



July 2023 Newsletter

Thank you to everyone who attended the end of season Presentation evening. Huge thanks to Katie Lambert for coming along to speak to the girls and share her journey in sport. We feel it is so important to promote opportunities for the girls to learn more about careers in sport and hope they found this inspiring.

The raffle raised **£87** towards new kit for the U11 team. Thank you!

As the girls all begin their summer break, the Flames Coaches are busy preparing for next season and are excited to welcome you back in September. Please see important information below about **re-registration** and **membership fees** for the season ahead.

Registration and Club Fees for 2023/24 Season

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.

This year, we will be separating the Flames Netball club fees and England Netball fees payments.

We will require you to pay the England Netball Affiliation fees before our season begins on the 1st September via the 'Engage' website and then a further membership payment to our club bank account by 30th September.

Both payments need to be made for a player to play in the league matches and be insured during training sessions.

This change has enabled us to offer the facility to pay membership fees in 2 instalments; the first by the 30th September and the final instalment by the 31st January.

We are also pleased to now offer a sibling discount of £10 for the second and third family member on the Flames Netball club fees when they join the club in the same season. This offer is for new and existing members.

Flames Club Fees

All players will need to pay a Flames Netball Club Annual Membership Fee. Having maintained fees at a fixed cost for the last 2 years through the support of local sponsors, this year we unfortunately are having to increase annual fees slightly to meet the increase in running costs of the club. With Sports Hall hire costs increasing, the annual fee will rise by £5 per player/per year, across all age groups.

U11 players have a reduced fee, and any player in receipt of Pupil Premium Payments should get in touch on hello@flamesnetball.co.uk to organise a subsidised payment.

Season 2023/24 payments will therefore be:

- U11 (school years 4, 5 and 6): **£75**
- U12, U14, U16, U19 (school years 7-11): **£95**

Payments should be made **either in full by 30th September** or you can make this payment in **two instalments** of £37.50 / £47.50 (depending on the age of your child/ren) if you prefer: one by 30th September 2023 and one by 31st January 2024, directly to Flames Netball Club using the following details:

- Bank Account Name: **Flames – Craven Arms Netball Club**
- Sort Code: **20-53-22**
- Account Number: **23686906**
- Reference: **Child's Initial and Surname**

England Netball Affiliation and Insurance fees

Further to the club membership fees, there is a small payment that goes directly to England Netball for Affiliation and Insurance purposes. Payments should be made via the **England Netball Engage website**.

Season 2023/24 payments will therefore be:

- Up to 11 years old: **£7**
- 12-14 years old: **£10**
- 15-18 years old: **£18**



July 2023 Newsletter

**Age on 1 September 2023. County, Region and Club fees may also be applied.*

To make this payment by 1st September:

Click on the link <https://engage.EnglandNetball.co.uk/> and it will ask you for you Membership number and password. If you can't remember this, you need to follow the 'forgotten password' support.

Further guidance on how to do this can be found on the Flames website at <https://flamesnetball.co.uk/about/membership/>).

England Netball Fees for the 2023/2024 season will be available for payment from August 1st.

Please ensure you click on 2023 / 2024 fees!

Friday Training Dates

The Friday training sessions have been booked as follows. All these sessions are indoors:

Autumn Term 2023

September 8, 15, 22 & 29
October 6, 13, 20
November 10, 17, 24
December 1, 8 & 15

Spring Term 2024

January 12, 19 & 26
February 2, 9 & 23
March 1, 8, 15 & 22
April 12, 19 & 26

Friday Training Session Times

- U11 (years 4, 5 & 6): 5.30 to 6.30pm
- U12 & U14 (years 7 & 8): 6.30 to 7.30pm
- U14, U16 & U19 (years 9,10,11,12 & 13): 7.30 to 9.00pm for the first 4 sessions, at which point timings will be reviewed depending on demand (but the session will finish no later than 9pm and not before 8.30pm)

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. We are exploring options for the U19s hence the slightly longer final sessions in September.

League Match Dates

The league match dates for the 2023/24 season of the Shropshire Junior Netball League will be released in September.

Sanitary Items in Kit Bags

From the beginning of next season, sanitary items will be available in all *coaches*' kit bags and will be accessible by the girls during training or league matches. Kit bags will contain a toiletries bag with a variety of sanitary items and coaches will speak to the girls about this when we return to training in September. Discussions around girls and women's health has become more prominent over recent months and it is really positive that these supportive and informative discussions are happening. England Netball have further information that can support our players and we would encourage you to share this with your daughter by accessing the attached link to NetballHer <https://www.englandnetball.co.uk/support/netballher/>.

Netball World Cup 2023



Come on the Vitality Roses!

Follow the Netball World Cup in South Africa across BBC TV, iPlayer, radio and online from now until the 6th August. Cape Town hosts 16 teams including England, Scotland and Wales, plus Australia and champions New Zealand.

The BBC will show every match across TV, iPlayer and the BBC Sport website now. BBC Radio 5 Live and Sports Extra have selected live commentaries.

There will also be live text commentary of every England game on the BBC Sport website and app, as the Roses seek to win the World Cup for the first time.

Sky Sports are also covering the tournament on their network.



July 2023 Newsletter

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 rather than contacting them directly.

Kit and 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/>

Date for the Diary!

AGM – Monday 18th September, 7.30pm @ The Yew Tree, All Stretton. All are welcome!