



GRIMSBY & DISTRICT SENIOR NETBALL LEAGUE NEWSLETTER – FEBRUARY 2019

Words from the Chair

Sadly, we started this year with the devastating news that Jo Laird had passed away. Jo was a huge personality in our League, and our League would not be as strong without her dedication of over 22 years as Chair, and many more years as a player and her memory will always be treasured.

GDSNL Netball Now Sessions

What is Netball Now?

Netball Now is a simple, straight forward way to play netball. Its not a coached session, its not a competition led by rules, regulations or scores recorded it is simply a session that you turn up at, pay a small fee and play a game of netball! If you're currently playing and want to play a bit more as it beats the gym; or if you're looking for a flexible, non-committed way to play netball then Netball Now is for you! Open to affiliated and non-affiliated players

FRIDAY'S – 7pm to 9pm

Havelock Academy School

£4 session

HAVE YOU WATCHED A GOOD MATCH?

Please send any match reports to:

Jo Bradbury

pressandpublicity@grimsbynetball.com

UMPIRING UPDATE

For future umpiring courses we need a minimum of 12 people to attend. Full payment will be required on booking. The cost will be approximately £30. Please express interest to Laura Wray at umpiring@grimsbynetball.com Laura is also ordering England Netball rule books which are £5, please let Laura know if you would like to buy one!

FUNDRAISING UPDATE

What a great night at the Bingo/Play Your Cards Right Night held in November 2018, £425 was raised towards YMCA Humber Charity. A big thank you to Forrester Boyd Accountants and Bridge McFarland Solicitors for their donations to support the prizes. Also thank you to the two Peters calling the Bingo numbers. (Lovely Fellas!) P66 also donated an Alexa which was the prize for on the name card raised a further £100. – Keep raising more !! – Another Bingo night as already been arranged.

LEAGUE MEETING HIGHLIGHTS

- New Junior Player of the Year trophy will be introduced for presentation evening.
- Committee have met with England Netball Development officer with regards to funding – discussions are on-going.
- Clarification given for Headwear/Netball Gloves and Nails – these will be posted on Facebook.

JUNIOR NETBALL

Things are going very well for the juniors. We have a core of about 18 regulars with others popping along sometimes making 26 or 27! They are all keen and love to play (not so much the warm ups). Each week they work on a skill, be it footwork or receiving the ball, etc and then the last half hour or so they play games. We encourage the girls without a bib to score or umpire and they are taking to this pretty well. For further information please see Ann-Marie Tuplin or contact Julie Klug coaching@grimsbynetball.com.

BONUS BALL IS BACK!!

The first Bonus Ball of 2018/2019 has been won by NFU Mutual – Nice winnings of £135 !! Keep checking the numbers on the website which can be found on the Charity page or to enter contact Tracy Barford with your 3 numbers and £10.

COACHING SESSIONS

Does your team want to get together for a coaching/training session? improve for the new season ahead? pick up some new tips/tricks? If so, please contact Julie Klug coaching@grimsbynetball.com

WELCOMING NEW TEAMS TO GDSNL

NETBALL has exploded with interest since the Roses won Gold at the Commonwealth Games  We would love to welcome any NEW teams who would like to register and join the existing Grimsby & District Senior League which starts the summer season in April 2019. Or if you know of any friends or family who would like to join a team then put them in touch with us. secretary@grimsbynetball.com

DATES FOR YOUR DIARY

- **Handicap Tournament Begins 11th March 2019 (over 3 weeks) Automatic Entry – unless Fixtures Sec is notified.**
- **Bingo Night 22rd March 2019**
7.30pm Lucarly's, Wilton Road, Humberston (£1 Tickets available from the GDNSL committee)
- **Summer League Begins 8th April 2019**
- **GDNSL League Meeting 5th June 2019**
7.30pm Lucarly's, Wilton Road, Humberston
- **Jo Laird-Reynolds Memorial Tournament 7th July 2019**
9.30am Registration
10am Start Playing
- **GDNSL Presentation Night 12th July 2019**
7.30pm Lucarly's, Wilton Road, Humberston

KNOW THE RULES

13.2.3 Misconduct is any behaviour that is contrary to accepted standards of good sportsmanship. **(i)** Dissent with an umpire A player may not dispute a ruling given by an umpire or direct any offensive, insulting or abusive language and/or gestures at an umpire. If an umpire's call is not clearly heard a player may ask the umpire to repeat the infringement penalised or seek clarification of where a sanction is to be taken. **Sanction:** Penalty pass and the player is either cautioned or given an official warning. In a serious case the umpire will suspend the player **(ii)** Actions contrary to good sportsmanship A player must not act in a manner contrary to accepted standards of good sportsmanship. **Sanction:** Penalty pass and the player is either given an official warning or suspended. In a serious case the umpire will order the player off **(iii)** Continued misconduct A player who has been suspended in a match must not continue to infringe the Rules. **Action:** The player is ordered off.

GET TO KNOW YOUR COMMITTEE



Secretary – Vicky Smith

Teams Played for: Bring Cargo, NFU Mutual, Blackrow Engineering, Guru, Abbey Windows, Body Studio, Lincs County.

Favourite Netball position: GA (from my early years)

Best Netball Memory: 30 years of playing netball I have had some great giggles with my netball family, from the mannequin challenge, nights out, seeing my daughters play netball. My favourite memory at 12 being selected for the first time to play for the county.

GOAL KEEPER (GK)

Confined to their side's defensive third and pitted against the opposition's most accurate scorer, keepers, have the seemingly uncomplicated task of stopping goals. Keepers work in close partnership with the goal defence, to push both shooters as far as possible from the post, making scoring difficult. They defend shots on goal, take throw-ins and penalties in the third and make attacking moves to drive the ball to the transverse line. They're also often the "voice" of a team, as they can see the entire court and have less "on" time than other players.

They must have a focus on one-on-one defence putting pressure on their body and their shots, whilst also pulling in rebounds. The very best are also brave enough – and read the game well enough for coming off their player to look for an intercept. A keeper's alliance with their defensive partner, built on clear communication and a "unit" mentality, is key, as are their links with the wing defence and centre, who act as both defenders' eyes and ears on the circle edge.

Goal Keepers need to work around the body and think about how to confuse the thrower. Goal Keepers need to constantly be on the move, using great footwork, but not 'over move' To be a great Goal Keeper you need to see the ball, your player and your goal defence. That's a lot to think about.

STAY IN TOUCH.....



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