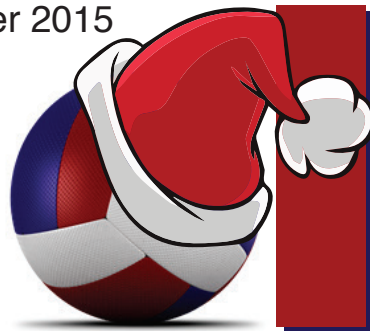


netball



Hinckley Ladies Netball Club

Est. 1975

**HLNC
NEEDS
YOU**

**LATEST NEWS
AND
X-MAS
PUZZLE
SPECIAL**



Photo competition winners inside!



STOCKTON TOURNAMENT

HLNC entered two teams into this years Stockton tournament. It was a great mix of ladies, with some of whom had never played together before.

The weather couldn't decide what it was doing, but the ladies started off really well. Both winning their first two games. With thoughts on the famous Stockton Buffet their performance slipped a little distracted by the thought of triangle sandwiches and cold pizza.

All in all everyone had a lot of fun, a small nap during breaks (Jess and Laura) and a great win on the end of day raffle!



THANK YOU CWNA! #70TH ANNIVERSARY

FASHION SHOW IN MEMORY OF CAROL WHITAKER

Carmen, Lara & Jayne would like to invite you to a fashion show to raise money for three charities that are close to our hearts - The Duke of Cornwall Spinal Treatment Centre, Horatio's Garden and HIOW Air Ambulance Service.

SOS Fashion Shows will host the show, plus give you the chance to buy all the high street store clothing at a discounted price! Perfect for a Christmas party dress, or Christmas pressies!

DATE: Monday 7th December

TIME/LOCATION: 7pm at The Green Rooms

ADMISSION: £3 Entry - NO TICKETS

*Refreshments available from the bar and there will be a raffle

Raffle - if you would like to donate a good quality prize, please let Carmen, Lara or Jayne know.



CWNA PHOTO COMPETITION

CWNA asked teams in the league to post a picture that shows how "United in Netball" you can be. This is just one of the weekly competitions CWNA set for the league, all in celebration of its 70th anniversary.

Hinckley's A team decided to show unity by having their photo with their opposition LMR. After the game everyone sat and created a heart shape whilst holding both netballs.

The photo was a great success online with 64 likes and many positive comments, and even better they also won the weeks photo competition. Welldone A Team!

#platinumpeace #70years #netballfamily



United in Netball

HALLOWEEN SPOOKY SOCIAL

The HLNC Halloween social saw 4 gooley members haunt Leicester City Centre on Saturday 31st October. They did us proud and got home at 4am the next morning!



HLNC MAILING LIST

KEEP UP TO DATE

Make sure you have subscribed to our HLNC mail outs, they are always jam packed with important and usual information. If you aren't receiving these emails please contact hinckleynetball@gmail.com.



CONGRATULATIONS

October saw the arrival of beautiful Niamh Morwenna. Congratulations Helen and family on such wonderful news!

DATES TO REMEMBER

DECEMBER 2015

Saturday 12 December Senior Christmas Dinner

Hansom Cab Hinckley 7pm
More info contact Emma at events@hinckley-ladiesnetball.com. Deposit deadline has now passed, please enter food choice on our website.

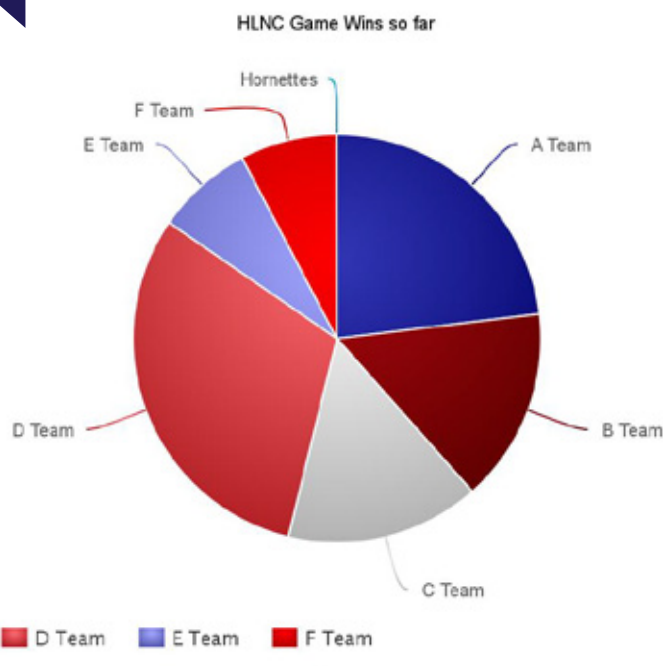
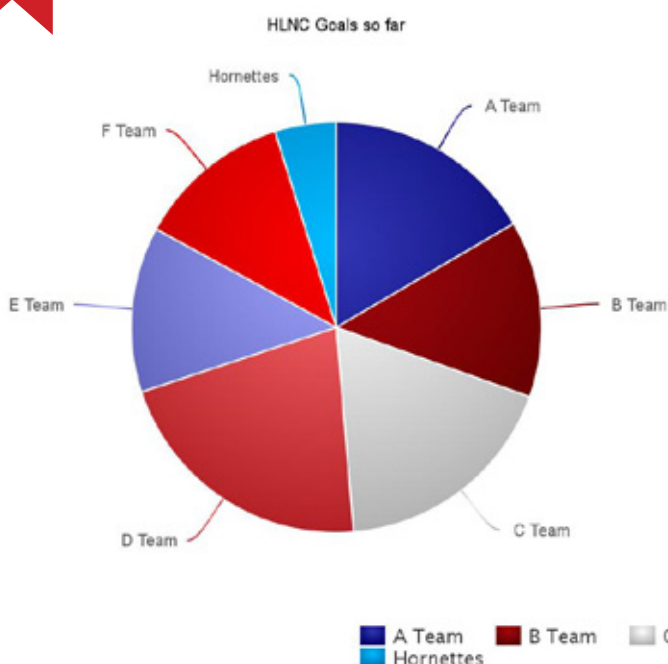
TBC December Cash for Cards

Donate cash instead of sending lots of christmas cards within HLNC.

FEBRUARY 2016

Wednesday 17th February Curry Night Out

Annual Curry Social evening. Open to Seniors only due to environment.
More info contact Emma at events@hinckley-ladiesnetball.com



Statistics were correct at date of Pie chart making, to be used as an indication only, goals and wins up to and including 21st November

JUNIOR TRAINING



EXTRA DATE ADDED



An extra session has been added to your training schedule. It will be on 17th December with fun Christmas themed skills and game play. There will be prizes to be won, so don't miss out! Same timing as usual Thursday practise.

If you have any questions please contact Claire Aspinall directly or chair@hinckleyladiesnetball.com



CASH FOR CLOTHES

Are you making room for your winter wardrobe? Is Santa bringing you some new gear? If so please donate your unwanted clothes to Emma Draycott (in a black bin liner preferably). She will bag them all up and receive cash in return which is a really easy way to help us fundraise! The deadline for this has now been extended to the 25th Jan.



DEADLINE IS 25TH JAN 2016

HLNC JUMPING HALL OF FAME

Welcome to the second edition of the Jumping Hall of Fame. Rumour has gone through HLNC and the bar has been raised! There have been many fantastic gravity defying moments and below are just a handful! Do you think you can do better? Who will be the next Queen Bee of jumping?



Winning interception!



Nicola Coulson!

HLNC COMMUNITY

Participation, competition and fun!



"When I began work in 1978 one of the girls invited me along to the Club. There was just 1 team then! O have thoroughly enjoyed playing with so many different people over the last 37 years and I love to see new players joining each season"

Jo Oakes

"I joined HLNC to get back into a team sport, I felt really welcome doing B2N and I feel a part of a great team within the Hornets. Everyone was so welcoming and it's great to feel part of the HLNC community whilst doing a sport that I've rediscovered my love for"

Katie Foster

"I joined HLNC last year as a fun way to keep fit. Everyone made me feels very welcome and I really appreciate all of the support and encouragement from the Club"

Ede Roche

"I joined HLNC with Alice when we heard their trials advert on the local radio. I look forward to every game and training session"

Nicola Coulson

"I moved to Hinckley 11 years ago and joined HLNC so that I could meet people. I can definitely say I have never looked back and have made so many friends for life"

Gail Lavery

Tell us what you think!

Would you like to appear in the next edition of HLNC Netball Newsletter?

If so please contact communications@hinckleyladiesnetball.com

CWNA TEAM WORDSEARCH

Can you find all the hidden teams? Answers can be found forward, backwards, up, down and diagonally in the grid...

H X K N O T K C O T S D O I B
 T N E A E D I S E L B M A Z N
 R I R J E T S B F D J A S U B
 O H E N Z B F X O H L I N R S
 W P S S U B G O S E V E I R S
 D S L N F D W A C L A D U O N
 E V E X O E N H A T Y R G F O
 B O Y G S T I O O D E O R F T
 B C R P I G G N P Y L F I C G
 P U O H H J O N Q L N S F H N
 D C W T A L H U I C E E F U I
 F F Z G D L K C P M H N Q R K
 L Z U E V D S O E V A R X C L
 M A D Y E L K C N I H E Q H U
 R S A R L E Y S A N G E L S B

AMBLESIDE
 GRIFF
 BULKINGTON
 JETS

ERNESFORD
 ALVIS
 LMR
 HENLEY
 ARLEYS ANGELS
 COVSPHINX

JAGUAR
 ALEHIGH
 LEAMINGTON
 HINCKLEY
 BEDWORTH
 KERESLEY
 OFFCHURCH
 WHITNASH
 COPSEWOOD
 NUNEATON OLDEDS
 STOCKTON



DESIGN AN X-MAS JUMPER

Get creative and design your own jumper! Be sure to post it on our HLNC Facebook page

NETBALL TRIVIA

What size ball is used for regulation adult netball matches

How high is the post in High 5?

Who was the England National Head Coach before Tracey Neville?

Who was voted the 2014 World Number 1 netballer?

Netball was first included in the Commonwealth Games in 1998, but in what year was it played as a demonstration sport?

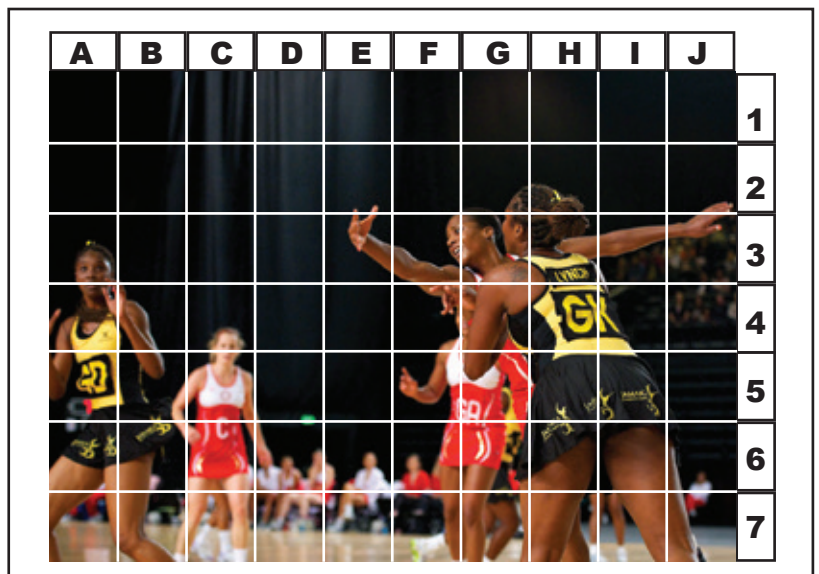
BRAINTEASER

You are standing in a hallway next to 3 light switches, which are all off. In another room down the hallway, there are 3 light bulbs – each light bulb is operated by one of the switches in the hallway. Because the light bulbs are in another room, you can not see them since you are standing in the hallway.

How can you figure out which switch operates which light bulb, if you can only go into the room with the light bulbs once?

SPOT THE BALL

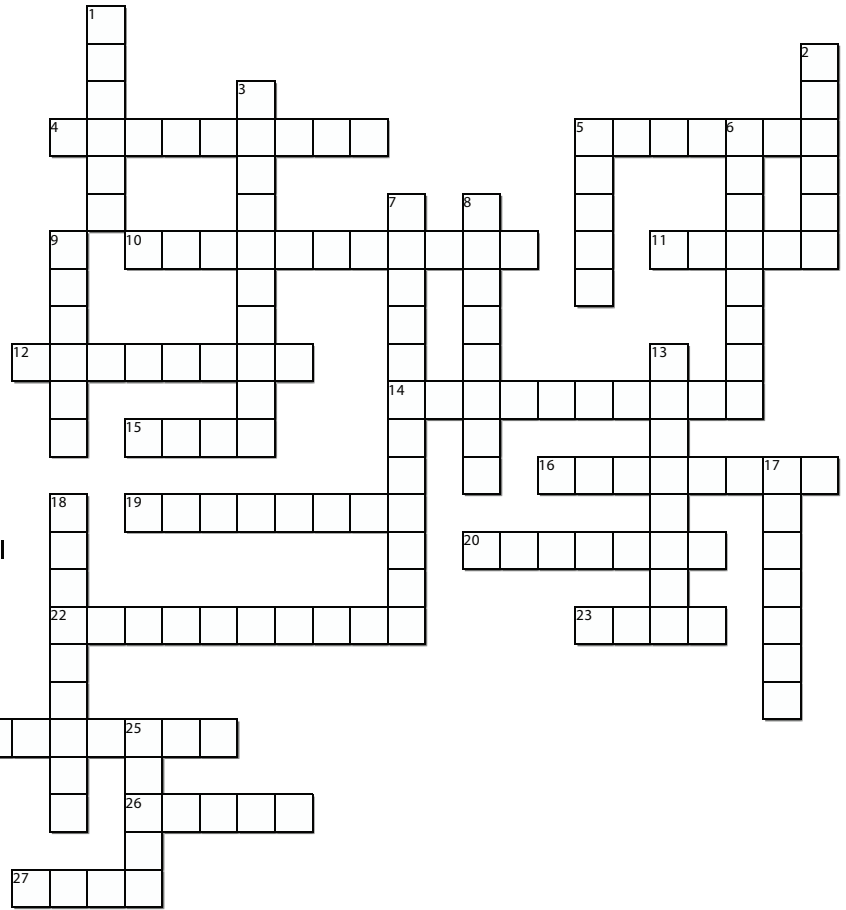
Can you guess which grid reference the ball is in?



HLNC CROSSWORD

Across

4. Which country did S hell Bell move to?
5. Which castle do HLNC players visit during the season?
10. What is the UK premier netball league called?
11. What colour do umpires wear?
12. Where did the 2015 HLNC senior tour take place?
14. Which league did a Hornettes team first play in?
15. In 2014, what did HLNC forget to take on tour?
16. In a game of netball, how is the game broken up time wise?
19. Which club share the courts with Keresley Netball Club?
20. In which month in 2013 did Olivia Murphy cut the ribbon on our new courts?
22. What are the lines called that run across a netball court?
23. What colour charity laces were players wearing in the CWNA 2014 / 15 season?
24. What is the surname of the Australian international now coaching in Plymouth?
26. Which male dominated sport is played at many CWNA clubs home grounds?
27. HLNC was founded in 197.....?



Down

1. After which animal is a CWNA team named?
2. Which position can move around the whole court except the circles?
3. What sport did Gretel Tippet play before netball?
5. The memorial bench on the court is dedicated toWhitaker?
6. What Manchester tournament did HLNC take part in?
7. What netball county do HLNC play in although geographically they shouldn't!
8. HLNC colours are Navy, White &?
9. Who starts a game of netball?
13. How many players are on court during a match of netball?
17. What school did HLNC used to play at before they moved to Leicester Road?
18. Who won the 2015 Netball World Cup?
21. Which brand are the best netball trainers?
25. How many seconds can you hold a ball for?



CHRISTMAS JOKES

Why does Santa have three gardens?

So he can 'ho ho ho'!

What do you call a dog who works for Santa?

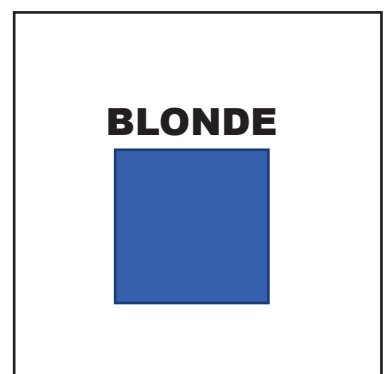
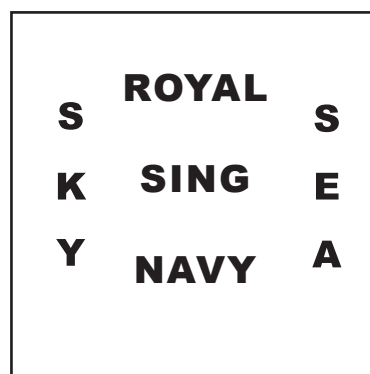
Santa Paws!

What do Santa's little helpers learn at school?

The elf-abet!

DINGBATS

Can you work out the 2 phrases from these clues?



THESE GIRLS CAN!

10k, lots of obstacles and alot of fun!

Sunday 9th November saw HLNC Ladies head over to Stratton Hall to tackle the 10K Wolf Run Challenge.

The Wolf Run is a unique combination of three kinds of off-road running: mud runs, trail runs and obstacle runs. The only Wild Run in the UK, it's a hardcore 10k run across raw natural terrain, including open ground, woodland, lakes & thick mud.

Running in a pack the Ladies tackled a series of tough obstacles - both man-made and natural testing their mental & physical strength, skill and stamina. They ran, climbed, jumped, waded, crawled and swim through the course. Bex and Alice win the award for most pathetic falls not even on the obstacles

#BambiOnIce



The girls are looking at taking part in the Spring Wolf Run in 2016, if you would like to join in please let Leanne Easdown know. Thank you Leanne for arranging the Wolf pack!



HLNC NEEDS YOU! WELL YOUR MUSCLES...

On Sunday 6th December we are having some hardcore material delivered to the court. We need a handfull of volunteers that wouldn't mind spending an hour laying it out onto the small path that leads into our courts. By doing this it will not only reduce the mud coming into our courts but make it much safer for all visitors.

If you are available please contact Laura Benz directly or chair@hinckleyladiesnetball.com



FISH 'N' CHIP QUIZ

Thank you to all those who attended our Fish and Chip Quiz night! We raised a total of £210 for the club. Congratulations to Glamour & Giggles for coming first!

Thankyou Emma for organising such a fun evening and Kaz Malkin for once again being the quiz master!



The Hinckley Ladies Website is regularly updated with news, photos, match reports and important dates for the calendar. Please check our website regularly

www.hinckleyladiesnetball.com