



## September 2022 Newsletter

### Welcome Back and Welcome to Flames

Welcome back to what we hope will once again be a fun and busy term at Flames. Also a hugely warm welcome to those new players who are joining us fresh this term, some who have been waiting for quite some time – we thank you for your patience.

And, of course, a sad farewell to those few players who have left us, you will each be missed by fellow players and coaches alike

### Session Times

Hopefully you will recall that owing to the growing popularity of the club, this season we will offer a third training session on a Friday night. Depending on the conversations between players and coaches in the coming two weeks, and also whether any further applications come in for players to join the club, the proposal is now roughly:

- U11 (years 4, 5, and 6): 5.15 to 6.15
- U14 (years 7, 8 & 9): 6.15 to 7.30 (except first two sessions this term)
- U16 (years 10 & 11): 7.30 to 8.45 (except first two sessions this term)

The year groups indicated are only intended to be a general guide - some players may under certain circumstances be invited to play at different sessions. The Club will confirm your child's session times when all logistics have been finalised.

The training schedule dates, and the info we have about the league timetable are appended at the bottom of the newsletter.

### Session Aims

The U11's with Catherine, Abi and Cerys, will focus on Bee Netball, a friendly, high-energy and carefully designed game for children. Bee Netball is England Netball's fun and nurturing programme for children at the beginning of their team sport journey. It is designed to introduce children to netball skills: throwing, catching, footwork and shooting.

The U14 and U16's sessions with Sophie, Gail, Nicky and K-J will focus on creating a friendly, positive, playing environment where players can improve their skills, fitness, team building, communication and game play.

### Fees

All players will need to pay a Flames Netball Club Annual Membership Fee. U11 players have a reduced fee, and any player in receipt of Pupil Premium Payments should get in touch on [hello@flamesnetball.co.uk](mailto:hello@flamesnetball.co.uk) to organise a subsidised payment.

As mentioned in the last newsletter, a company called LandScope Engineering have kindly made a donation to the club, which enables the committee to keep the membership fees the same as last year, even though costs to the club have risen. A big thank you to them.

Further to the membership fees, there is a small payment that goes directly to England Netball for Affiliation and Insurance purposes – this is calculated by their website based on the child's birth date and ranges between £5.50 and £17.



Season 2022/23 payments will therefore be:

- U11 (school years 4, 5 and 6) Season 2022/23 fees: £70 + England Netball affiliation fee (£5.50)
- U14/U16 (school years 7-11) Season 2022/23 fees: £90 + England Netball affiliation fee (£8.90 to £17 depending on age)

Payments should be made via the England Netball Engage website (details can be found here: <https://flamesnetball.co.uk/about/membership/>).

Apologies, I haven't managed to get the new season payments set up on the EN website yet – I'll try to sort out at the weekend and will message to say when it is all live. If payments could be made promptly that would also make the admin for both myself and coaches an awful lot easier!! Thank you in advance 😊

Flames Netball is a not-for-profit club, and the committee, coaches and umpires are all unpaid volunteers. The membership payments go towards rental of the leisure centre facilities, league match fixtures, training and legal checks, equipment, and match kit.

### Contact and Emergency Contact Details

Thanks to all the new players for providing their emergency contact details and agreements/permissions via the Flames website. If any other player needs any of this contact, emergency contact information, or permissions and agreements updating, then please submit a new form on the website here: <https://flamesnetball.co.uk/about/membership/>

Please note that you also have to provide emergency contact details on the England Netball website before you can make a payment, and unfortunately there is no way for us to switch that feature off. We don't reference this information at all, so if you want to make any changes please let us know directly using the aforementioned form.

### Drop Off and Collection U11's

**Weeks 1 & 2:** 5.15 to 6.15pm, Outside Courts.

All Y4-Y6 players should be brought through to the netball courts at the back of the leisure centre. This will allow you to familiarise yourselves with the coaches, Catherine, Abi and Cerys, and you will know that your child has made their way to the right place. Please collect your child from the netball courts at 6.15. We will not let the children leave until they have been collected from this area. This is our Safeguarding policy.

**Week 3 onwards:** 5.15 to 6.15pm. Inside Court

Please wait in the main lobby area of the leisure centre for the coaches to arrive and the players can then be taken into the sports hall safely. Collection will be from the lobby area.

### Drop Off and Collection U14/U16's

**Weeks 1 & 2:** 6.15 to 8.15pm Inside Court

All Y7 – Y11 players please wait in the main lobby area of the leisure centre for the coaches, Sophie, Gail and K-J to arrive and the players can then be taken into the sports hall safely. Collection will be from the lobby area. At the end of session could parents please meet their child



promptly in the foyer. Not only is this important for safeguarding, but it will make a much smoother start/end to the session for the coaches.

After weeks 1& 2, we will let you know which group your child will be in. The following drop off and collection arrangements will then apply:

**Week 3 onwards:** 6.15 to 7.30 pm - Inside Court

Please wait in the main lobby area of the leisure centre for the coaches to arrive and the players can then be taken into the sports hall safely. Collection will be from the lobby area. At the end of session could parents please meet their child promptly in the foyer. Not only is this important for safeguarding, but it will make a much smoother start/end to the session for the coaches.

**Week 3 onwards:** 7.30 to 8.45pm - Inside Court

Please wait in the main lobby area of the leisure centre until you are invited into the sports hall by the coaches. This will allow us to safely hand over the younger children to parents. Players in the last session can make their way out of the leisure centre by themselves, but please do help the coaches tidy the hall before leaving, thanks.

### Kit

Players can wear whatever sports attire they chose for training, providing they are safe and deemed practical for playing netball.

- Club branded items, including hoodies and bobble hats, are now available too (details below) but not compulsory
- Trainers providing proper foot support and cushioning are vital. If you need any advice on suitable footwear please ask one of the club coaches.
- All jewellery must be removed, including earrings, necklaces, watches and other wrist devices; hair should be tied back; nails should be kept short.
- A named water bottle is recommended for refreshment during the fast and furious sessions;
- A whistle is helpful to enable players to participate in umpiring opportunities.

Match dresses are provided for league games and must be returned when a player moves on. During cold weather it is highly recommended that skins are worn underneath match dresses (black long-sleeved top and leggings). A warm coat is also strongly advised for times when players take turns to substitute, as the Telford Langley School courts are very open and exposed to wind.

### Merchandise

Hoodies and Bobble hats are available via our supplier Decostitch at Battlefield Retail Park, or can be ordered for home delivery. Information can all be found on our website here:

<https://flamesnetball.co.uk/about/flames-merchandise/>

### Flames Annual General Meeting (AGM)

The Flames AGM will be held **Tuesday 27<sup>th</sup> September** – Venue to be confirmed. We very much welcome more parents to come and join us on the committee, especially those from the youngers sessions who aren't well represented at present.



### New Coaches Welcomed

We are so lucky to have a dedicated team of coaches. But with the new sessions now in place, we would welcome further pairs of hands, and would even support formal training in coaching if that is of interest. Please just let us know if you, or anybody you know would be interested joining the team.

### Contacting Coaches

A gentle reminder that the WhatsApp group and the phone numbers therein are to be used by parents and carers for responding to match request info and other committee matters. If you would like to contact the coaching team for any other reason, please email [hello@flamesnetball.co.uk](mailto:hello@flamesnetball.co.uk) rather than contacting them directly.

We look forward to a fun-filled year of netball, hopefully with far fewer of the Covid-related stresses and logistical challenges than we have faced over the last two years. But of course, if the situation changes again, we will keep you updated as best we can.



## Flames Netball Training Schedule 2022/23

### Autumn Term 2022

9<sup>th</sup> Sept / 16<sup>th</sup> Sept

- U11: 5.15 to 6.15pm - **Outside Courts**
- U14/U16: 6.15 to 8.15pm - Inside Courts for Teams' Assigning Sessions

23<sup>rd</sup> Sept / 30<sup>th</sup> Sept / 7<sup>th</sup> Oct / 14<sup>th</sup> Oct - Inside Courts

- U11: 5.15 to 6.15
- U14: 6.15 to 7.30
- U16: 7.30 to 8.45

21<sup>st</sup> Oct

- All Players: 6.15 to 7.45 - Focussed Skills Workshop 'Assertive Attackers'

28<sup>th</sup> Oct - no Training - half term

4<sup>th</sup> Nov / 11<sup>th</sup> Nov / 18<sup>th</sup> Nov / 25<sup>th</sup> Nov / 2<sup>nd</sup> Dec / 9<sup>th</sup> Dec - Inside Courts

- U11: 5.15 to 6.15
- U14: 6.15 to 7.30
- U16: 7.30 to 8.45

16<sup>th</sup> Dec / 23<sup>rd</sup> Dec / 30<sup>th</sup> Dec - no training - Christmas holidays

### Spring Term 2023

6<sup>th</sup> Jan / 13<sup>th</sup> Jan / 20<sup>th</sup> Jan / 27<sup>th</sup> Jan / 3<sup>rd</sup> Feb / 10<sup>th</sup> Feb - Inside Courts

- U11: 5.15 to 6.15
- U14: 6.15 to 7.30
- U16: 7.30 to 8.45

17<sup>th</sup> Feb - Inside Courts

- All Players: 6.15 to 7.45 - Tournament or Focussed Skills Workshop

24<sup>th</sup> Feb - no Training - half term

3<sup>rd</sup> March / 10<sup>th</sup> March / 17<sup>th</sup> March / 24<sup>th</sup> March - Inside Courts

- U11: 5.15 to 6.15
- U14: 6.15 to 7.30
- U16: 7.30 to 8.45

31<sup>st</sup> March / 7<sup>th</sup> April / 14<sup>th</sup> April - no training - Easter holidays



### Summer Term 2023

21<sup>st</sup> April / 28<sup>th</sup> April / 5<sup>th</sup> May / 12<sup>th</sup> May / 19<sup>th</sup> May – **Outside Courts**

- U11: 5.15 to 6.15
- U14/U16: 6.15 to 7.30

26<sup>th</sup> May – **Outside Courts**

- All Players: 6.15 to 7.45 – Tournament or Focussed Skills Workshop

23rd June - Presentation Evening - Save the Date!

### League Match Dates

The league match dates for the 2022/23 season of the Shropshire Junior Netball League have been released, though of course we won't know the specific dates and times until the end of September when all team submissions have been submitted to the committee.

The dates are:

- Sunday 2<sup>nd</sup> October 2022
- Sunday 16<sup>th</sup> October 2022
- Sunday 30<sup>th</sup> October 2022
- Sunday 13<sup>th</sup> November 2022
- Sunday 4<sup>th</sup> December 2022
- Sunday 29<sup>th</sup> January 2023
- Sunday 12<sup>th</sup> February 2023
- Sunday 26<sup>th</sup> February 2023
- Sunday 23<sup>rd</sup> April 2023
- Sunday 7<sup>th</sup> May 2023