great time to get involved. England Netball offers a wide range of courses designed to support learners at every stage of their development.

Upcoming Level 2 Coaching Course in the East Midlands:

✨ Tuesday 2 April – Leicester – Level 2 (Blended)

To explore the full range of Level 1, Level 2, and officiating courses, visit England Netball's [Engage](#).



I wish I knew

by NETBALLHer

NETBALLHer Launches “I Wish I Knew: In Conversation With...”

Supporting Women and Girls to Stay in the Game – At Every Life Stage

NETBALLHer has launched a new national webinar series, *I Wish I Knew: In Conversation With...*, in partnership with [Wellbeing of Women](#), and it's highly relevant for the [East Midlands netball family](#).

The first session, *Moving Through Motherhood*, takes place on **12 March 2026 (7–8pm)** and focuses on pregnancy, post-partum recovery and returning to netball safely and confidently.

The panel brings together expert medical insight and lived experience from across the game:

- [Dr Louise Roper](#) – NHS Registrar in Obstetrics and Gynaecology
- [Ros Cooke](#) – Physiotherapist, Lecturer and Active Pregnancy Foundation Scientific Advisory Board member
- [Eboni Usoro-Brown](#) – President, England Netball and former Vitality Rose
- [Jamilah Bruce](#) – Post-partum player and Warriors Netball Club volunteer
- [Kelly Gordon](#) – Chair and Executive Lead, NETBALLHer

Delivered in collaboration with [Wellbeing of Women](#), and supported by [This Girl Can](#) and the [Active Pregnancy Foundation](#), the session helps players and those around them understand what pregnancy means for involvement in netball and how to support a healthy return to play.

Through expert guidance and real experiences, the webinar will explore what's safe, what to look out for, and how to understand the body to return to court with confidence when the time is right.

👉 Registration is now open: [sign up here](#)

What's coming next?

Keep your eyes peeled for the rest of the series, running throughout 2026:

- [Helping Her Stay in the Game Through Puberty](#) – practical support for girls through physical, emotional and social changes.
- [Understanding Menstrual Health Conditions in Sport](#) – covering conditions such as endometriosis, PCOS and irregular cycles, and how to adapt training.
- [Staying in the Game Through Menopause and Beyond](#) – understanding the impact of menopause and how to keep women feeling valued and included.
- [Understanding Puberty for Him Supporting Her](#) – building confidence for dads, coaches and men supporting girls in netball.

Further dates and registration details will be shared soon.



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INTERNATIONAL NETBALL

VITALITY ROSES FACE SPAR PROTEAS IN THRILLING JANUARY TEST SERIES

January saw the **Vitality Roses** travel to **Johannesburg** for a hotly contested three-match series against the Spar Proteas. The opening test delivered plenty of drama, with the **hosts claiming a 52–48 victory**. Nottingham Forest's Rolene Streutker made a significant impact for the Proteas, helping steer her side to the initial win.

The **Roses responded** superbly in the second test, producing a composed and confident performance to **level the series 49–61**. Loughborough Lightning's Jess Shaw was instrumental in the victory, starting the match at centre before transitioning to wing attack to help close out the game. Her versatility, speed, and control through mid-court were key in maintaining the Roses' momentum and setting up scoring opportunities.



SPAR PORTEA ROLENE STREUTKER



VITALITY ROSE JESS SHAW

With everything to play for in the deciding match, the **Proteas came out firing**. Their early intensity and consistent execution carried through all 60 minutes, securing a 65–50 win and the series crown.

Congratulations to Netball South Africa on their victory, and well done to everyone involved in delivering a competitive and exciting series.

Players from both the Vitality Roses and Spa Proteas have now returned to their clubs as training for the 2026 domestic season continue.



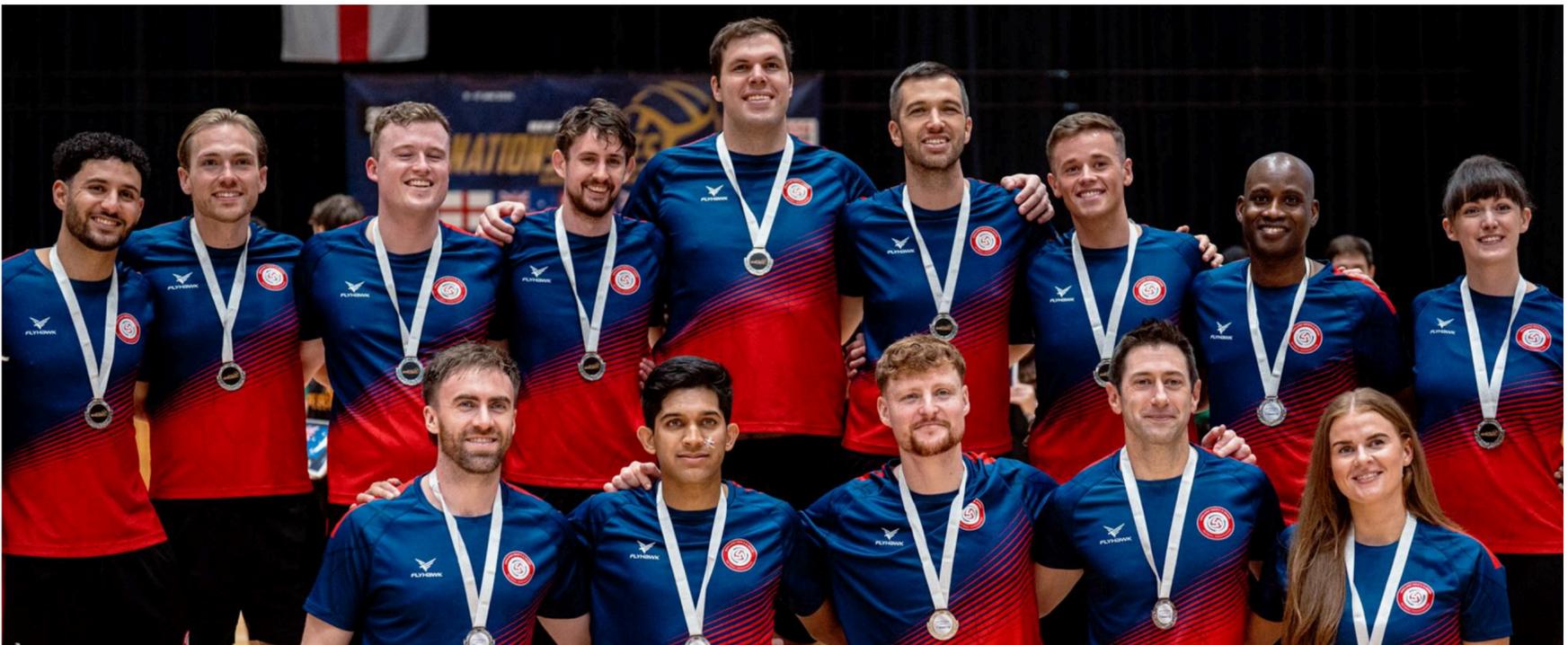


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MEN'S AND MIXED NETBALL

REPRESENTING ENGLAND ABROAD: EAST MIDLANDS TALENT ON THE INTERNATIONAL NETBALL STAGE

We're excited to celebrate an amazing achievement from two of the East Midlands' Men's and Mixed netball stars! Tom Halfhide of Stunts Netball and Jonno Jessup of Northants Storm were recently selected to represent England A Men's Netball in the prestigious Nations Series in Singapore.



After returning from Singapore, Tom shared his experiences of competing internationally for the first time, the thrill of facing some of the world's top teams, and the unforgettable memories he made both on and off the court.

'In January 2026, I had the incredible opportunity to travel to Singapore as part of the England A Men's Netball team to compete in the Nations Series, alongside New Zealand U20, Australia U20, UAE, and the host nation, Singapore. It was a truly special experience, not only because of the high level of competition, but because it marked my first time representing my country which is something I will always be extremely proud of and will never forget.



We had a strong tournament, finishing the group stage with three wins from four games, which set us up well for the knockout rounds. The highlight of the competition came in the semi-final, where we secured a hard-fought victory against New Zealand to earn our place in the final. Unfortunately, we fell just short in the final against a very strong Australian side, who went on to be crowned champions. While the loss was disappointing, the experience of competing at such a high level was invaluable and will stay with me moving forward.



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MEN'S AND MIXED NETBALL

Beyond the court, the tour was unforgettable. Experiencing Singapore its culture, people, and incredible sights made the trip even more special and added to what was already an amazing opportunity. Overall, the tour was a huge learning experience and a memorable milestone in my career, both professionally and personally!



A special congratulations also goes to Jonno, who led the squad throughout the series after being named captain - an incredible achievement and an amazing opportunity to lead his country on the international stage!

CELEBRATING THE LAUNCH OF THE NEW MIXED EAST MIDLANDS REGIONAL LEAGUE

East Midlands Netball is passionate about growing and championing the men's and mixed game, and we're excited to announce the launch of our NEW Mixed East Midlands Regional League.

The league will be showcased on 4 April, ahead of the Netball Super League Double Header, before officially beginning on 12 April.

A huge thank you to our Regional Chair, Rowena Hackwood, and to everyone on the Competition and Mixed TSG for your hard work and commitment in bringing this league to life.

And of course, a massive good luck to all teams competing - we can't wait to see you take to court!





LOUGHBOROUGH LIGHTNING

Lightning Crowned Netball Super Cup Champions

Loughborough Lightning made a brilliant start to the 2026 season by winning the Netball Super Cup, edging London Pulse 18-17 in a dramatic final.

After strong performances in the group stages, Lightning defeated NIC Leeds Rhinos 13-9 in the semi-final to book their place in the showpiece match. The final was tightly contested throughout, but Lightning held their nerve to secure the title by a single goal.

Head Coach Vic Burgess praised the team's composure and competitiveness, highlighting the win as an exciting marker for the season ahead.

Lightning now head into the 2026 Netball Super League campaign with confidence and momentum.



Nat Panagarry Reaches 200 NSL Appearances

Co-captain Nat Panagarry celebrated a major milestone in Round 2 of the Netball Super League, marking her 200th NSL appearance as Lightning took on NIC Leeds Rhinos.

The achievement is especially meaningful, as all 200 games of Nat's career have been played for just two clubs - Yorkshire Jets and Loughborough Lightning. A fitting tribute was paid courtside to honour her remarkable loyalty and contribution to both teams.

Following a standout performance, Nat expressed her gratitude to Leeds Rhinos and Loughborough

Lightning for the pivotal roles they have played throughout her journey.

A huge congratulations to Nat on an incredible milestone!

What's coming up:

- U12-U16 Easter camps, 31st March and 2nd April
- Back to Netball Tournament, 26th April
- U10 Tournament - 17th May

Match Day Tickets and Fixtures

Follow us on social media



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NOTTINGHAM FOREST

FOREST NETBALL SET FOR A THRILLING SEASON TWO IN THE NSL 2.0

As the new NSL season has begun, Nottingham Forest enter the upcoming campaign following an impressive 5th-place finish in the club's debut season as a new franchise in the rebranded NSL 2.0.

The squad returned to competitive action at the NSL Super Cup, offering an early glimpse into what this upcoming season has to offer.

Nottingham Forest Head Coach Chelsea Pitman said after the curtain raiser in Sheffield: "The Super Cup is a great day for the fans to watch 18 games of fast and intense netball. After such a long pre-season, due to the international calendar, Super Cup is a great way to kick start the season. Preseason is about testing rotations and building as a squad, and going into our second season as a franchise, we want to push harder than we did last season as we have set expectations of ourselves to strive for more. Last season was about laying the foundations. We are so excited to get started for our second season in NSL."



NXT GEN SUCCESS

The club's ever growing performance pathway is experiencing significant success in the NXT Gen league with the squad having an outstanding start to their campaign and currently sitting 2nd in the table. With three strong performances, the team are on nine points with a game in hand, below top of the table London Pulse by one point. The team heads to Hertfordshire this weekend to play London Mavericks ahead of the Super League fixture.

Vice-Captain Corey McGlynn "There's a real belief in this group. We've worked incredibly hard through pre-season, and you can feel the standards rising every week. Sitting second in the table is a great reward for that work, but we know there's more to come. We're pushing each other every session and we're excited to see how far we can go this season."

COMMUNITY ROOTS

The Community Roots programme continues to play a vital role in strengthening netball across the region. So far this season, four successful training blocks have been delivered, supporting aspiring young players and coaches throughout the East Midlands in developing their skills and confidence.

Looking ahead, a series of upcoming tournaments and match play mornings are set to provide further opportunities for players to compete, learn and build confidence within game scenarios. As part of a commitment to developing all aspects of the game, an umpire workshop was recently hosted, welcoming local schoolteachers to help build confidence in netball umpiring across the community network. The workshop focused on practical decision-making, positioning and communication, ensuring that umpires feel supported and confident in their roles.



QUICK LINKS TO TICKETS, CAMPS, GROUP BOOKINGS AND HOSPITALITY PACKAGES

[Tickets](#)

[Camps](#)

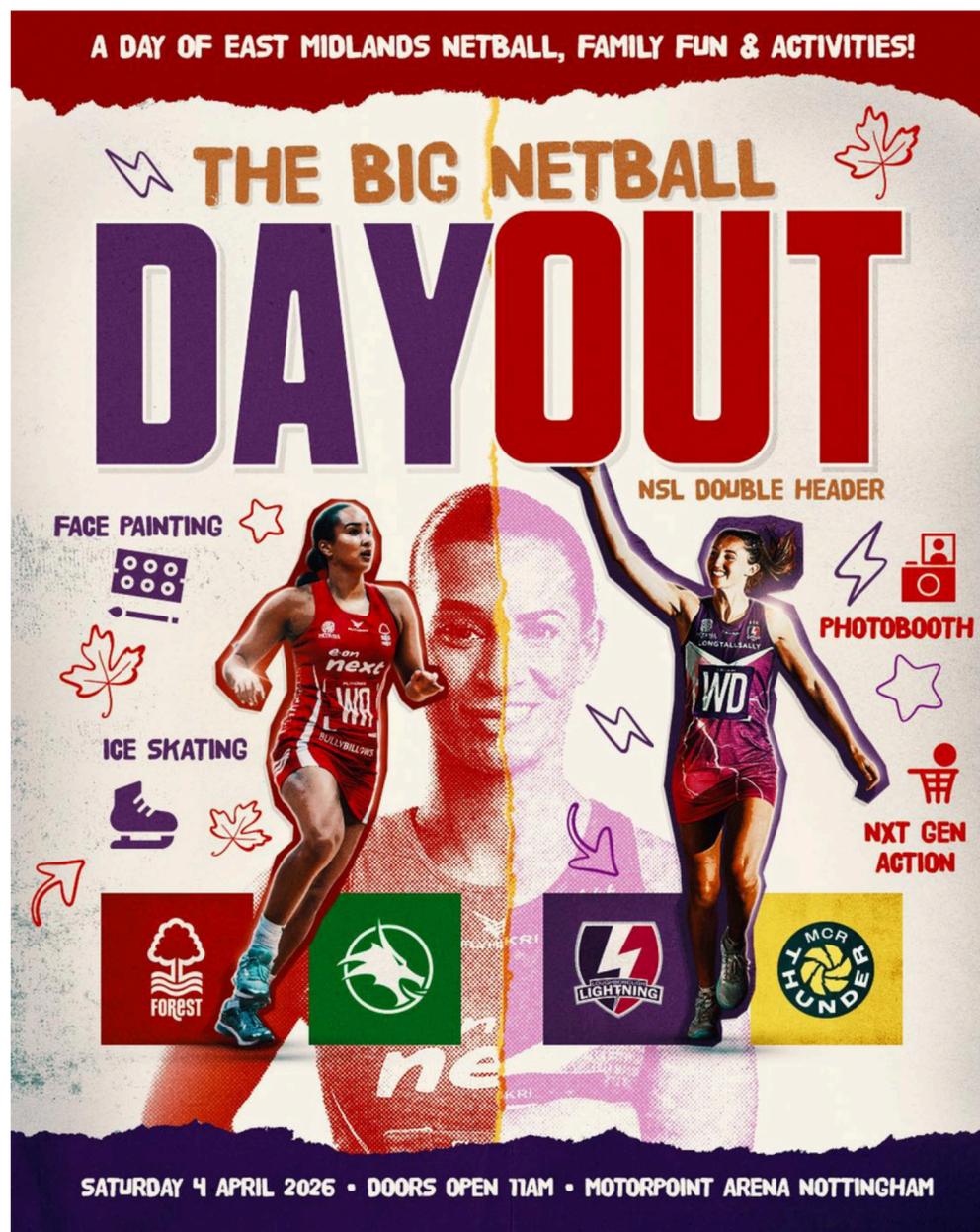
[Community
Roots](#)

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NETBALL SUPERLEAGUE



A huge celebration of East Midlands netball is coming to the [Motorpoint Arena](#) this April, bringing together double [Netball Super League](#) action, exciting fan experiences, and vibrant off-court entertainment - all under one roof.

Join us on [Saturday 4 April](#) for [The Big Netball Day Out](#), a special showcase of netball in the East Midlands. Fans will enjoy a thrilling double-header, kicking off with [Nottingham Forest Netball vs Cardiff Dragons](#), followed by a headline clash as [Loughborough Lightning](#) take on [Manchester Thunder](#).

But the fun doesn't end with the final whistle. Throughout the day, supporters can explore a range of family-friendly activities around the arena, including face painting, interactive games, and a photobooth to capture memories with friends and teammates.

As an added bonus, [every ticket includes free access to an ice-skating session](#), giving fans the chance to hit the ice before settling in for an action-packed afternoon and evening of elite netball.

[Tickets are on sale now](#) via the Motorpoint Arena website. Don't miss your chance to be part of this fantastic celebration of netball in the East Midlands!

[Secure your Big Netball Day Out tickets here!](#)



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2026 ONE AWARDS

SAVE THE DATE

CENTENARY
ONE
AWARDS 2026

Saturday 4th July

Derbyshire County
Cricket Club

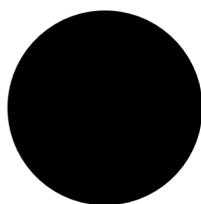


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NETBALL
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MEET THE TEAM...!!!



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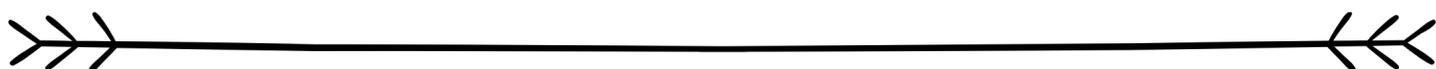
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Mon - Fri



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