



**Grasshopper  
Netball Club**

**NEWSLETTER MARCH 2021**

## Return of Netball !!! 😊

England Netball are leading the way in getting us back on court. They have recently issued a number of useful updates with graphics to help us all start to plan for our return to play. The latest email issued on the 1st March includes details on forums being held in support of the two Step 1s - Netball in Schools and Outdoor Netball.

Also there is more information from England Netball on facilities and their recognition that available facilities will be a real challenge for our clubs, leagues and competitions. This is proving to be the case for us. The facility section of the care package provided by England Netball has been updated and contains some useful resources to help with facilities.



They have also held a couple of forums and hot off the press today from Leicestershire's County Chair is the following information regarding national and regional competition:

Premier League: Not restarting this season.

**Regional League:** Provisional start date **23rd May 2021**, new format but open to all regional league teams VBC.

Regional Junior League: Combined Under 16/14 open to 1 team in each club that was due to play in the league VBC.

National Schools Competition: None this year, new format for next season.

National Clubs: Under 14 21/22nd August 2021 at Redbridge.

Under 16 28/29th August 2021 at Newcastle.

Regional round Under 16 11th July 2021 at Lincolnshire

Under 14 18th July 2021 at Nottingham

**County rounds:** After the 21st June but by the weekend 26/27th June 2021 details to be sorted by Leicestershire IF needed.

No regional competition for Under 12's and Bee Netball.

**Junior League Qualifying Tournament: Under 16's LEICESTERSHIRE responsibility 8th August 2021, volunteers will be needed!!! Any willing volunteers from Grasshopper NC?**

Under 14's Derbyshire 15th August 2021.

**All of this information is dependent on the Covid-19 Roadmap and reopening of facilities.**

## Training

Your committee has booked New College outdoors from Wednesday 14 April for our senior teams – thanks Morgan – so we look forward to welcoming you all then.

Throughout the lockdowns, we have provided all our members with access to free online sessions: Strength & Conditioning (Tuesdays at 7 pm) and HIIT sessions (Wednesdays at 7 pm). We chose 7 pm as that would normally be the time of the first netball game in LNL. We hope that these will have helped many of you maintain your level of fitness and even though the timing has not been ideal for some members and they haven't attended them, we have recorded the sessions and the links for these have been sent out immediately afterwards. We know that many of you have downloaded these sessions and done them in your own time, to suit your own busy schedule.

Many of you who may not have accessed these online sessions will have been following your own fitness regime. If you haven't – now is the time to start – either via these sessions or via your own training programme because LNL has confirmed that they are aiming to start the new summer league on Tuesday 13 April – so you will be playing a competitive netball game before you have trained together as a team (other than what we did last October/November). The online sessions from Laura Scigliano will carry on until Wednesday 7 April – all through the Easter holidays.

On behalf of the Coaching team at Grasshopper NC – I certainly would be interested to hear what fitness members have been involved in since last October/November – so that I can be confident that all our members can play *safely* from Tuesday 13 April! I don't want the 13<sup>th</sup> to be unlucky for some! Please could you email me in confidence on: [andrea.scigliano@btinternet.com](mailto:andrea.scigliano@btinternet.com). Thank you.

## Back to Netball

We have completed LNL's recent survey re 'returning to netball' and have said we'll field 4 teams rather than 5. Since England Netball's return to netball is based upon fun rather than ultra-serious competition, LNL are running their 'festival of netball' for Leicester as per the usual Summer League format. We will therefore create 4 larger squads to play through the summer as we normally do. Your committee has decided to create 4 large squads for this league in order to mix us up to create more of a 'social feel' to the squads and help with 'bonding' after so much absence, but it also meant to provide cover for anyone's holidays, any injuries etc *and* to take the pressure off players too, so that you don't have to commit to every week. We all felt that this was the most sensible thing to do under the circumstances and teams will be announced shortly at training and via email.

Once we have started our adult training sessions again, we will then turn our attention to getting our youth members busy again and I am currently liaising with Soar Valley to book courts on Thursday nights from the beginning of May, for our youngsters. However, if any of our youngsters are now age 16, then I would like you to also email me, so that we can add you into our adult squads for Tuesday nights and the invitation is extended to you to train with us from Wednesday 14<sup>th</sup> April. Could your parent please email me on: [andrea.scigliano@btinternet.com](mailto:andrea.scigliano@btinternet.com) by the end of March, so that we can add you to the seniors distribution list. This also means that the online sessions would be accessible to you too. Anyone who is not 16 right now would need to wait. Any queries, please ring me or text me on: 07799 771434. Thank you.

## A Family Club

Following training in January, we now have three Mental Health First Aiders in the Club – Steph Hiom, Morgan Williams and Andy Scigliano, so any of them are able to respond to any requests for help from members and they have lots of ‘signposting’ information should you require it.

Our ‘FEEL-GOOD FRIDAY’ online drop-ins have happened regularly since 22 January and it’s been good to see various club members pop in from time to time. These are continuing until the LNL begins - 7 pm to 7.30 pm every Friday on the same link. It would be great to see more of you and be able to virtually ‘clink’ our glasses! 😊

## **CONGRATULATIONS to:**

Stacie Racz who gave birth to Rayson on 11<sup>th</sup> February – a 9lb 1oz whopper!

Katie Elliott who gave birth to Poppy Louise just after midnight on 7 March – another little ‘hopper’!

Rachel Bullock who gave birth to Amelia Rose on 13 March at 4.26 am – yet another little ‘hopper’.

We look forward to seeing you all down at the courts with the new additions to the family in tow – at some point during the summer league please. 😊 Good luck to you all.

## AGM

At the moment, your committee has decided to postpone the usual April AGM date and put it back to perhaps May or June – so that netball is well underway and we will have something to discuss! So please bear with us, but rest assured that we will inform you within the statutory 28 days about the date.

## Membership Announcement

Just a reminder that this year’s membership that you have paid will see you through to the end of August 2022, but you will still be liable to pay England Netball’s membership starting from 1 September this year.

As far as your committee is concerned, all this year’s existing members at senior and junior level have received their specially designed GNC face mask. If you have still not received yours, please let Andy Scigliano know – contact details are above.

Onwards and upwards to our return, then, everyone! We can’t wait to see you all once more! We’ve missed the banter!



Andy Scigliano

Chairperson – GNC on behalf of your Committee

18 March 2021