

Committee Welcome

We hope that you all had a good Christmas and enjoyed the festive break.

It has been great having everyone back at training and to see some new faces too.

Details of matches for the second half of the season are on the Flames website here: <https://flamesnetball.co.uk/about/league-fixtures>

*Note that Flames Netball will be responsible for **match time keeping** on **17th March for all outdoor matches** (this involves blowing the hooter for all quarters in each match). We will need parent volunteers to do this (coaches will not be able to do it).*

League Update

- Congratulations to the U16 squad who came third in their league and moved up to Division 2.
- The U14s, U12s and U11s have all played very well in their matches and are gelling together nicely!

2024 Training Dates

- 23 February
- 1, 8, 15, 22 March
- 12, 19, 26 April

All session times and groups remain the same.

Club Treasurer



We are still looking for someone to fill this role...

As a member of the committee you'll need to attend, at most, four meetings a year and these are usually held in a local pub! If you think you could take on the role and would like to be involved in the running of the club, please let us know by emailing us on: hello@flamesnetball.co.uk

PS: Training available!

Team Training & Match Dress Code



We hate having to mention this but, we have had a few issues with inappropriate attire at training recently, and so here is a reminder of the England Netball rules regarding what to wear to keep yourself and others safe:

- Your **T Shirt or top** should be suitable for training; i.e. without any big buttons, metal fastenings, not strappy across the shoulders or with embellishments as these can lead to injury should a player catch themselves on them.
- **Trainers** that provide proper foot support, cushioning and tread are vital. They should be suitable to run around in.....
If you are looking to buy some more trainers, do consider looking at the following website <https://www.netballuk.co.uk>. They are very knowledgeable and happy to give out advice.
- **All jewellery** must be removed, including earrings, nose studs, necklaces, bracelets, watches and other wrist devices; You cannot 'tape' a piercing over to make it safe, it MUST be removed.
- **Hair** should be fully tied back i.e. not half up/half down and should be held with a soft tie / scrunchie, nothing with beads.
- **Nails** should be kept short. As a guideline, nails should be no longer than 1mm long and should not be visible over your fingertips. If they are too long, players will not be permitted to play until they are cut or filed down. This is to protect other players from injury.
- Please bring a **water bottle** with you to training so that you do not need to leave the hall and use the Leisure Centre fountain!

As an affiliated club, we cannot allow you to play if you are not following these rules and will have to ask you to sit out the session.
This rule will be enforced from the 23rd February session.

NETBALLHer

Please take a look at this website which has been created by England Netball with women's health in mind. There is some great advice there around female health including the menstrual cycle, bras, kit and nutrition:

<https://www.EnglandNetball.co.uk/support/netballher>

Church Stretton Leisure Centre Open Day - Saturday 24th February



The leisure centre are organising an Open Day on **Saturday 24th February** and have invited us to organise a junior session for an hour.

As we are seeking to recruit players in **years 4 to 7**, we will be inviting our U11 and U12 players to come along and to bring a friend or sibling who may be interested in joining us.

Our session will be at 10am for 1 hour. Please let either Catherine, Gail or Loti know ASAP if you are interested in having a run around that morning, so that we can work out numbers and activities.

For everyone, there will be a swimming pool inflatable on offer from 11am to 1pm, so bring your towel and costume if you fancy a swim. (Pre Booking is required for this).

There will be activities for all age groups so if you fancy trying out badminton, pickleball, a cardio class or just fancy a dip, bring your kit! Details and timings will be available on the Leisure Centre's Facebook

<https://www.facebook.com/ChurchStrettonLeisure> from this weekend.

Severn Stars Trip



We have one parent interested in helping to organise the trip; we are thinking that it is easier if people arrange their own transport, but we can block book seats so everyone can sit together. As it is not a club trip as such, adults will be responsible for their children and any others they bring, not

Flames Netball.

We are looking at either a Saturday or Sunday fixture. A suggested date and ticket price will follow shortly by email, so please respond if you are interested.

Date for the Diary!

Presentation Evening this year is on **Friday 17th May** at Dorrington Village Hall. Further details to follow in April. Please save the date!

Thank you!

As ever, thank you for all your support and have a great half term. See you at training on **Friday 23rd February**.

Flames Committee