

netball news

Your monthly newsletter from England Netball

ENGLAND FACE SOUTH AFRICA... GET YOUR TICKETS!

This September England will take on South Africa in an incredible three game series. After England's fantastic home win against Australia earlier this year, the girls will be looking to continue their streak and prove their international dominance. You don't want to miss this! Get your tickets **HERE**

Sports Training Village
University of Bath •
1.30pm
22 September

Wembley Arena
London • 7.45pm
25 September

University Arena
University of Worcester
• 7.45pm
27 September



TWEETHEARTS

Get your netball Tweets featured in the next newsletter. Follow our editor: [@ENeditor_Nat](https://twitter.com/ENeditor_Nat) for more details.

WELCOME

Welcome to England Netball's July newsletter, where we bring 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 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 let us know what you think we should be talking about by dropping us a line at 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

U21S CARIBBEAN TOUR

The England Netball U21 squad have flown to Jamaica to face some tough competition in preparation for the World Youth Netball Championships this summer. Jamaica and Trinidad & Tobago await them in Kingston where the games will challenge our girls ahead of their tough matches in Glasgow's Emirates Arena from 22-31 August.

Today is their first match in Jamaica! Our U21 team will be fighting for victory against Trinidad and Tobago later today, followed by three games against Jamaica's Sunshine Girls, which will force our team to prove themselves as strong international competitors.

SCHEDULE

Friday 12 July	England v Trinidad & Tobago
Saturday 13 July	England v Jamaica
Tuesday 16 July	England v Jamaica
Thursday 18 July	England v Jamaica
Friday 19 July	England v Trinidad & Tobago



THE ENGLAND U21 SQUAD

- Rosie Allison
- Sophia Candappa
- Beth Cobden
- Sam Cook
- Shaunagh Craig
- Jodie Gibson
- Layla Guscoth
- Natalie Haythornthwaite
- Lauren Massey
- Yasmin Parsons
- Rachel Shaw
- Alice Travis
- Georgie Webster



CARIBBEAN TRIVIA

The Jamaican netball team is presently ranked fourth in the world and has held the first position nine times since 1988 in the Caribbean.

Trinidad & Tobago's national team are known as the Calypso Girls.

APPROXIMATELY 10,000 PEOPLE PLAY NETBALL IN JAMAICA.

Netball was introduced to Jamaica during English rule, which ended in 1962 when they gained their independence.

Jamaica is also home to many talented athletes such as Usain Bolt.

Inhabitants of Tobago are called Tobagonians, Inhabitants of Trinidad are Trinidadians.

TOP TWEETS



@Yazparsons93

Off to Jamaica with the @England_Netball U21 squad! Exciting times :) #wishusluck see you all in 2 weeks :)



@JamaicaNetball

They're coming! The Tri-Nation series between England, Trinidad & Tobago and Jamaica begins in Kingston on July 12...

GFORCE[®]
TEAMWEAR
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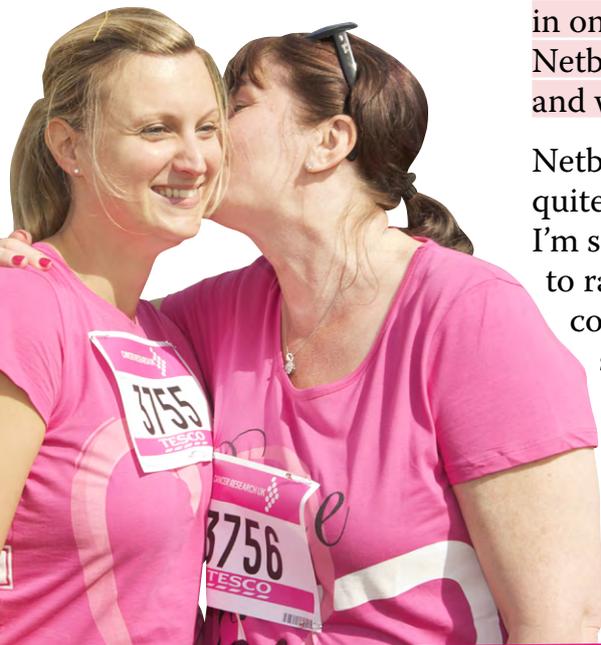
GFORCE would like to thank all the Regions for inviting us to their Golden Globes celebrations

Banbury Dolphins

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www.gforcesportswear.co.uk



RACE FOR LIFE



Cancer affects all of us. Whether it's a family member, a teammate or even you yourself, this life-changing disease affects everybody in one way or another. But thanks to the tireless work of England Netball's official charity, Cancer Research UK, things are changing and we need your help to make sure the progress continues.

Netballers are not known for standing by and not getting involved, quite the opposite actually! And as Race for Life season kicks off I'm sure many of you are donning your trainers and your pink kit to raise vital funds. With over 230 events across the country it couldn't be easier to do your bit. Walk, jog or run 5K or 10K and show cancer that we mean business!

If you've taken part in a Race for Life this summer why not send me your pictures and let me know how much money you've raised and we'll try and print them in the next magazine. Get in touch at editor@englandnetball.co.uk. Haven't signed up yet? There's still time. **Click** to find an event near you.



EDITOR'S TRAINING DIARY

The time has come. After weeks of training and fundraising my 10K in Hyde Park is finally happening this Sunday! I'm a little nervous, but the fantastic support that I've received has really spurred me on. I can't wait to cross that finish line so that I can say I've done my bit.

My race has actually come at a brilliant time – it's pre-season and my coach has dished out some intensive training plans to get us up to standard for next season. So I've been combining the two, training for my 10K and keeping my netball coach happy. The phrase 'two birds, one stone' comes to mind!

So I've finished my final running training, tonight and Saturday will consist of resting my tired legs and rejuvenating my body! I'm planning the perfect meal to eat the night before – and it's the same meal I ate before my netball finals last year:

Smoked salmon pasta with broccoli; the pasta loads up your carbs and the salmon provides essential oils and nutrients. Ideal!

If you're in training and want a little energy boost, why not try making these **energy bombs**: they're actually really easy.

Wish me luck for Sunday! If you're in London this weekend head to Hyde Park to show your support! Or sponsor me [here](#).

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

TO DONATE TEXT 'NETB47 £1' TO 70070 to donate £1 to Cancer Research UK.



NETBALL SUPERLEAGUE



GET TO KNOW...

With the World Youth Championships 2013 getting ever closer, we thought that now is the perfect time to get to know our England U21 squad. We spoke to vice-captain Sophia Candappa ahead of the U21 tour to the Caribbean this July.

How do you feel about going out on the U21 tour?

I am very excited to be going on tour to Jamaica, particularly as I have never been there before. We were fortunate enough to travel to Australia at Easter and this tour to Jamaica is another great opportunity for us to play against a very different style of the game.

Do you have something lucky that you'll take with you?

I have a red, white and navy friendship bracelet that my mother gave to me when I was first selected to represent England U17 at the European Championships. I always like to travel with it to any tours.

How have you been preparing for the tour, as an individual and a team?

I have been preparing for this tour individually by adapting the content of my training slightly, I have worked more on my change of direction as this is a very effective way of getting free against the Jamaican style of play.



SOPHIA CANDAPPA

What standard of play are you expecting?

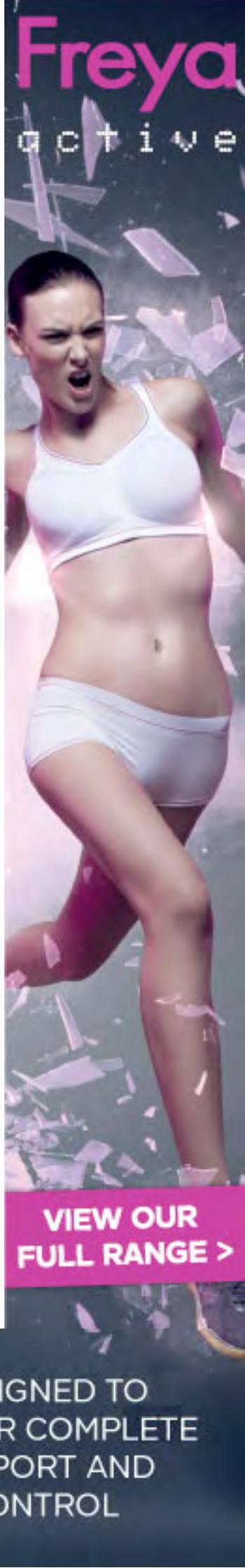
Jamaicans are fourth in the world so I am expecting very competitive games throughout. We are also playing Trinidad and Tobago, and again in England we are not exposed to their style of play often so the games will be very challenging.

What's your favourite Caribbean food?

At my Superleague team Loughborough Lightning this season, we had two imports from Jamaica and Barbados. We had a team social where Vanessa and Nikita cooked us their traditional foods; it was delicious! I particularly liked the plantain.

What part of the tour are you most excited about?

I am really excited to get out and play with my team, every time we play we make massive leaps.



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The new Fiat 500L has all the style of the Fiat 500, but there's lots more of it. So you get enough boot space for five suitcases, and oh no, loads more room for back seat drivers. Then again you can always fold the seats down and carry something more likely to give you useful driving tips, like a goal post. Alternatively, to see how many of your netball team you can fit into the new Fiat 500L, pop down to your local Fiat dealer now.



To find out more and for special offers visit www.fiat.co.uk/netball

500L

500 GOES LARGE



Fiat, the car brand with the lowest average CO₂ emissions in Europe[^] Fuel consumption figures for the Fiat 500L range in mpg (l/100km): Urban 34.0 (8.3) – 62.8 (4.5); Extra Urban 56.5 (5.0) – 76.3 (3.7); Combined 45.6 (6.2) – 70.6 (4.0). CO₂ emissions 145 – 105 g/km.

[^]Source: JATO Dynamics. Based on volume-weighted average CO₂ emissions (g/km) of the best selling brands in Europe, full year 2012.

THE 2014 INTERNATIONAL JUNIOR NETBALL FESTIVAL AT DISNEYLAND PARIS

During the Easter holidays earlier this year, England Netball and over 400 U14 and U16 netball players headed out to Disneyland Paris for Sport Experiences' incredible festival, showcasing some very talented teams. The festival not only provided loads of game play, but the teams also got full access to the thrilling theme parks to make their experience truly memorable. Click on '[Crosskeys Netball Club YouTube Diary](#)' to see what the teams themselves thought of the Festival!

We're therefore delighted to be offering your club or school teams the opportunity to book their places for Easter 2014. Click [here](#) for full details of how to book this unforgettable experience, next year's dates are Sunday 13th – Thursday 17th April.

With all travel included, top-notch Disney accommodation, tournaments for U12, U14 and U16 teams of all abilities, masterclasses from some of the biggest names in England Netball, admission to the Disney Parks, and a star-studded awards dinner – you will not want to miss out!

TOP FIVES

We spoke to the teams who attended this year to find out why they had such a brilliant time, and they gave us their Festival top fives:

DISNEY RIDES:

Indiana Jones and the Temple of Peril – 'It's scary but so much fun!'

Big Thunder Mountain Star Tours

Crush's Coaster

The Twilight Zone Tower of Terror – 'You'll have to do it once in your life, just jump on and go for it!'

Coming in at number one is The Indiana Jones and the Temple of Peril ride, and it's not hard to guess why. The adrenalin rush starts before you even set foot on the ride, with the dramatic cliff-side setting making you feel as though you really are about to be plunged into the heart of ancient mines!

NETBALL:

Spending time as a team and building team spirit, whether winning or losing.

Playing teams from all over the country that we have never met before.

Being coached by amazing England Netball coaches

Meeting Stacey Francis, Serena Guthrie, Sasha Corbin and Lindsay Keable

Taking home our huge trophy!

With England Netball adding their full support to the 2014 festival, next year will be even bigger and better, with Showdown and Challenger tournaments for U16, U14 and U12 teams, as well as more star appearances from England netballers.

CHARACTERS:

Minnie Mouse

Mickey Mouse – 'You feel like you're in a Disney movie 24/7, it's GREAT!'

Donald Duck

Prince Charming – 'The girls couldn't take their eyes off Prince Charming in the parade.'

Snow White

Who else but Minnie Mouse could win this one? She will always be the favourite for most netball girls. And with fantastic Minnie merchandise available you'll even be able to bring her home with you.



Immerse yourself in a wonderful mix of Disney and netball next Easter with Sport Experiences and England Netball. Call 020 8335 4949 or visit www.sportexperiences.co.uk

MAKE THE GAME



ENGLAND NETBALL

NATIONAL COACHING AND OFFICIATING CONFERENCE

Coaches

Officials



On 14 and 15 September England Netball will be hosting the National 'Make the Game Live' Coaching and Officiating conference. This will offer many unique opportunities for coaches and umpires of all levels to develop their skills. The weekend, taking place at Loughborough University, will be packed full of exciting and stimulating workshops run by top coaches, officials, and guest speakers.

EARLY BIRDS CATCH THE WORM

England Netball will be offering Early Bird deals for both members and non-members at this fantastic conference. The Early Bird offer allows England Netball members to attend for a reduced price of £140, and non-members for £180. All booking forms and payment must be received by 31 July to be eligible for this offer!

STAY IN STYLE

Alongside these offers, an Accommodation and Evening Meal Package will also be available. This includes a three-course evening meal and Bed & Breakfast accommodation in a single en-suite room on Saturday night at Loughborough University campus, for just £75.

Confirmed Presenters

Cheryl DANSON

Heather GLEADALL

Maggie JACKSON

Anita NAVIN

Karen ATKINSON

Gary BURGESS

Jackie MIZON

Jo KELLY

Colette THOMSON

Tracey NEVILLE



Don't miss out! Book your place now:

www.Englandnetball.co.uk/make-the-game/Make_The_Game_Live

Why netballers shouldn't be afraid of protein

Feature

When you think of protein, specifically protein shakes....what do you think of? Body builders, athletes, and guys; whether it's your boyfriend, brother or friend glugging it back in a bid to build muscle and bulk. Perhaps this is why we have this long standing fear that by including protein shakes as part of our diet you too will end looking like Arnie's body double, albeit a much more feminine version! This is simply not the case. Here are 3 good reasons why you shouldn't be afraid of protein.

Reason 1: Protein supports toning for active Netballers

Protein shakes like **Definity Protein Plus**, are an easy and convenient way of providing your body with the building blocks to stimulate muscle recovery from the exercise you are doing. This is great in the long term since an increase in toned muscle tissue can support weight loss and a higher metabolic rate.

You probably think you get enough protein in your diet already, but as your activity level increases so does your need for protein. Typically most active women should be aiming for 1-1.5g protein per kg of body weight.

For example, a 60kg netballer should be consuming 60-90g per day. If you divide this over 4-5 meals and snacks, each sitting should contain between 12-22g of protein.

Although protein can be found in dairy products, beans and legumes, most of the protein in the western diet comes from meat and fish. With us girls typically not eating as much meat and fish as guys do, we tend to find the only significant protein serving is provided when we lump it all in one evening meal rather than spread equally throughout the day as it should be.



Reason 2: Protein can provide great benefit for minimum calories



Perhaps another reason we are scared of protein is because we think it's full of fat or lots of extra calories. This probably stems from the perception that red meat is higher in fat or that some protein shakes are referred to as 'gainers' – a word no girl would want to see on something she is about to eat! This is true in fattier cuts of meat such as mince or lamb. Some protein shakes (named Gainers) are high in calories to help provide the extra energy that some guys need to gain extra muscle but these are not the shakes that are specially designed for women.

Maxitone's Definity Protein Plus for example contains 20g protein with only 111 calories in each shake – providing a perfect option for getting the protein you need without the calories and fat of many other foods. This product is in no way considered a 'gainer', rather a delicious, convenient way of topping up the protein in your diet, to make sure your body is getting what it needs, when it needs it.

Reason 3: Protein is one of the best kept beauty secrets

From hair to fingernails, protein is a major functional and structural component of our cells, so making sure you meet your daily needs from a range of sources makes sense as part of your beauty regime. Choose from low fat dairy, beans, eggs, fish, lean meats and our specially designed **Maxitone** shakes to meet your need.



For example meal plans and useful nutrition based articles visit:

www.maxitone.com/nutrition

 maxitone

FIT FIVE

Summer is well underway and the sun has finally made an appearance. The country has been sweltering in a glorious heatwave for the past few weeks, and with Wimbledon glory under our belt we truly are proving that summer in the UK can be brilliant! Want to make your summer even better? We've collected our five favourite products and trips to help you make the most of the sunshine:

BEAUTY

The Body Shop's Hemp range hydrates and softens whilst restoring skin to its original softness. The Hemp Foot Protector soothes dry skin on well-worked feet and even conditions nails. Dermatologically tested and suitable for sensitive skin, it's perfect for your toes. Oh, and it smells lovely!

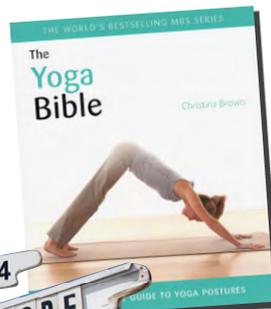
goo.gl/Qc5FN



TRAINING

Not only does the Yoga Bible improve your flexibility and fitness but the relaxing routines encourage both a spiritual and physical wellbeing for all abilities. Wonderfully descriptive and easy to follow, the book guides you on over 150 different yoga moves and postures. With photos to demonstrate, you and your teammates should be able to follow these routines easily!

goo.gl/F8AtB



FASHION

Satchels are back! Traditional school-style bags have been redesigned with a pop of colour. Floral prints and polka dots make these bags the perfect accessory. Maintaining their classic look, these coloured satchels are efficient in size and shape, yet fearlessly fashionable. You might even squeeze your netball kit in them!

goo.gl/84kPK



FOOD

We're half way through the summer and like us, you're probably getting bored with the same old BBQ food. It's time to liven up your garden party and try something new! Swap the bland burgers for grilled halloumi or sticky belly pork. To try a new recipe visit:

goo.gl/1UVnL

TRAVEL

You don't have to leave the country to enjoy the sunshine! Cornwall's seaside villages, beaches, and luscious green countryside are the perfect place for a holiday or even a netball tour! Land's End boasts an endless list of activities, from sunbathing to surfing, go to www.visitcornwall.com to see what you could do.



The 2014 International Junior Netball Festival

Easter Holidays, 13th – 17th April
Under 12s, 14s & 16s



Five days
from £359



England Netball
@England_Netball

11,990 TWEETS	17,430 FOLLOWING	17,488 FOLLOWERS	 Follow
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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!

Netball Tweets @NetballTweets

Play each match as if it's your last match [#netball](#)

IG @Its_a_G_thangie

Double, triple, and quadruple checking your bag to make sure you didn't forget anything before you get on the bus for an away game. [#netball](#)

England Netball @England_Netball

England take on South Africa this September at Bath, Wembley Arena & Worcester. Book your tickets now! [#uniteinred](#)

Ayesha Chantel @AyeshaMayy

Thank you to all the coaches that have coached, mentored & supported me over the years. You are all amazing [#netballlove](#)

Mia Ritchie @mia_ritchie

First session of the new INTC done! A challenge lies ahead but that's what sport is about! [#comeatme](#)

Serena Guthrie @serenabob

And so it begins... Pre season [#INTC](#) one way trip to pain city!!

England Netball @England_Netball

What a sporting weekend that was! Massive congrats [@lionsofficial](#) [@chrisfroom](#) & of course [@andy_murray](#) flying the British sporting flag!!

Natalie Morris @ENeditor_Nat

Off to the glorious North West tonight to speak to [@OldhamNetball](#) about the secrets of their success for the next [@England_Netball](#) Magazine!



My Name

My BENEFITS

MY BENEFITS!



A fantastic opportunity from FIAT for all England Netball members and their families

The new Fiat 500L has all the style of the Fiat 500, but there's lots more of it, yet available from as little as £149 per month. If you register for access to this and many more offers across our range you'll go into the draw for one of 20 LEGOLAND Windsor Resort Annual Passes* worth £99 each.

How's that for the offer you can't refuse. Find out more below.

Privilege Purchase Finance offers are subject to status and only available from FGA Capital UK Ltd. Privilege Purchase Scheme customers only. Not available in conjunction with any other offer including retail consumer offers. With PCP you have the option to return the vehicle and not pay the final payment, subject to the vehicle not having exceeded an agreed annual mileage and being in good condition. In this example the charge for exceeding 10,000 miles is 6 pence per mile. A guarantee or indemnity may be required. FGA Capital UK Ltd., PO Box 4465, Slough, SL1 0RW. Participating Dealers only; for details call 07793 758305. Offers correct at time of being published, May 2013. Cars must be registered by June 30th 2013 to qualify for the current Privilege Purchase Scheme offers. All offers are made subject to stock availability; Fiat reserves the right to vary or withdraw offers at any time without notice. *All new and existing England Netball members registered at www.fiat.co.uk/netball before June 30th will be eligible for the draw. One LEGOLAND Premium Annual Pass per household only. Terms and conditions apply, see more at www.legoland.co.uk/Plan/annualpass

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----- REPRESENTATIVE EXAMPLE -----

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Fiat Deposit Contribution	£2,000
Customer Deposit	£1,999
Amount of Credit	£10,996
Monthly Payment	£149
Optional Final Payment (incl. £285 fee)	£5,989
Total Amount Payable by Customer	£13,352
Duration of Contract (months)	37
Rate of Interest (Fixed)	0.28%
Representative	1.4% APR



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.

108 MEDICAL CHAMBERS

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

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

View www.108harleystreet.co.uk or email us at netball@108harleystreet.co.uk for more information about England Netball members' breast screening offer.



I HEART NETBALL STORE

Your one-stop shop for all your netball needs! Whether your after a hoody, t-shirt, new trainers or netball accessories, we've got it all. Kit yourself out with all the best netball fashions and show the world just how much you heart netball.



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5% off at Sandals on luxury holidays. To redeem this discount quote **ENet 5** when making a booking. Call **08000 223030** or visit www.sandals.com

For all this and more on membership benefits, go to www.Englandnetball.co.uk/membership/membership-benefits