



ISSUE 1/2019

This is our trial run at a newsletter. If you are like me, you might feel a little overwhelmed with some of the information we send out. The idea behind this, is to put all the important stuff in 1 place. That way, if you don't have time to skim through the Facebook page, you get all the essentials in 1 go.

Let us know what you think. If you have any ideas going forward, we'd love to hear from you. If you want more information, just say.

CUP/PLATE QFS

10 Feb 2019 @ Newbridge

09:00: Ashby Fire v Ashby Flames

10:15: Coalville Jets v Overseal

11:30: Swad Swifts v Gracedieu Diamonds

12:45: Swad Starlings v Whitwick Ignite

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FIRST AID & INJURY

Accident forms can be found at both venues – if a player is injured during an NWL match, a form must be completed before leaving the court and a copy sent to NWL HQ.

All Teams should have a primary carer present at all their matches. We are looking at providing a sports-specific 1st aid course

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NWL END OF SEASON BALL 2019

SATURDAY 11 MAY 2019
The Glade @Rosliston

Catered for by Saffron Catering

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TOURNAMENT 2019

SUNDAY 5 MAY 2019
Ashby School, Leicester Road

Sponsored by Optimum Performance

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UMPIRE CORNER

#respecttheumpire
#teamwhite

We currently have 5 umpires working towards their C-Award and 2 working towards their B-Award

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CODE OF CONDUCT

NWLNL are proud to be a zero-tolerance league. Our Handbook cites EN Codes of Conduct and everyone affiliated to EN automatically signs up to these Codes. Players should review these Codes every so often to ensure they abide by them.

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MORE

Detail

Cup & Plate

We are now at the QF stage of both the Cup and Plate and 5 teams remain in both. Remember it is a knock-out competition, so there is no glory in winning quarters, just the whole match. If the match ends with a draw, 7 minutes each way (14 minutes of play plus 1 minutes interval) is then played. If there is STILL no outright winner, then play continues until 1 team has a 2 goal lead over the other.

In both the Cup and the Plate, the winners and the team with a Bye will play each other in the Semi-Finals in March. This is a 3 match competition, with each of the 3 teams playing each other once. Matches will be 40minutes (4x10minute quarters) with a 20minute break between the matches to allow players to recover. Same rules as before apply – if the match ends in a draw, extra time is played.

The draw for the Semi-Finals will take place after 10 February and will determine the order in which the teams face each other.

Stay in Touch

NWL.netball.league@gmail.com



@NWLnetball



@NWLnetball

<http://www.nwlnetball.co.uk/>

Injury

If you are injured at an NWL Match, you must complete an accident form before leaving the sports hall. This is so that there is a record of the injury, with witnesses, for any insurance claim or work-related enquiry. By completing the form there and then, the circumstances, injury and subsequent 1st Aid are accurately noted. A copy must be emailed to us.

First Aid

Does your Club and Team have a designated Primary Carer? This is someone that will administer 1st Aid to an injured player. We are trying to organise a sports specific 1st Aid course for our League. If you are interested in details, please contact us.

Umpiring

Your matches can only take place with our wonderful team of Umpires. We are proud to be able to offer mentored umpiring duties to our trainee umpires working towards their C-Award qualification. These duties give our newbie umpires an opportunity to manage a match and develop their skills, whilst having a confident co-umpire controlling their half of the court and a mentor to help encourage and tutor them to improve their positioning, their vision and their confidence.

It is vital and a huge part of netball, that players and spectators RESPECT the umpires. Umpiring is not an easy job (our recent '12 Days of Christmas' articles told us that an umpire has to make over 22,000 decisions in a match). Anyone showing dissent towards an umpire should be given an immediate CAUTION and all incidents will be reported to the NWL Umpire Secretary.

Odds or Evens?

A little help with scoring:

The team with the 1st Centre Pass (CP) starts on E because, when a goal is scored, the score is 1:0 and the total number of goals (1) is an odd number... so the other team taking the 2nd CP is on odds. Simple, right?

At the end of each Q, if the whistle goes between a goal being scored and the CP, O&E stay the same. In all other instances (i.e. the game is in play) O&E swap. The total number of goals determines who has the CP at the start of the next Q. So if the result at the end of Q1 is 12:7, 12+7=19 which is odd and the team with O next to them at start of Q2 has the CP.

Scorers help keep the CP in sync; scorers sit together so that there is no discrepancy in the score and must inform the umpires IMMEDIATELY if the incorrect CP has been taken – even if you're not sure, it is best to ask the umpires.



North West
Leicestershire
Netball League

THE PERFECT
WAY FOR YOUR
CLUB TO END THE
SEASON!

END OF SEASON
HOLLYWOOD
PRESENTATION
BALL

SATURDAY 11TH MAY 2019

THE GLADE, ROSLISTON FORESTRY CENTRE, BURTON ROAD, ROSLISTON, SWADLINCOTE DE12 8JX

3 COURSE MEAL ★ ARRIVAL DRINK ★ CASINO ★ DJ ★ DISCO ★ CHARITY AUCTION

ARRIVE FOR 7.00PM UNTIL LATE

£35.00 PER PERSON ★ £10.00 DEPOSIT

TO BOOK YOUR TICKETS CALL 07989 985401
OR EMAIL nwl.netball.league@gmail.com



North West
Leicestershire
Netball League

North West Leicestershire Optimum Performance Cup Netball Tournament

Sunday 5th May 2019 • 9.00am-3.30pm
Ashby School, Nottingham Road,
Ashby de-la Zouch, LE65 1DT

NOW ADVERTISING FOR TEAMS

£45.00 entry per team

Apply for an application form via
nwl.netball.league@gmail.com

For further information call
07989 985401

All entries required by 6th April

FAMILIES WELCOME

with children's bouncy castle,
BBQ, bar, refreshments
and cakes

Come and watch some
exciting netball and
support your friends
and family!



ON THE DAY OPTIMUM PERFORMANCE WILL OFFER:
FREE injury rehab and sports massage
www.optimum-performance.co.uk

Code of Conduct

Courtesy of the EN website:

“Sporting excellence and enjoyment are only achieved by participants and spectators through adherence to the highest moral, ethical and sporting standards. England Netball’s Codes of Conduct set out the standards and expectations expected of those in the sport of netball, and these promote respect, good sportsmanship, high standards of behaviour and ethics.

The Codes of Conduct have common standards which apply to all, and some specific to the role being carried out, e.g. official, coach, committee members and parent/carer.

All Members are required to abide by these Codes. In addition, clubs should ensure that the Codes are well known and promoted, so that there is a culture of respect and a discrimination free environment for all to enjoy the sport.”

Full details of Codes of Conduct & Disciplinary Regulations can be found at:

https://www.englandnetball.co.uk/Conduct_and_Disciplinary_Regulations

NWL Netball League’s constitution states that the League “adheres to all England Netball rules and regulations, policies and practices, with regard to duty of care, equity, code of conduct, health & safety and requires all affiliated clubs and individuals to do the same.”

Can all players please ensure they familiarise themselves with the Codes of Conduct.