



**Hinckley Ladies
Netball Club**
Est. 1975
www.hinckleyladiesnetball.co.uk

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Words from our Chairperson

A huge welcome to you all for the 2014-2015 Netball season. Whether you are new to Hinckley Ladies Netball Club or have been part of the furniture for some time, I am sure you will agree we are a club like no other; we stand out for our love of netball and we remain true to our mission by participating, competing and just simply...having fun!

Needless to say I am delighted to be representing our club as Chairperson and would like to take this opportunity to thank each and every one of you for giving me your trust and support for the next few years ahead.

I have a very ambitious vision for our club...but without a vast challenge where's the fun? With the support of a highly capable, dedicated, committed and fun-loving committee over the next two years we will deliver;

Silver CAPS Accreditation (we may even 'go for gold')

Team coaching support – to support our teams in reaching their fullest potential

Individual performance development – to support you in taking your own game to the next level and beyond

Junior & senior progression plans

Junior competition – putting HLNC back on the map in the Coventry & Warwick Junior league

A 40th Anniversary year to remember

Phew what a summer it has been, whilst most of you have been concentrating solely on your fitness over the summer in preparation for the season ahead! Our committee and some of our members have been busy running our summer league, planning coaching sessions, developing club performance plans, managing the endless streams of administration to register teams and players in to the league, organising friendly matches and scheduling a fun packed events calendar for the year ahead, oh and not to forget; telling everyone who will listen across Hinckley and Leicestershire all our news via facebook, twitter and the local newspaper.

And...This is before the first game of the season starts...

So once again a very, very warm welcome to the season ahead, I wish every player and every team the very best of luck for this season, believe in yourself, work as a team and lets bring home the silverware.

Finally, if anyone is ever in any doubt about their ability or their performance remember the motivational words that led Greg Searle, Olympic Rower to medal success;

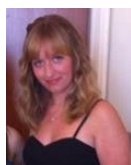
"If not you who, if not now when?"

Claire Aspinall
Chairperson



Juniors

Here at Hinckley we are lucky to have a thriving Junior section. Training is on Thursday evenings. 6.30pm-7.30pm for years 7 and 8, 7.15pm to 8.30pm for years 9-11. All girls from the age of 11



are always welcome, so bring along your friends. It is a chance to have fun and make friends, to learn new skills and drills and a chance to compete in the Coventry and Warwickshire Netball League. If anyone has any questions about our Junior section please contact our Junior representative, **Holly Hemsley on 07766 216994**.

Fixtures to Christmas

4th October

Hinckley A v Jaguar (H)
 Hinckley B v Keresley A (A)
 Hinckley C v LMR C (H)
 Hinckley D v Copsewood E (A)
 Hinckley E v Hinckley F

11th October

Hinckley A v Nun Old Eds (A)
 Hinckley B v Bulkington D (H)
 Hinckley C v Highway C (A)
 Hinckley D v Keresley B (H)
 Hinckley E v Alvis C (A)
 Hinckley F v C&NW D (H)

18th October

Hinckley A v Ernesford B (H)
 Hinckley B v C&NW A (A)
 Hinckley C v Whitnash (H)
 Hinckley D v Alec High (A)
 Hinckley E v C&NW D (H)
 Hinckley F v Godiva C (A)

8th November

Hinckley A v Stockton B (A)
 Hinckley B v Alvis A (H)
 Hinckley C v Griff & Coton B (A)
 Hinckley D v Offchurch B (H)
 Hinckley E v Bedworth (A)
 Hinckley F v Alvis C (H)

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Hopefully by now you will all be aware that the committee have taken an additional step this year of adding Performance Management to its list of objectives. But in case you don't, we hope this short piece will introduce the subject and give you some background to how it will affect you.

How do we measure performance, improvement, player ability, development?

How do we make results tangible, real?

How can we help you get better in addition to providing training?

Well, as you can imagine, these are all not easy questions to answer....

Over the summer we've been asking ourselves those questions and in short we've come up with a plan. In addition to helping players improve we'll also be looking into how we can support all levels of play and umpires too.

As a new initiative the player assessment forms which you knew of last year have been revamped and your coach will be going through this on your behalf at the beginning of the season. This will be reviewed with you at least once this half year. Your coach will be available to go through this individually with you if you require and put in place a plan that will help you to improve. The process is more proactively driven by your coach going forwards, but let's remember, ultimate achievement of your individual goals rests with the player itself. You can lead a horse to water...I'll leave the rest to you to finish. But hopefully this process will show you gaps, weaknesses and strengths that you all have as players and the route to become a better netballer.

This method will be applied to teams as a whole as well. Our ultimate aim is to improve so that all our teams will produce better results and get promoted.

Further details will be put on the website so we can see the plan and project as a whole. In the meantime, should you have any questions, please feel free to contact Rebecca Mayfield who will be happy to answer questions.

This is the first step in a larger project of improvement, therefore, we ask for your patience and support. All these objectives are being implemented with you in mind and so your feedback is appreciated.

Rebecca Mayfield
 Performance Manager



Coaches Notes

Our training sessions will start PROMPTLY at 7.00pm and finish at 9.30pm

Your coaches are: Karen, Jayne, Claire, Bec, Gemma, Holly and Shannon

We all work hard planning your sessions to get the best out of you and your teams so please show us respect and courtesy by being ready to go at 7pm!

Your sessions will be structured as follows:

15 minutes Warm up

60 minutes Skills/Drills/Conditioned games

70 minutes Team game play

5 minutes Cool down

Sessions will be run by the following coaches:-

Weeks 1-3 Coach Karen

Weeks 4-6 Coach Jayne, Assistant coaches Gemma & Bec

Week 7 Split Session

Weeks 8-10 Coach Claire, Assistant coaches Holly & Bec

Weeks 11-13 Coach Bec, Assistant coach Shannon

Week 14 Split Session

Your Coaching team are very much looking forward to putting you through your paces

Bring on the 2014/15 season!

Karen Malkin
 Coaching Manager



C Team Promotion

Last season was a mixed season for most of the Hinckley teams. The 'C' Team however managed to maintain a consistently successful season with only two losses throughout. Both of these to an exceptional C&NW side who scored an unbelievable 1033 goals throughout the season. This said Hinckley 'C' scored an impressive 750 goals themselves, with 73 in one game. The 'C's season was not all plain sailing with the traumatic events of Carol's accident followed by Charlotte's injury so early in the season but they remained a strong unit and performed well week in week out. They ended the season in second place in the table and won promotion into division 5 this season. The 'C' team were very grateful to all of the players that helped them out throughout the season and to Claire Aspinall for her great coaching.



Shell Bell goes to Oz

We sadly said farewell to a long time member of our club in March. Michelle Botting has been at the Club since 1996 and has been a very popular person, providing much entertainment throughout her time here both on and off the court. Our all singing, all dancing, skillful shooter has left us to begin a new life down under. We hope that her new club appreciate her all round talent. We now await the invite for a HLNC tour to Australia. Everyone at the club send Michelle and Dave our very best wishes for their exciting future in the land of Oz..



Summer League

Hinckley Ladies once more took part in the Griff & Coton Summer League. Many players from our Club took part again this year and managed to finish League winners after winning all of their matches. Congratulations to all who took part.

Our own new Summer League at our lovely new courts took place this summer organized by Gemma Braga. This was a huge success and gave a lot of less experienced players and 'Back to Netball' ladies some priceless match practice and game play and a lot of fun. Thanks Gemma for all of your hard work with this.

Beth's tournament

The annual Beth Richards Tournament was held on Sunday June 22nd. The Club's mixed tournament is held in honour of a former member and friend Beth Richards. A dozen teams of various abilities and ages convened on HLNC's home ground. The 12 teams were split into three groups with the winner of each group being taken into the semi-finals and then the finals. There were some great netball skills on display, with the men jumping and leaping into the air, making many a female netballer envious!

The shots were on top form resulting in some very close scoring games with just a goal or two in difference. The three teams that got through to the semi-finals were 'Can We Kick It?' captained by Andrew Chamberlain, 'Shaker' captained by Sadie Baker, and 'Yes Mate!' captained by Hannah Roberts. Before the final game was played the winners of the wooden spoon had to be decided between Gemma Braga's 'Travis Perkins Crew' and Claire Aspinall's 'Mighty Boosh'. The 'Travis Perkins Crew' came out on top after a very entertaining game. However, it was the 'Can we kick it?' team that were crowned champions of the day. It was once again a great day for all involved.



Fixtures cont.

15th November

Hinckley A v Cov Sphinx A (H)
Hinckley B v Ambleside E (A)
Hinckley C v Alvis B (H)
Hinckley D v Sphinx B (A)
Hinckley E v Harbury B (H)
Hinckley F v Ambleside G (A)

22nd November

Hinckley A v Godiva A (A)
Hinckley B v Jets (H)
Hinckley C v Ambleside F (A)
Hinckley D v C&NW C (H)
Hinckley E v Godiva C {A}
Hinckley F v Ernesford E (H)

6th December

Hinckley A v Bulkington C (A)
Hinckley B v Stockton C (H)
Hinckley C v Ernesford D (A)
Hinckley D v Henley E (H)
Hinckley E v Ernesford E (A)
Hinckley F v Griff & Coton C (H)

13th December

Hinckley A Griff & Coton A (H)
Hinckley B v Henley D (A)
Hinckley C v Leamington E (H)
Hinckley D v Stockton D (A)
Hinckley E v Griff C (H)
Hinckley F v Bedworth (A)

Games recommence after Christmas on 10th January

*** Junior fixtures still to be confirmed**

Dates for your Diary

3rd October

HLNC Quiz Night
7pm @ HRFC

4th & 5th October

First matches of the season !

21st November

Hinckley Lights Switch On

16th & 18th December

Junior Christmas Party

19th December

Senior's Christmas Meal @ The Milestone

2015

10th May

School's Invitational Tournament

20th June

Beth's Tournament

26th June

40th Anniversary
Celebrations for HLNC at Sketchley Grange

Kate & Andy's Big Day



Congratulations to our Website Manager and 'A' team Goal Defence, Kate who became Mrs. Chamberlain as she married Andy on the 9th August at Walton Hall. She looked absolutely stunning (Andy looked pretty dapper too) and it was a wonderful day for all that were able to share it with them.



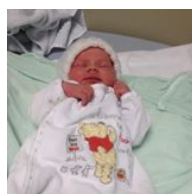
New Additions

There have been some prospective new Hinckley Ladies netballers arriving over the summer break. Rachael and Gaz Short were the first to have their beautiful baby girl Imogen Lois, weighing 7lb 2oz on 12th May. Sarah Sidwell added to the team with another baby girl, Rebecca Kelly, again 7lb 2oz on 21st August. In between, former player Corrie Maycock had a baby boy, 7lb 1oz Harlow Bailey on the 14th August. And finally Nicole Wallace had another boy, Caiden Stewart, 8lb 11oz on 15th September. Congratulations and best wishes to all of you and your families, they are all gorgeous.

Imogen Lois



Rebecca Kelly



Harlow Bailey



Caiden Stewart



HLNC go on tour !

On the 13th June, 11 members set off on the HLNC annual tour. The venue this year was the bright lights of Butlins, Skegness. After we all settled in, it was time to open the wine and plan the evening action. We decided to stay in the camp so we could all enjoy the facilities so after a pleasant meal, we spent the evening dancing, drinking and losing some money in the arcades. After breakfast the next morning, there was enough time for a quick round of adventure golf and a few cards of bingo before changing into our club kit and heading off to the courts at Skegness Academy a few miles down the road.

Teams had been put into groups and the final standings in those groups would decide if we were to play in the cup or plate the following day. Our first match was against Weybridge and we were all a little shell shocked coming off court having been soundly beaten. At that point, we all decided that getting into the cup group the next day may be a little optimistic and we were all looking forward to playing in the plate on the Sunday. However, we regrouped and the next match was against a team from Manchester where we came away with the win. Our third match saw us up against "Crystal Palace Mums" who were, not to put too fine a point on it, a tad scary. However, we again played well as a team and notched up another win. So our tails were definitely up as we went to the final match against Wakefield B. Wakefield took the initiative and were ahead by half time, however we really got going in the second half and slowly closed the gap. With our supporters getting beside themselves on the sideline, in the dying seconds **WE** scored a goal to force a 14 - 14 draw. This draw meant we finished second in our group and secured our place in the cup play off the next day.

That evening saw everyone donning superheroes costumes and getting down to some drinking and fun in the bar.

The next morning there were some slightly bleary heads but after two lively hours in the water park we were wide awake and ready to take on those Premier and Regional teams. We set up camp and got our playing schedule for the day. I apologise for not remembering the names of the teams we played but although we didn't win any of the 3 matches we played in, we certainly didn't disgrace ourselves and were competitive in all of the matches and did the club proud. It was a fantastic weekend, we laughed so much and I think we were all exhausted by the end of it. A huge thanks to Emma Draycott for organising it



Can't wait for next year!

We're on the Web!

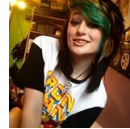
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New Umpire on board

Congratulations to Shannon Davis who is now a fully qualified UA umpire. Well done Shannon we look forward to seeing you umpiring our matches this season. Other members are awaiting courses (Leanne and Holly) or completing their practice hours before taking their tests (Charlotte and Zoe), whilst Rebecca Kenney is still getting her hours in before she can take her 'C' award test, good luck ladies.



Keep up to date with the League tables on the C & WNA website
www.coventrynetball.org.uk

Other websites of interest:

England Netball
www.englandnetball.co.uk

East Midlands Netball
www.eastmidlandsnetball.co.uk

Hinckley Rugby Club
www.pitchero.com/clubs/hinckley

Emma's Clothing Bag Collection

Emma is once again doing her clothing bag collection for us, not so sure Matt is so keen though as he loses his house to a mass of black bulging plastic once more. This has always been a good fundraiser in the past so please go through your wardrobes and drawers and throw all your unwanted clothing into a bag and hand it to Emma. We can collect the following:-

Men's, ladies and children's clothing, paired shoes (tied together or with an elastic band) handbags, bags, belts, ties and scarves. No soiled, ripped, painted, corporate, or wet clothing or workwear please.

The deadline to get your bags to Emma is Friday 24th October. So ladies, make some room for your new winter wardrobe and have a good clear out!. Any queries, contact Emma on 07731 842982

New match times

Please note we have new match times this season to allow time for umpires and subs to get between matches. The new times are :-

10.30 am

12.45 pm

3.00 pm

Kit

Leanne has kindly taken over the responsibility for kit this season. Hopefully you should have all placed your orders by now as there is quite a long turn around time and orders can only be placed with a minimum of ten of any item (i.e. 10 Skorts, 10 tops, 10 dresses etc.) So we have to wait for a large order before ordering again. However, we do hold a few spares in different sizes so please ask Leanne if you require anything else, she may just have it in stock. Leanne can be contacted on

07515 268555 or email **Leanne**
leanneandmarc007@hotmail.com

New Web Site

Throughout the summer people have been working hard on setting us up a new website. This will be available very soon so keep a look out for our super new site, you'll be notified when it goes live. A big thank you to Anna and Simon Askham, Kate Chamberlain, Karen Ramage and to all other members who have helped with this project.

Did you know that your membership at Hinckley Ladies includes an associate membership to Hinckley Rugby Club. This means that you can hire the clubhouse free of charge providing the event will cover the bar staff and running costs. Please note though they do not accommodate 13th-21st Birthday parties. If you want to hire the room please speak to **Dom** on **07974 948093**

Details of the facility can be found on the HRFC website
www.pitchero.com/clubs/hinckley

Goodbye!

Our club says a very fond farewell to one of our most outstanding, committed, competitive and fun loving player; Ashleigh 'gadget arms' Oakes. Ash is tearing herself away from 'The Borough of Hinckley' to sample the wonders of the world, the list of places she is visiting is endless but one thing is for sure; the people there will certainly feel her warm, caring and exuberant presence. Ash - you are, and will continue to be sorely missed by the HLNC members.

Remember Ash even Dorothy realised 'there's no place like home'... HLNC will be awaiting your return.

On a brighter note - player of the match award for the A Team is now fair game for anyone!!!

Enjoy yourself, keep in touch but please hurry back soon.



And finally..... as most of you may have seen, the talented Gemma Braga has been busy knitting our own mini me dolls. It would appear they have had a very busy summer too!

They've travelled....

Brighton



Aboard the Royal Yacht Britannia



Barcelona

Devon

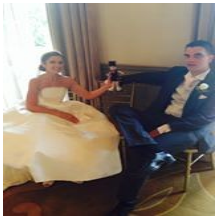


Hong Kong

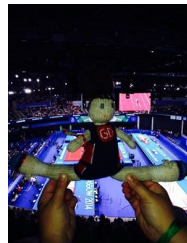
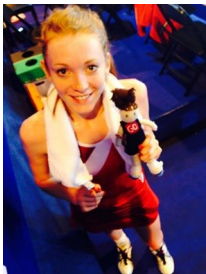


They've attended weddings....

..... Mini Kate even sneaked on the honeymoon!



Many made it up to the Commonwealth Games in Glasgow.



They all seem to like a drink or two.....

Mini Holly and Mini Emma had some dangerous encounters!



....Some a little too much!

More pictures to see on the HLNC Mini Me Adventures Facebook page!



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