



## **Grasshopper Netball Club**

NEWSLETTER JANUARY 2021

**HAPPY NEW YEAR TO YOU ALL!** I'm not sure if I'm allowed to wish this to you all under the current Covid-19 Lockdown 3 circumstances, but it's been said anyway.



The point of this Newsletter is to update you on what has been happening since the Spring 2020 newsletter.

### Goalden Globes

The EN national event was held on 10 December 2020. Unfortunately, our Club did not win the 'Outstanding Netball Club' at this national event, but it *was* a major achievement for us to reach this national final for the second consecutive year. **CONGRATULATIONS TO US ALL!** Furthermore, our very own Kathy Cox did not win the national EN Mary Bullock award either, but we are still extremely proud of her and extremely pleased that she is one of our Club members. 😊



### Training

Obviously, since our short-lived training sessions in October/November (which took your committee members AGES to organise), no netball has taken place on court. This has been due to Lockdown 2, but also the fact that no schools have been hiring out their venues since then. As I am sure you are all aware, they have had enough to do coping with all the changes to ensure that their school community is kept safe.

However, in an effort to provide our members with the opportunity to keep up their fitness, we *have* been regularly providing FREE online sessions of Strength & Conditioning (a gentle workout) on TUESDAYS at 7 PM and energetic HIIT sessions (definitely a more demanding workout) on WEDNESDAYS at 7 PM. These sessions are available for current members only and these opportunities *are* proving popular. They will continue until Netball restarts and if you can't make those particular times, they are recorded and are available afterwards to download – so you can do them at a time that suits you. Sheila regularly sends out the links for all these options. Why not try one if you haven't already?

We have had no updates from EN for a while, in terms of when grassroots Netball might restart, but as soon as we do, we will be in touch with you.

### A Family Club



I would like to take this opportunity as Chairperson to remind you of what has been said already in one of our communications – that even without our regular games, Grasshopper Netball Club is an extension of our family. As such, I wanted to reiterate that we are here for each other, so if any Club member of ours is struggling – in whatever way – and needs a bit of help in some way, please just contact one of your Committee members – or someone from your team last year. Your Committee members place a very high value on our members staying fit and healthy – not only physically, but mentally as well. We actually have our very own Mental Health First Aider – Steph Hiom – with another two members hopefully qualifying at the end of January 2021; Andy Scigliano & Morgan Williams are currently undertaking their online Mental Health First Aid course and will be available – like Steph – to respond to any requests for help from members after that time. If anyone else in our Club wants some professional development and is interested in this course – there are still places available on the February online course and potentially others later on in the year. In addition, to support members, our Club’s safeguarding officers are Andy Scigliano and Kathy Cox and they can also be contacted by members if required. Our website also has a link to the MIND mental health website if members are struggling with isolation, lack of social activity, anxiety etc.

Hannah Wale and Beth Smith put on some great online activities during Lockdown 1 and we were very grateful for this. However, we are aware that things have ‘gone quiet’ of late. **In an effort to lift members’ spirits and open up opportunities for GNC member interactions again (apart from the workouts), from Friday 22 January (a certain committee member’s birthday), we are holding our very first ‘FINALLY...FRIENDLY, FEEL-GOOD FRIDAY!’ online drop-in, from 7 pm to 7.30 pm. Hopefully you can join us to say hello and bring along your favourite tippie and relax with us for a few minutes...**We hope to hold these sessions over the next few weeks and we’ll see how they go.

### Membership Announcement

Thank you to all members who joined us again this season hoping to get back to Netball. We are sorry that, at the moment, due to the global pandemic, we have not

been able to supply you with *any* competitive Netball. We are still hopeful that before the summer there will be *some* competitive Netball, but it *is* impossible to predict.

However, we *are* considering next season already and we would like you to know now that if you have rejoined us this year (2020-2021 season) and paid your £25 membership to us – as an existing member - you will NOT have to pay any membership fee to us next year for the 2021-2022 season. NB: This does not include any membership fee due to England Netball – it relates to GNC membership only and it relates to all our senior *and* junior Club members. We think that's a GREAT deal for you all, so we'd love to see you all back again next year, with hopefully a lot more normality!

### Kit

We decided to issue all our existing members at senior and junior level with a specially designed GNC face mask and these have been really well received by all Club members. Andy Scigliano still has stocks of them and if you are a new member who has recently joined us, please email her on: [andrea.scigliano@btinternet.com](mailto:andrea.scigliano@btinternet.com) to request your FREE face mask *and* a free GNC kit bag as all new members to the Club should have received a bag too. Andy hopes to hear from you if these Club items have never been issued to you. 😊 👍

### Website

Our website is in the process of being updated again, so please keep an eye on it – along with the East Midlands Region website and England Netball's website.

### Youth

Finally, the Club Committee is aware that we have been unable to do very much, to date, for our youth players this season – hence the massive drop in numbers rejoining. However, Andy Scigliano and Donna Osborn are meeting together very shortly to work out just what we can provide online for our youngsters moving forward. This is just to reiterate what was said above that if you were a youth member in the 2019-2020 season and you rejoin us now – at a cost of £25 instead of £45 (as it was last year), your GNC membership will last you until 31 August 2022. We hope this encourages many more of you to rejoin right now.

You can obtain the 2020-2021 membership form from our website, but this Newsletter will be sent to all 2019-2020 youth members by Andy Scigliano and she will once again attach the 'Existing Membership' form for you to use. We hope to see as many of you back again as possible and over the coming weeks, the Tuesday and Wednesday workout sessions that have been done by Laura Scigliano will be issued to you. We hope to also issue you with additional resources too.

Thanks for reading!

Andy Scigliano

Chairperson – GNC on behalf of the Committee

14 January 2021