



CUMBERLAND
NETBALL CLUB **NW1**

*CAPS Accredited (Silver Award)
Sport England Clubmark Accredited
Middlesex County Club of the Year 2008*

Club Members' Pack 2010/2011 Season

**An introduction to the club together with
useful information for the 2010/11 season**

www.cumberlandnetball.com





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1. FOREWORD – ABOUT CUMBERLAND NETBALL CLUB

Welcome to Cumberland Netball Club, one of the biggest and most successful netball club in central London. Based in Camden, we have six senior teams, as well as opportunities for under-16s, under-14s, and under-12s. Cumberland offers quality coaching, weekly training and competitive match play at varying levels, from National Premier League for the elite player to local league for the more social player.

Whilst we take our netball very seriously we're also a very social club. When joining Cumberland, not only will you develop and achieve on the netball court but you will also make and develop friends for life, just ask any of our current netball members.

HISTORY

Unlike the name suggests, Cumberland Netball Club is based in Camden, London NW1. Why Cumberland? Our roots date back to 2000, when Rhiannon Leyshon founded the club based at Cumberland Lawn Tennis Club in West Hampstead. From a single team the club has grown to around 180 members and moved to new premises in Camden for the space we need. We are committed to staying in a central London location (the only large netball club to do so), and are forming a strong partnership with Camden Council and Camden Sports Development.

LOGO & IDENTITY

Although we have relocated, there is a lot of equity in the Cumberland name, so we have kept it and developed a logo and branding for the club that reflects our own identity and emphasises our NW1 base. Our logo uses our team colours, with the flower's 7 petals representing a netball team and the pink petal pointing North West.

MILESTONES

We are very proud of our achievements in a short period of time. They provide a solid foundation upon which we have built and continue to build the club. Our highlights include:

- A growing membership, with around 120 adult and 60 youth/junior members
- Promotion to the National Premier League Division 3 in the 2009/10 Season
- Promotion to London & South East Regional League by our B Team in the 2009/10 Season
- England Netball Silver Caps Award (awarded 2008)
- Sport England Clubmark (awarded 2006)
- Middlesex County Netball Association Club of the Year, 2008
- England Netball recognised and locally based School-Club links
- Seven C-award umpires, three B-award umpires, and one A award umpire
- England Netball umpire tester and mentor
- Six Level 1 coaches, six Level 2 coaches, and two coaches working towards Level 3

2010/11 SEASON AND BEYOND

Cumberland Netball Club is a player-centred club, offering high quality coaching and playing opportunities to players at all levels. We attract elite players to compete in our National Premier League and Regional League Teams. We provide competitive opportunities to developing players at both County and local league level. And we provide development and playing opportunities to players who are looking for a more social (yet still competitive) netball opportunity and/or have been out of the game for some time. We also provide an excellent coaching programme for junior and youth players.

We have a very experienced and dedicated coaching team who are player focused and strive for success at all levels. Each team has a dedicated coach, as well as match day managers on match days. There are regular mid-season assessment nights and coaching meetings to ensure opportunities for individual players are provided for after the initial trial and selection days. Coaches are experienced in talent identification and have links with the County and

Regional Excel Programme (the England Netball talent pathway), and Surrey Storm and Hertfordshire Mavericks Superleague and National talent League teams.



Our objectives for this season are to consolidate our positions in the National Premier League and Regional League, to gain promotion into the County League Premier Division, to maintain our positions in the other County divisions, and to ensure we have teams achieving success in the Premier division, division 1, division 2 and division 5 of the North London Netball League. We shall also be entering an U14's team into the North London Junior Netball League.

We shall be working towards our England Netball Gold CAPS accreditation this year which we are confident of achieving. As part of this we shall be providing further opportunities for our coaches, umpires, and volunteers. Anyone interested in getting involved in these areas please contact the relevant secretary, we will welcome you with open arms!

In following seasons we aim to win promotion in the National Premier League to Division 2 (and ultimately Division 1) and in the Regional League to Division 1.

WELCOME!

Thank you for choosing Cumberland Netball Club. Enjoy the season as we continue to drive forward with further improvements and developments, both on and off court, in 2010/11.

Yvonne Beadle
Club Chair



2. LETTER FROM THE CLUB SECRETARY

Dear Member,

A very warm welcome to new members of Cumberland Netball Club and, to those of you returning, welcome back for another successful, fun and action-packed season!

Cumberland is continuing to grow from strength to strength and last season saw yet another fantastic set of results. The promotion of the A team to National League was a very proud moment for the club and will start next season in Premier Division 3. The B team were promoted to the London and South East Regional League, following on from them becoming Middlesex Champions.

With 6 adult teams, 1 youth team and 2 junior teams we are one of the biggest and best teams in London!

The success of Cumberland is, without a doubt, a reflection of the commitment and hard work of the whole club, the committee and our dedicated coaching and umpiring teams. What makes Cumberland different is our commitment to the development of coaches and umpires.

We have a structured development plan which not only develops our existing team but also encourages new members to take on new roles within the coaching and umpiring arena. As part of the team we have a England Netball umpiring tester and mentor, 8 qualified coaches and 9 qualified umpires which helps in the progression of our Plan and continue to be an award winning club. A further handful of individuals have been identified for roles next season and we welcome any interest from either new or existing members.

The ongoing development of our club has been recognised by Bronze and Silver awards in the England Netball Club Action Planning Scheme (CAPS) – and we getting very close to our Gold CAPS status.

Cumberland has a fantastic reputation as a club that has achieved a great deal of success in a very short time. We are also known as a sportsmanlike club, courteous to our opponents and to umpires. Amongst our own members, we strive to be open and friendly. Our teams support each other and respect our coaches. We expect all members of the club to adhere to our ethos. This is what makes us such an enjoyable club to be part of.

I wish the whole of Cumberland the best of luck this year and look forward to our continued success. I hope that all of our members have a great season, and forge new friendships both on and off the court. Most importantly, enjoy your netball!

Georgina Partridge
Club Secretary



3. TRAINING STRUCTURE AND TIMES

Cumberland has several different squads, each with a dedicated coach. All training is held on Wednesday evenings at Camden Sports Pitch.

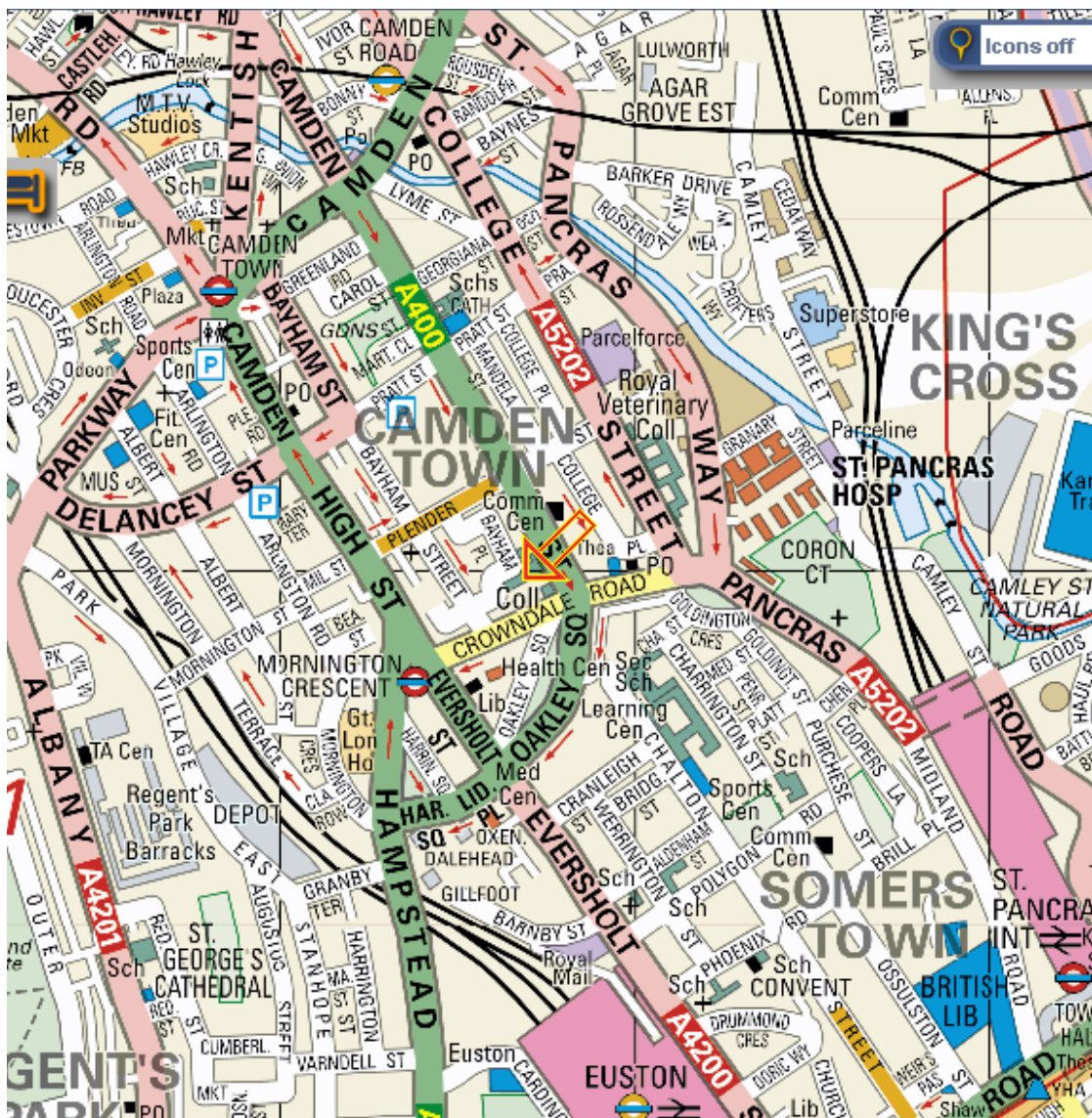
Squad	Description	Usual Training Time	Head Coaches
U14	11-14 year olds	6.00 – 7.30pm	Chaz Blythe
Senior 2	15+ (B, C, D & E teams)	7.00 – 8.30pm	Yvonne Beadle
Senior 1	15+ (Premier, Regional & A teams)	8.00 – 9.30pm	Krista Priscott & Kim North

If you have questions regarding training structure and times, please contact the Coaching Secretary or your squad's Head Coach (see section 6 for contact details).



4. WHERE WE TRAIN

Camden Sports Pitch, Camden Street (just off Plender Street), Camden, NW1 0LL



BY PUBLIC TRANSPORT

Camden Sports Pitch is a 10-minute walk from either Camden Town tube or Mornington Crescent tube (both on the Northern Line). It is also a 15-minute walk from Camden Road overground station. Buses 46, 168, 253, 24, 27, 29, 88, 134 all stop near the Sports Pitch.

BY CAR

There are residents' parking restrictions on both Plender and Camden Street. Usually, restrictions apply from 8.30am to 6.30pm, Monday to Friday, so on weekday evening and weekends on-street parking is possible. There are also some pay-and-display bays, though times of operation tend to be similar. Please check street signs for details when you park. If you want to look in advance, Camden Council's web site refers you to www.park-up.com for more information. Please note that Camden Street is a one-way street – you can only travel southbound. For further directions type the postcode – NW1 0LL – into: www.theaa.com/travelwatch/planner_main.jsp.





5. TEAM SELECTION NOTES

Congratulations on choosing to play netball at Cumberland Netball Club – we hope you enjoy it. We aim to offer members a quality coaching environment at training and opportunities to compete at the right level for your ability.

For you and your team to develop and improve we do expect a real commitment from you to attend training and matches. This will benefit you and your team mates and will make training more enjoyable and worthwhile.

Please be aware of the following regarding attendance at training and availability for matches:

- 1) During the trial process you will be assessed by our club coaches and selected for Senior Squad 1 or 2. **Players aged 16 or under on 1 September 2010 are not required to trial.**
- 2) You will train with the squad you have been selected for and will be expected to be available for matches for all teams within this squad (i.e. you may be asked to play up or down from your usual team).
- 3) You will not be selected to represent Cumberland in matches until you have handed in your Membership Form and paid your membership fees.
- 4) There is a training and match availability diary for each squad. If you are going on holiday or are unable to make any matches or training for other reasons **you must write this in the diary in advance and inform your coach** (preferably at the beginning of the season). Otherwise, it will be assumed you will be at training and are available to play.
- 5) If you are unable to attend training at short notice you must contact either the club coach or your team captain and explain your reasons why. Please confirm if you are available for any upcoming matches.
- 6) If you regularly don't attend training, you will not be selected to play. You may, in some circumstances, be asked to play in a lower team if they are short of players.
- 7) If you are not available for a large number of matches you will not necessarily be selected to play when you are available. You may, in some circumstances, be asked to play in a lower team if they are short of players.
- 8) If a Senior Squad 2 player shows particular potential they may be invited to attend Senior 1 training to support their development. Our coaches will identify these players and invite them on a training basis only. These players will continue to train and play with their own squad.

Our club coaches and team captains will monitor players' performances, attendance and availability. Where a player has made significant improvement since their initial trial and regularly attends training and matches, they will be considered for promotion into a higher team or squad, depending on available opportunities within that team or squad.

Finally, while Cumberland has an open-door policy, we do not guarantee league matchplay for all our members. If you haven't played before or for a long time, you are welcome to pay your fees and attend training, but **you may not be selected for matches**. If you are unsure whether you will be selected for matches, please speak to the coach before paying your fees.

If you have questions regarding team selection, please contact the Head Coach for your squad, or the Coaching Secretary (see section 6 for contact details).



6. COMMITTEE AND COACH CONTACT DETAILS

COMMITTEE MEMBERS

CLUB CHAIR

Yvonne Beadle 07958 606406 yvonnebeadle@tiscali.co.uk

CLUB SECRETARY

Georgina Partridge 07766 766439 secretary@cumberlandnetball.com
georginajpartridge@yahoo.co.uk

ENQUIRIES SECRETARY

Caroline Chilton 07899 746609 enquiries@cumberlandnetball.com
carolinechilton@hotmail.com

AFFILIATIONS & MEMBERSHIP SECRETARY

Chaz Blythe 07968215739 affiliations@cumberlandnetball.com
Chaz.blythe@hotmail.co.uk (Primary Address)

CLUB TREASURERS

Jo Studholme 07772 710874 cncntreasurer@yahoo.co.uk
Becky Salmon 07824 839 721

COACHING SECRETARY

Georgina Partridge 07766 766439 secretary@cumberlandnetball.com
georginajpartridge@yahoo.co.uk

UMPIRING SECRETARY

Rose McCarter 07940729240 rose@netballpost.com

KIT & EQUIPMENT SECRETARIES

Lois Tucker 07834 614309 lois1105@hotmail.com
Shaheen Lodhi 07939250689 shaheen_lodhi@yahoo.com

SAFEGUARDING OFFICER/ WELFARE SECRETARY

Laura Paulin 07525213482 ljppaulin@hotmail.com

DEVELOPMENT SECRETARIES

Kirsty Smith 07738 942413 smith.kirsty@gmail.com
Andy Johnson 07821 538033 andy711@gmail.com

SPONSORSHIP SECRETARY

Karen Carter 07773 344469 karen.carter@qa.com

MARKETING & PUBLICITY SECRETARY

Hannah Goodey 07708325748 hgoodey@hotmail.com

SOCIAL & RALIIES SECRETARIES

Rose McCarter 07940729240 rose@netballpost.com

Rachael Biles 07932629915
Polini Langi 07735514442

Rachael.Biles@barclaycard.co.uk
polini.langi@optasports.com



VOLUNTEER CO ORDINATOR

Claire Risk 07806489047

clairerisk@gmail.com

JUNIOR REPRESENTATIVE

Eve Turner

eve@turnerfamily.org.uk

COACHES

SENIOR SQUAD 1

SQUAD 1 HEAD COACH

Kim North 07976 359093

kim@netballpost.com

SENIOR SQUAD 2

HEAD COACH

Yvonne Beadle 07958 606406

yvonnebeadle@tiscali.co.uk

JUNIOR SQUAD

HEAD COACH

Chaz Blythe 07968 215739

chaz.blythe@hotmail.co.uk



7. FEES

MEMBERSHIP FEES

Fees are due by 1 September 2010 and are for the duration of the season. **For all training sessions you attend before paying your membership, a pay-as-you-go fee of £5 will apply.** Once you have paid your membership fees, you do not need to pay any additional subs for training. There are different fees for adult, youth and junior members, and reduced fees for adults in full-time education or receiving unemployment benefit. For the 2010/11 season, membership fees are as follows:

Membership	Full-season fee
Adult (19 or over on 01/09/2010)	£170
Adult full-time student	£100
Adult in receipt of unemployment benefit	£100
Youth (16, 17 or 18 on 01/09/2010)	£100
Junior (15 or under on 01/09/2010)	£85

Your membership fee covers entry into relevant leagues, court hire for training, coaching fees, equipment for the club, and individual affiliation to England Netball (the national netball association) and Middlesex County. This affiliation provides you with civil liability and accident insurance, six issues per year of *Netball* magazine, access to courses and discounted tickets to various events.

If you join Cumberland after 1 January 2010, you will pay half the relevant fees shown above.

If you join the club as a non-playing volunteer, please talk to the Treasurer about affiliation fees.

Please note that membership fees are non-refundable.

METHOD OF PAYMENT

Membership fees can be made online (please use this method if possible) or by cash or cheque.

For full details on how to pay, please see the Adult or U19 membership form. In some circumstances, we may be able to accept your full-season membership fee in two instalments: 50% due by 1 September 2010 and the remaining 50% due by 1 January 2010.

If you have questions regarding fees or payment, please contact the Treasurer (see section 6 for contact details).

MATCH FEES

Match fees are collected from players by captains at every match to cover umpiring costs:

Squad	Full game	Half game
U14	£1	50p
Senior 1 and Senior 2	£2.50	£1.25



8. KIT

If you will be playing in matches you are expected to purchase Cumberland kit. Dresses are compulsory for all senior and U14 teams; but shorts, tracksuits, match T-shirts and pink hoodies or long-sleeved tops are optional. The club colours are dark blue with white trim and pink, and our logo is included on kit.

COMPULSORY KIT

Dress £27.50
Dark blue with white trim

OPTIONAL KIT

Shorts £10.50
Dark blue

Tracksuit top £24.50
Tracksuit bottoms £18.50
Dark blue

Match T-shirt £15.50
Pink, short-sleeved, with your surname printed on the back

Running Bare long-sleeved top £28.00
Dark blue tight top with Running Bare written down the sleeves

For a full list of prices and sizes, please see the kit order page in your membership form.
Please also visit the website for further kit information and sports clothing discounts.

HOW TO ORDER KIT

The kit order form is included in your membership form. Please note that you must pay for your kit when ordering, but can add this to your membership fee payment. The Kit & Equipment Secretary will e-mail you confirmation of your order. If you do not receive a confirmation within a week, please get in contact.

We may have your size in stock; if not, expected delivery time is 4-8 weeks after order placement.

If you have questions regarding kit or kit payment, please contact the Kit & Equipment Secretary (see section 6 for contact details).



9. LETTER FROM THE SOCIAL SECRETARIES

Dear all,

To new members, we welcome you to Cumberland wholeheartedly, and hope that we will have a number of adventures together over the next year. To all of you who are returning to the club for another season, welcome back, and let's look forward to more entertaining evenings out.

You will find Cumberland to be a warm and friendly netball club. We will organise many social events this year to ensure that we bond both on and off the court. As the club has grown in numbers, it will also be a great opportunity to meet more Cumberland members outside of your own team and squad. Needless to say, our social adventures have always been very memorable (or not, depending on your personal level of alcohol consumption!) and great fun.

Our plans for the 2010/2011 season include...

Saturday 11th September - Start of Season Social - We are sharing our start of season social with UCS Rugby Club. It starts at 1pm in the afternoon and will include bubbles, rugby and a hog roast.

Fri 19th - Sun 21st November - Netball World Series - Manchester: A trip to Manchester to see the greatest countries in the world playing in a fast, ferocious and vibrant competition in an aim to raise the profile of netball and attract new participants and spectators.

Early December 2011 - Christmas Party: Christmas meal with dancing until the wee hours in true festive netball spirit!

Fri 27th - Sun 29th May 2011 - Cumberland Netball Tour - Bournemouth 7's: Cumberland on tour always proves to be successful both on and off the court. Three nights under canvass, a great standard of netball and three nights of partying! We are looking forward to Cumberland on tour in May 2011!

Late June 2011 - Annual General Meeting: The yearly event for the whole club, current committee and possible new committee member to review the past year and plan for the next. We are always looking for new committee members and we encourage as many new volunteers as possible to get involved.

July 2011 - Mixed Rally: It's a great opportunity to get boyfriends, husbands, brothers and friends involved in playing netball. There will be a BBQ and possibly a disco afterwards!

July 2011 - The now legendary - Black Tie Ball: After amazing success in previous years the Black Tie Ball has proved to be a great night and a perfect opportunity to raise funds for the club.

Other events for 2010/2011 season ...

- Attending Cumberland National Team home matches - a great opportunity to watch high level netball, support the club and celebrate the win afterwards!
- Team, squad or club social gathering every 4-6 weeks - to include roller disco at some point!
- 5/10k charity runs.
- Visits to see International and Super League Matches.

Any ideas or suggestions for Cumberland events will be gratefully received. So here's to success on the netball court, to new friendships and to lots of fun resulting in a great new season both on and off court!

Best wishes,

Rose McCarter, Rachael Biles and Polini Langi
Cumberland Netball Club - Social Secretaries



10. HEALTH AND SAFETY

Cumberland Netball Club takes the health and safety of its members seriously. Our policies are outlined below.

AFFILIATION TO ENGLAND NETBALL

When you become a member of Cumberland Netball Club, we will affiliate you with England Netball. This provides the following protection:

- Civil Liability Insurance
- Personal Accident Insurance (fatal accident, permanent total disablement, emergency dental expenses, hospitalisation benefit, temporary disablement benefit).

Please note: for insurance purposes, you cannot become a member of Cumberland Netball Club without also being affiliated to England Netball.

EMERGENCIES AND INJURIES

All kit bags are equipped with basic first aid kits. You are asked on your membership form to give consent for basic first aid to be administered, and for essential medical information to be stored in kit bags in case it is needed on match days. You must also provide contact details on the membership form for someone we can call for you in the event of an emergency – this information will also be stored in team kit bags.

If you have any injuries, illnesses, disabilities or other medical conditions that you feel we should be aware of please indicate these on your membership form. This information will be kept in confidence by the club's Welfare Secretary, and made available to coaches only in the event of a medical emergency. If these officers are not present when you are playing or training, it is your responsibility to make your team mates and any other officials aware of any medical conditions.

It is the responsibility of the team captain to contact the individual's named emergency contact and their coach and/or the Welfare Secretary in the event of a medical emergency. Where the team captain is not present, the appointed team captain for the day is responsible. Where the team captain is the injured party, the vice captain (or appointed vice captain on the day) is responsible.

YOUR RESPONSIBILITIES

All players are responsible for their own body, personal well-being and safety when taking part in activities with Cumberland Netball Club. As well as providing the information specified above, please ensure you always warm up and cool down properly before and after playing netball. Whilst the coaches will lead warm-ups at training, you know your own body best!

Information about local physios and sports injury clinics is available from coaches on request.

Whilst every precaution will be taken to ensure that accidents do not happen, Cumberland Netball Club and its coaches and personnel accept no responsibility for any loss, damage, personal injury, or death caused whilst taking part in activities with Cumberland Netball Club.

If you have questions regarding health and safety, please contact the Welfare Secretary (see section 6 for contact details).



11. DUTY OF CARE AND CHILD PROTECTION

In line with good practice guidelines set by England Netball, Cumberland Netball Club maintains a Duty of Care and Child Protection policy, covering the club's commitments to protecting the welfare of its members. If you would like to see either of these documents, please refer to our web site at www.cumberlandnetball.com, or contact the Welfare Secretary.

12. CODE OF CONDUCT FOR MEMBERS

We request that all Cumberland Netball Club members act within the following guidelines:

- Be committed to attending all training sessions and matches. If you cannot for any reason attend, you must inform your Head Coach either in person, or by writing in the training/ match diary.
- Always treat other Cumberland Netball Club members with the respect that you would expect to be treated with.
- Always treat other teams, coaches and umpires with respect, gamesmanship and courtesy.
- Do not use foul or abusive language in any circumstances.
- Never ridicule or yell at another member for making a mistake or losing a game.
- Recognise the importance and value of coaches/umpires who may be giving up their time voluntarily.
- Recognise that the health and safety of all members is paramount.
- Be committed to assisting with the club wherever possible. Long-standing members should volunteer to take on extra responsibility to help in the smooth running of the club.
- Promote this code of conduct to other members.

If you have questions regarding this code of conduct, please contact the Welfare Secretary (see section 6 for contact details).



13. CODE OF CONDUCT FOR PARENTS, CARERS AND SUPPORTERS

We request that all parents, carers and/or supporters of any Cumberland Netball Club member act within the following guidelines:

- Encourage a less confident child to participate but avoid forcing an unwilling child to participate in any competition.
- Umpires can sometimes make mistakes but please avoid questioning or undermining their decisions during play. Remember he/she is only human with the same feelings as you, and like you, can sometimes make an honest error.
- You might be tempted to coach your child/friend from the sidelines but this is the role of the coach.
- Foul or abusive language is not acceptable regardless of the circumstances or the situation.
- Criticising your child's coach in front of your child or with other parents can undermine their authority. Any issues should be raised separately with the coach.
- Please respect the opponent team, other parents, coaches and umpires and please do not publically criticise others.
- Remember children are involved in sport for their own enjoyment as well as yours.
- Encourage your child to play within the rules and not to argue with umpires or other officials.
- Teach your child that honest effort is more important than victory so that the result of each game is accepted without undue disappointment.
- Turn losing into winning by helping your child work towards skill improvement and good sportsmanship.
- Remember that ridiculing or yelling at a child for making a mistake or losing a game will have a negative impact and can demotivate.
- Remember that children learn best by example. Applaud good play by your team and by members of the opposition.
- Recognise the importance and value of coaches who may be giving up their time voluntarily.
- Be familiar with the rules of the sport to understand better what you are watching and commenting on.
- Promote this code of conduct to other parents, carers and supporters.

If you have questions regarding this code of conduct, please contact the Welfare Secretary (see section 6 for contact details).



14. CODE OF CONDUCT FOR COACHES, UMPIRES AND VOLUNTEERS

Always ensure:

- You are never alone with one child. Avoid situations where you and an individual child are completely unobserved.
- If any form of physical support is required, it will be provided openly and according to guidelines as below.
- Where possible, parents/carers will take on the responsibility for their young people in the changing rooms. If young people have to be supervised in the changing rooms, you will try to ensure you work in pairs with another coach/parent.
- Encourage an open environment (i.e. no secrets). Always explain why you are doing something in that way, encourage a diplomatic approach to the club's activities, with young people being able to put their views forward.
- Where there are mixed teams away from home, you will ensure they are accompanied by an adult male and adult female.
- If working with girls/young women's teams, you must agree with parents/carers when, or if, it is appropriate to enter the changing area.
- Include young people in committee decisions to ensure their voice is heard.

Always avoid:

- Spending excessive amounts of time alone with young people away from others.
- Taking young people alone on car journeys, however short.
- Taking young people to your home where they will be alone with you.

Never:

- Engage in rough, physical or sexually provocative games, including horseplay.
- Share a room with a young person.
- Allow or engage in any form of inappropriate touching.
- Allow young people to use inappropriate language unchallenged.
- Make sexually suggestive comments to a young person, even in fun.
- Do things of a personal nature for a young person, that they can do for themselves.
- Invite or allow young people to stay with you at your home unsupervised.
- Allow allegations made by a child to go unchallenged, unrecorded or not acted upon.

If you have questions regarding this code of conduct, please contact the Welfare Secretary (see section 6 for contact details).



15. LEAGUES, VENUES AND FIXTURES 2010/2011

LEAGUES AND DIVISIONS

Cumberland Netball Club teams will be playing in the following leagues:-

Premier team	National Premier League third division
Regional team	London & South East Regional League division two, Poly League first division
A team	Middlesex County League first division, North London League premier division
B team	Middlesex County League first division, North London League first division
C team	Middlesex County League second division, North London League first division
D team	North London League third division, Acton League second division
E/U16 team	North London League fifth division
U14 team	North London League Under-14 division

WEEKS AND VENUES

- Middlesex County League matches are played on Saturdays, every fortnight, at either Brunel University (Kingston Lane, Uxbridge, Middlesex, UB8 3PH) or Broomfield Park (Palmer's Green, London, N13 4RB).
- North London League matches are played on Saturdays, every fortnight, on alternate weeks to the Middlesex County League, at Broomfield Park (Palmer's Green, London, N13 4RB).
- Acton League matches are played on Saturdays, every fortnight, on the same weeks as Middlesex County League games, at Grasshoppers RFC (MacFarlane Lane, off Syon Lane, Osterley, Middlesex, TW7 5PN).
- Regional League matches are played on Saturdays, every fortnight, at venues in four counties across the London and the South East region. The venue for Cumberland's home Regional matches is Ashmore School. (Cecil Road, Southgate, London, N14 5RJ)
- Poly League matches are played on every fortnight, on alternate weeks to the Regional League, at home and away venues within the M25. The venue for Cumberland's home Poly matches is Ashmore School. (Cecil Road, Southgate, London, N14 5RJ)
- National Premier League matches are played on Sundays, approximately twice a month, on a home and away basis. The venue for Cumberland's home Premier League matches is St Helens School (75 Green Lane, Northwood, Middlesex, HA6 1AF). Away matches may be anywhere in England, and extensive travel and possible overnight stays are advised.

Please note that you may be required to play in an alternative team/league depending on fixtures, availability, etc. If you are asked to play for a team other than your usual team please prioritise the game for the highest team. In some instances you may be able to play for both. For match times please check each league's fixtures list or with your captain.

FIXTURE DATES

All the leagues that we compete in start in September 2010. Please refer to the 'Fixtures' section of our web site at www.cumberlandnetball.com for dates and more information.

If you have questions regarding fixtures or availability, please contact your Head Coach (see section 6 for contact details).