

# netball

Your monthly newsletter from England Netball

# news



## ZEO NETBALL SUPERLEAGUE 2014

The Superleague is finally back, and we've already been overwhelmed with incredible fixtures, tight games and electric atmospheres – it's what netball's all about! With some exciting new imports and squad changes across the board, it's impossible to call it this season – but it's fair to say that everyone is out for glory and will do whatever they can to reach that grand final. You do not want to miss out. Make sure you get down to as many games as you can to support your local team and show the world that netball fans are the loudest supporters in the world! Don't worry if you can't get top every game – Sky Sports are televising some of the key fixtures to make sure you don't miss out on any of the action. Head to [www.englandnetball.co.uk](http://www.englandnetball.co.uk) for the full ZNSL schedule.

## WELCOME

Welcome to England Netball's February newsletter. Each month we send you this digital newsletter to keep you up to date with all things netball from National and Superleague level, right through to local clubs and Back to Netball.

As well as keeping you in the netball loop, our newsletter includes some fantastic new lifestyle features, giving you the latest travel, style and beauty tips for the coming month. On top of all this, we are regularly adding

membership benefits to your package to make sure that you get the most out of your relationship with England Netball. We want all of our publications to represent the thoughts of our readers, so to let us know what you think we should be talking about by dropping us a line at [editor@englandnetball.co.uk](mailto:editor@englandnetball.co.uk). If you haven't seen the latest England Netball Digimag then click [here](#). Finally, if you didn't receive last month's newsletter you can find it [here](#).

### This Issue

- International Netball
- Local News
- Get to Know
- The Fit Five
- Tweethearts
- Competition Time
- My Benefits



## RESULTS

It may only be in the early stages but this ZEO Netball Superleague season is already promising to be an absolute cracker. Don't worry if you've missed out on any of the action – we've got all this week's results right here to keep you up to date.

## ROUND THREE

SURREY STORM: **48** vs TEAM BATH: **48**

YORKSHIRE JETS: **50** vs TEAM NORTHUMBRIA: **52**

CELTIC DRAGONS: **61** vs LOUGHBOROUGH LIGHTNING: **41**

HERTFORDSHIRE MAVERICKS: **38** vs MANCHESTER THUNDER: **48**

True to form, the latest round of the ZEO Netball Superleague has already provided plenty of games sure to make any netball fan tingle! Missed out on the best ones? Here's our round up of the most exciting game from round three:

## THE TINGLE FIXTURE:

## SURREY STORM VS TEAM BATH

This was a fixture that was not to be missed. The reigning champions took on strong contenders Surrey Storm. Storm came out strong and immediately began to pull away from Bath who fought furiously to keep in the game.

Team Bath's slow start cost them heavily and they came in to the final quarter trailing by seven goals, having been behind by 12 goals earlier in the game. That sort of goal difference is never easy to recover from at this level of the game, but Bath were not giving up that easy.

An incredible final quarter from Team Bath rattled Storm and allowed them to creep back into contention. Both teams fought hard,

dazzling the crowd with a fantastic display of skill and determination.

With 40 seconds left and one goal between the teams, Storm held possession in an attempt to run down the clock. Bath managed to pull off a vital turnover and launched a crucial ball into Pamela Cookey who scored on the whistle to rescue a 48-48 draw.

Jess Thirlby, Team Bath head coach, said: 'We played better early on but we made some unforced errors which put us on the back foot.'

'It was disappointing that we put ourselves in the position where we had to chase the game, we need to make sure we eliminate the individual errors if we're going to contest and win games against the best teams.'



Don't miss out! Follow [@DrinkZEO](#) and [@NetballSL](#) for live updates on all of the games so you never have to miss a goal.



## TASTE THE TINGLE

NO ARTIFICIAL INGREDIENTS  
45 CALORIES OR LESS

ZEO. PROUD SPONSORS OF ENGLAND NETBALL.

#ZE0tingle





# NET10 FOR LIFE: 2 - 16 MARCH

As part of England Netball's flourishing partnership with Cancer Research UK, we are continuing our Net10 For Life initiative to raise vital funds through our love for netball.

For the fortnight beginning 2 March, every team taking part in this fantastic initiative will pledge to donate 10p per goal scored in their weekly fixture. E.g:

Luton Lollypop Ladies 45 (£4.50) v Dunstable Dinner Ladies 33 (£3.30)

Total pledge from each team = £7.80



Umpires are also encouraged to get involved, by swapping their whites for some pinks, and rounding any donations up to the nearest pound. At the end of the match, a willing volunteer needs to collect up the pledges and donate them online at the England Netball Cancer Research page. Keep an eye out on the England Netball Facebook page for upcoming competitions as well!

Every league and team in the country is invited to take part in this exciting fundraising initiative to help raise thousands of pounds for this incredible charity. All we ask is that for two weeks this year we all pull together to support and cooperate in what will be a fantastic team effort!

[www.justgiving.com/net10](http://www.justgiving.com/net10)

It really is that simple. Good luck and thank you to everyone who decides to get involved!

Freya Active are supporting Net 10 for Life this year and are offering you the chance to win a fabulous sports bra set. Be one of the best to be in with a chance to win:

**BEST PHOTO TAKEN** - We're looking out for the netballer that snaps the funniest shot! Upload your photo to the England Netball **Facebook** page for your chance to win.

**MOST GOALS SCORED IN A MATCH** - Tweet to England Netball using **#Net10forlife** and how many goals your team scored in the match to win your Player Of the Match the sports bra set.

**MOST RAISED BY A TEAM** - We'll be keeping a close eye on the Just Giving page and announcing a winner at the end of March so try and raise as much as you possibly can!

**BEST INDIVIDUAL FUNDRAISING EVENT** - Email **editor@englandnetball.co.uk** to tell us all about your fundraising event and we'll send a Freya Active set out to our favourite.



**Freya** active

**CANCER RESEARCH UK WORKING IN PARTNERSHIP WITH ENGLAND NETBALL. UNITED WE WILL BEAT CANCER.**

1. **TEXT** "NETB47 £1" to 70070 to donate £1
2. **ON-LINE** at the Just Giving Team page [www.justgiving.com/englandnetball](http://www.justgiving.com/englandnetball)
3. **SEND** a cheque to: **Cancer Research UK** PO BOX 1561 Oxford OX4 9GZ clearly stating your netball club name



## GET TO KNOW...

England Netball, Loughborough  
Lightning star Lauren Steadman gave  
us five minutes to talk about her start  
in the 2014 ZEO Netball Superleague.

**What's the best way to get rid of nerves?**

Keep busy and meet up with your team early, listen to music, chat or even watch some of your previous games back.

**So the season has started, how is it going so far?**

It's all exciting really! We had a great pre-season game against Northern Ireland and performed really well. But we didn't have the best first game of the season, Yorkshire Jets really came at us and unfortunately nerves led to early problems. Shelley [Norris] did get all 12 of us on court however, and we gained a lot of turnover balls from defence and positive attacks – I think if we strung them together in the first four minutes it would have been the difference. We do have two big training sessions next week though so nerves can be completely tackled head on and removed in preparation for the next two games.

**Which team would you say is the biggest threat this season?**

It's hard to say really! There have been a lot of changes to the teams this



LAUREN STEADMAN

D.O.B 26/03/91

Position WD/C/GD

Occupation Graduate Sports Assistant at Uppingham School

year because of new players. I guess I would actually say Team Bath just because they are the current reigning champions of BUCS, and they do have a lot of strong players.

**What have you done differently this season to give Loughborough Lightning a shot at the top positions?**

Our coaches are more experienced this season, and we've had more depth and detail in preparation sessions leading up to the season. I would also say we have a higher team moral than last year, our new players have helped cement us all together and heighten the drive and passion we all have for the game.

Freya  
active

SPORT AND SWIM  
UP TO A K CUP



VIEW OUR  
FULL RANGE >

OUR ADVANCED NEW CROP TOP SPORTS BRA:  
SUPPORTED BY SCIENCE

Freya active

**ZERO MOVEMENT**

92% OF PARTICIPANTS FELT NO INDEPENDENT BREAST MOVEMENT

**LESS STRAIN**

DOWN TO 1% IN THE NIPPLE

DOWN TO 3% IN BETWEEN BREASTS (28% IN AN EVERYDAY BRA)

**LESS PAIN**

REDUCED 97% (COMPARED TO 58% IN AN EVERYDAY BRA)



# SUPERLEAGUE NETBALL HITS LONDON'S OLYMPIC PARK



NETBALL ROCKS THE COPPER BOX!



SATURDAY 8 MARCH 2014

**STORM VS MAVERICKS**

6PM COPPER BOX ARENA, OLYMPIC PARK

TICKETS ON SALE NOW FROM £15 AT [NETBALLLONDONLIVE.COM](http://NETBALLLONDONLIVE.COM)

GROUP TICKETS (10+) AVAILABLE FOR £10 PER PERSON



**NETBALL**  
LONDON LIVE.2014



BUY TICKETS NOW:  
[NETBALLLONDONLIVE.COM](http://NETBALLLONDONLIVE.COM)

SURREYSTORMNETBALL   
@SURREYSTORM  

# MRS CRIMBLE'S Back to Netball Ladies of the Month

**mrs  
Crimble's**

DELICIOUSLY  
GLUTEN-FREE

**Congratulations are in order for February's winners – Riverside Netball Club in Nottingham. Ladies, your yummy hamper is on the way!**

Coached by Kaylea McQuade, the club of 40 ladies offers women of any age and ability the chance to get back into the game they loved at school. Riverside have not only provided women with a fun and social netball outlet but have also given players great opportunities in completing courses in coaching and umpiring.

Heightening self-esteem, improving fitness and building confidence – Riverside's enthusiasm for the game really shines through.

'Our aim as a club is to get as many women involved back into the game, because we love it!', commented Back to Netball member Ruth.

**Make sure you keep an eye out next month to see who the next winners are!**

**back to  
netball**



Think your Back to Netball session has got what it takes? All you need to do to enter is email your nomination to [editor@englandnetball.co.uk](mailto:editor@englandnetball.co.uk), telling us why your Back to Netball session is the best and your group could win an amazing Mrs Crimble's hamper, full to the brim with delicious treats.



## MRS CRIMBLE'S photoshoot – sneak preview

This month we brought England superstar Sasha Corbin into the studio for a photoshoot with her favourite gluten-free treats – Mrs Crimble's! Check out Sasha looking every bit the model with the gorgeous range of Mrs Crimble's products.



# THE PERFECT SUMMER TOURS FOR NETBALL LOVERS

Get your netball fix this summer at one of the fantastic festivals brought to you by England Netball and Sport Experiences.

## **The 'Big Netball Weekender' Adult Netball Festival**

23RD - 26TH MAY, 27TH - 30TH JUNE 2014

With the fantastic facilities at Butlins in Skegness and Bognor Regis, the Big Netball Weekender is the perfect festival for netball lovers, combining a professionally organised tournament with fantastic entertainment, to give you and your team the best possible weekend away.

From £129 per person you get:

- Three nights' accommodation at Butlins
- Full entertainment passes
- Two-day netball tournament
- England Netball Skills Zone
- Celebrity awards presentation
- Services of Sport Experiences and England Netball festival managers throughout your stay



## **'I Heart Netball' Junior Festival**

16TH - 19TH MAY, 23RD - 26TH MAY 2014

The I Heart Netball Junior Festival combines professionally organised netball tournaments for U11, U12, U14 and U16 teams, the superb facilities and entertainment at Butlins and spectacular celebrity awards presentations. We offer a choice of Bank Holiday and non-Bank Holiday weekend dates to enable you to attend whenever best suits the budget and availability of your team.

From £89 per person you get:

- Three nights' accommodation at Butlins
- Full entertainment passes
- Two-day netball tournament
- England Netball Skills Zone
- Celebrity awards presentation
- Services of Sport Experiences and England Netball festival managers throughout your stay

## **The 'Back to Netball' Festival**

23RD - 26TH MAY, 27TH - 30TH JUNE 2014

This festival is perfect for Back to Netballers who want to get even more out of their renewed love for netball. Taking place at Butlins in Skegness and Bognor Regis, the festival combines having loads of fun both on and off the court. We offer you a choice of Bank Holiday and non-Bank Holiday weekend dates to enable

you to attend whenever best suits the location, budget and availability of your team.

From £129 per person, you get:

- Three nights' accommodation at Butlins
- Full entertainment passes
- Two-day netball tournament
- England Netball Skills Zone
- Celebrity awards presentation
- Services of Sport Experiences and England Netball festival managers throughout your stay



# BRILLIANT BRAZIL

Fall in love with Latin America this summer with a spellbinding trip to Brazil. Delight your senses with an onslaught of colour, music, culture and culinary delights – and truly experience the laidback lifestyle that characterizes South America.

And it's not just Rio Carnival that makes Brazil worth visiting – we've pulled together our favourite Brazilian attractions to help persuade you that this is the trip for you this year:

## IGUAZA FALLS

This complex waterfall with take your breath away with layer upon layer of water cascading against a beautiful backdrop in an intricate system. Take a boat out to get a close-up view and hear the water roar as it pours down into the forest canopy.

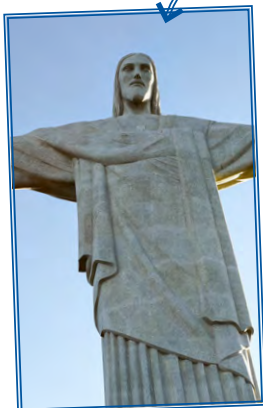


## FERNANDO DE NORONHA

This beautiful archipelago with pristine beaches, landscapes and wildlife, is situated 354 km (220 miles) off the north eastern coast in Brazil. Today only the largest of the 21 islands is inhabited with a population of about 3,500. The islands are a haven for divers and snorkelers with warm waters all year round.

## STATUE OF CHRIST THE REDEEMER

One of the most iconic landmarks in Brazil, the statue is 98 feet high and stands atop the Corcovado Mountain. Push yourself and spend the day climbing to the top – the stunning panoramic views won't disappoint.



## SALVADOR BEACHES

With a vibrant music scene and attractive colonial city, Salvador is an ideal place to get away. With calm inlets perfect for paddling and open areas with strong waves for surfers – there's something for everyone. Bring the kids and delight them for hours with the stunning reef and miles of rock pools.





— Thank You —  
**PROTEIN**

“for always being there  
when I need you”

Amie, 27, Stroud



When you're juggling work, friends and trying to get to training, it's easy to end up reaching for unhealthy snacks or simply missing meals altogether. Thankfully Maxitone Sculptress Diet bars are a simple and delicious way to give you the extra protein you need everyday when you're on the go. Plus, when enjoyed with regular netball training and matches, they're great at both helping you lose weight and shape up too.

★ Discover how Maxitone ensures Amie enjoys her active lifestyle and what it could do for you at: [maxitone.com/thankyou](https://maxitone.com/thankyou)

#thankyouprotein



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[amazon.co.uk](https://amazon.co.uk)

HOLLAND & BARRETT



**maxitone**

Shape up from the inside out



# FIT LIST

It's February, and whether you love it or hate it, it's unavoidable – Valentine's Day is here. The best option is to embrace this occasion in all its glittery glory. No matter whether you're loved up or loving being single, you deserve a treat this Valentine's Day. Here are our favourite lovey-dovey items to get you through the month.



Black Cherry Large Jar  
Yankee Candle  
£14.99



Red & White Hearts Paper  
The Green Gables  
£3.70



Heart Netball Lip Balm  
i heart netball store  
£3.75



Red Chunky Knot Jumper  
Dorothy Perkins  
£15.00



Couples Date Jar  
Not on the High Street  
£13.95



Nail Rock Glitter Red  
Birchbox  
£6.99



Knitted Mini Water Bottle  
Mollie & Fred  
£6.99



# JO HARTEN AND THE ANZ

*Netball superstar Jo Harten is heading back down under to take part in the professional netball league, The ANZ Championship in Australia and New Zealand. The best players in the world take to the court every week to pursue professional netball careers, and as one of our best homegrown talents, it's only right that Jo gets to strut her stuff with the best.*

*'It was just the opportunity to play in a different setup and with a different team,' Jo told a New Zealand newspaper regarding her move to Magic after two seasons with the Tactix. 'Also the Magic franchise is steeped in success, which made it a very attractive move for me.'*

## Get the right kit

*As Jo prepares for the 2014 season to begin her training schedule will have intensified. With on and off-court training, gym and weights sessions, Jo will need to be feeling fresh at every session. No doubt she'll have packed her Moving Comfort gear for her journey back to Australia – check out Jo's vibrant choice right.*

### ANZ STATS

- The ANZ Championship launched in 2008 with ten teams (five from Australia and five from New Zealand).
- Australia and New Zealand have dominated the international history of netball, between them winning every World Championship title since 1963.
- After two years with Tactix, Jo will start the 2014 season playing for Waikato Bay of Plenty Magic.
- Jo scored 411 goals from 485 attempts throughout the 2013 season.

HEADBAND:  
AH-MAZING HEADBAND

TOP:  
SERENDIPITY TANK

LEGGINGS:  
SWITCH IT UP CAPRI



This vibrant range  
that Jo is showcasing  
is available **HERE**.

moving  comfort

[www.movingcomfort.co.uk](http://www.movingcomfort.co.uk)



TWEETS  
14K

FOLLOWING  
20.3K

FOLLOWERS  
21.8K



Follow

We've been scouring Twitter for the latest and greatest netball tweets. Tweet your thoughts to [@ENeditor\\_Nat](#) to be featured in the next newsletter!

**England Netball** [@England\\_Netball](#)

Have you booked a place on our Big Netball Weekender yet? Great netball, masses of fun! Call quick to book! 02083354949 [#UniteOnTour](#)

**Hertford Mavericks** [@HertsMavericks](#)

Final Score 48-38 to [@thundernetball](#) well played Thunder, great game. Mavericks just couldn't pull it back.

**Northumbria NSL** [@TN\\_NSL](#)

We've only gone and done it!!!!!!! 52-50!!!

**Yorkshire Jets** [@YorkshireJets](#)

Massive [#FF](#) to Captain [@\\_LaurenPotter92](#) and Vice-Captain [@nataliesymone](#) who lead the team out against Storm this evening! [#pinkandpurple](#)

**Surrey Storm** [@SurreyStorm](#)

Cookey scores literally on the whistle & its a tie game at 48-48. A phenomenal final quarter of netball. What a game! [#letsghostorm](#) [#ZNSL2014](#)

**ZEO NSL** [@NetballSL](#)

A wonderful way to the start the week, we have a full [@DrinkZEO](#) fixture list this Monday including more live action thanks to [@SkyNetball](#)



**superskills**  
experiences  
legendary shared experiences

**Superskills offers an amazing opportunity for boys and girls to receive expert coaching from true sporting legends.**

We are delighted to announce our exciting new partnership with England Netball. New for 2014, we will now be running netball academies at the Forte Resort, Sardinia with expert coaching from England's top players!

Quote code 'NET14' when booking to support England Netball.

[www.superskillsexperiences.com](http://www.superskillsexperiences.com) • 0116 318 3244 • [info@superskillsexperiences.com](mailto:info@superskillsexperiences.com)





# MY BENEFITS!

## FANTASTIC SAVINGS FROM FIAT FOR ALL ENGLAND NETBALL MEMBERS AND THEIR FAMILIES



England star, Sasha Corbin loves the the Fiat 500L, and better yet, Fiat are offering all England Netball members exclusive discounts. How's that to beat the January blues!

“If you're anything like me you'll absolutely love the sound system. The system's max capacity is very loud giving you that surround-sound feel, and you can even move the sound around to specific speakers in the car. It's got a touchscreen with Bluetooth which you can play the radio, CD's, iPod or your phone through. There are just so many features to play around with.”

*Sasha Corbin*  
x x

For more information please visit [www.fiat.co.uk/netball](http://www.fiat.co.uk/netball)



## 108 MEDICAL CHAMBERS

THE  
LONDON  
BREAST  
CLINIC

The medical centre is offering mole screenings to all England Netball members at the reduced price of £80, a saving of 16 per cent. They are also reducing the cost of mammograms for England Netball members to just £100, a saving of 50 per cent.

THE  
LONDON  
SPORTS  
INJURY  
CLINIC

The team also assist in the rehabilitation and monitoring of patients who have undergone surgical intervention.

There is a 20 per cent discount off initial consultation and treatment for England Netball members at this top-class sports injury clinic too.

“You don't have to be a professional athlete to be treated like one”

View [www.108harleystreet.co.uk](http://www.108harleystreet.co.uk) or email us at [netball@108harleystreet.co.uk](mailto:netball@108harleystreet.co.uk) for more information about England Netball members' breast screening offer.

## SPORTTAPE

Stay supported on the netball court with a fantastic discount of 15% for England Netball members using the discount code EN15 at [www.sporttape.co.uk](http://www.sporttape.co.uk)







Laura Langman of New Zealand receives flowers from Pamela Cookey of England Netball after her 100th cap game