



# **CUMBERLAND** NETBALL CLUB **NW1**

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

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## **Club Members' Pack 2009/2010 Season**

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**An introduction to the club together with  
useful information for the 2009/10 season**

**[www.cumberlandnetball.com](http://www.cumberlandnetball.com)**





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## 1. FOREWORD – ABOUT CUMBERLAND NETBALL CLUB

Welcome to Cumberland Netball Club! Based in Camden Town in central London, we have six senior teams, plus under-16 and under-14 teams. Cumberland offers quality coaching, weekly training and match play at various levels. We are a multi-award winning club with Silver CAPS accreditation.

### LOOKING AHEAD

England Netball's competition structure is club-focused and therefore committed to building capacity within its club structure. This means a greater number of multi-team clubs that offer good coaching and advancement of junior players. Club development is therefore paramount.

All this makes for an exciting time for Cumberland. We are committed to being a player-centered club: attracting top players to compete successfully in the regional leagues; developing the next generation of netballers; offering quality coaching; and building Cumberland into the best club around. We are working towards Gold CAPS accreditation. Whilst maintaining our social roots, we do take our netball seriously.

### MILESTONES

We are very proud of our achievements in a short period of time. They provide a solid foundation upon which we aim to build the club. Highlights include:

- A growing membership, with around 120 adult and 60 youth/junior members
- Promotion to 1<sup>st</sup> division at the end of our first season in the South East Regional League
- Sport England Clubmark, marking us out as a child-friendly club
- Club of the Year, Middlesex, 2008
- Five C-award and four B-award umpires, with two preparing for A-award
- England Netball umpire tester and mentor
- Three Level 1 coaches, six Level 2 coaches, one coach working towards Level 3

### 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.

### LOGO & IDENTITY

Although we've 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.

### WELCOME!

Thank you for choosing Cumberland Netball Club. Enjoy the season as we continue to drive forward with further improvements, both on and off court, in 2009/10.

**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: last season saw yet another fantastic set of results. The promotion of the A team to Division 1 of the South East Regional League in their first year has certainly been noticed across the County, Region and England Netball 'royalty' and they are hotly tipped to be a Premier league side in the coming seasons. We are certainly up for that challenge!

The Cumberland profile was raised further in this year's UK Challenge Cup. It was the second year the club had entered and the A team were defending champions for the Plate title. They once again had a tough draw and were beaten by Premier side Leyton in the second round. This meant they were able to go all the way to the finals to enjoy the excitement, frenzy and hype that the Finals day provides. Cumberland B had a fantastic run in their first year in the competition. They were knocked out in the semis of the Shield competition by eventual finalists and rivals, Poly, but gained some great experience playing teams outside of the county.

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 in the coaching and umpiring arena. As part of the team we have an England Netball umpiring tester and mentor, nine qualified coaches and nine qualified umpires, which helps us progress with 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 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.

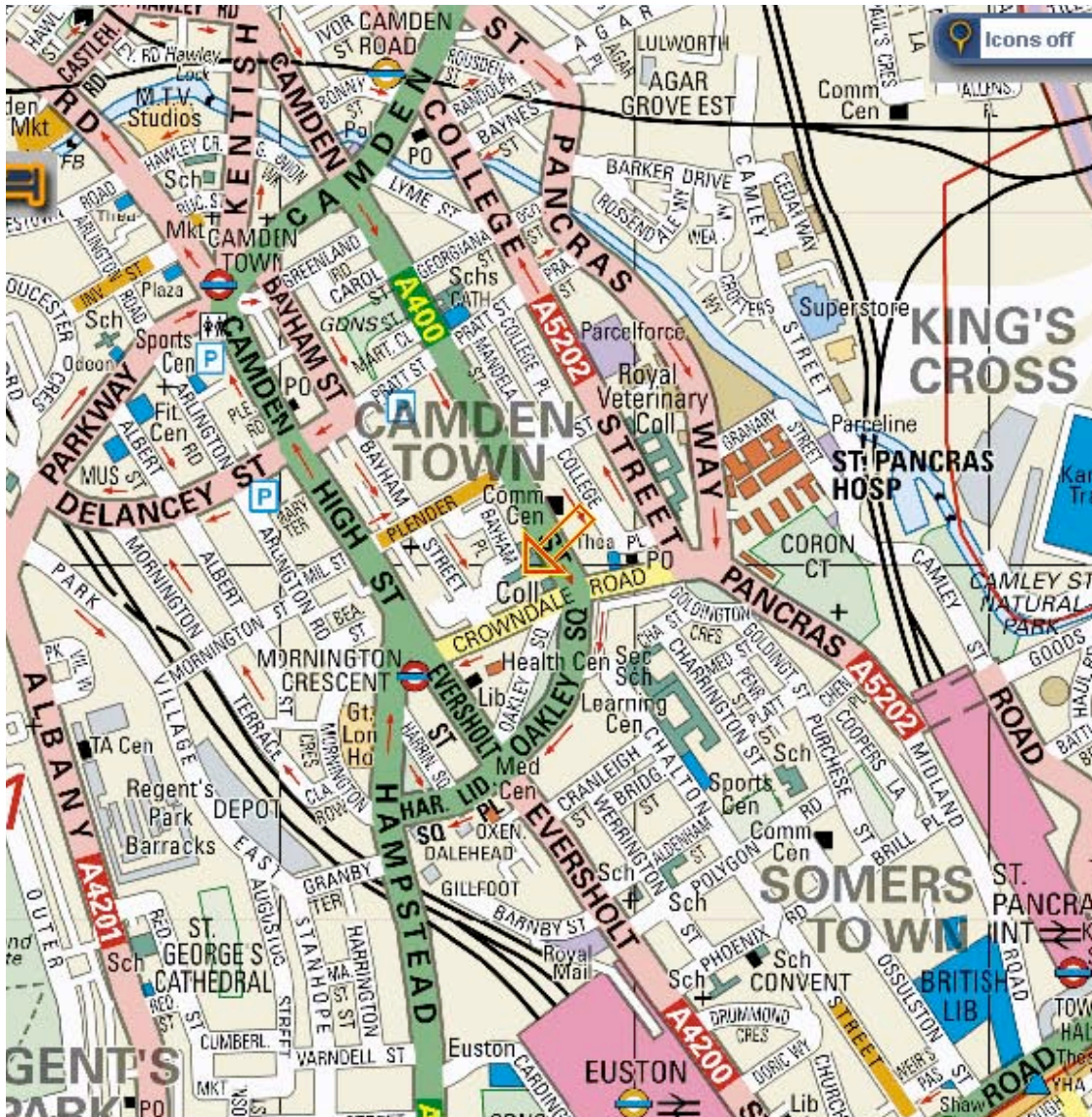
<b>Squad</b>	<b>Description</b>	<b>Usual Training Time</b>	<b>Head Coaches</b>
U14	11-14 year olds	6.00 – 7.30pm	Jane Spalding
U16	15-16 year olds	6.00 – 7.30pm	Rachel Urquhart
Senior 2	17+ (D, E & F teams)	7.00 – 8.30pm	Yvonne Beadle
Senior 1	17+ (A, B & C teams)	8.00 – 9.30pm	Krista Priscott & Kim 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](http://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](http://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 2009 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  
georgina@plutuswealth.com

#### ENQUIRIES SECRETARY

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

#### AFFILIATIONS & MEMBERSHIP SECRETARY

Jill Cameron                        07747 038616                      affiliations@cumberlandnetball.com  
jillian.cameron@cabinet-office.x.gsi.gov.uk

#### CLUB TREASURER

Jo Studholme                        07772 710874                      treasurer@cumberlandnetball.com  
joanne.studholme@uk.pkf.com

#### COACHING SECRETARY

Kim North                            07976 359093                      kim@netballpost.com

#### UMPIRING SECRETARY

Kim North                            07976 359093                      kim@netballpost.com

#### KIT & EQUIPMENT SECRETARY

Lois Tucker                         07834 614309                      lois1105@hotmail.com

#### WELFARE SECRETARY

Rachel Urquhart                    07968 447760                      rachel@envision.org.uk

#### DEVELOPMENT SECRETARIES

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

#### MARKETING & PUBLICITY SECRETARY

Natalie Cowie                        07967 727639                      ncowie22@hotmail.com

#### SPONSORSHIP SECRETARY

Karen Carter                         07773 344469                      karen.carter@qa.com



#### RALLIES SECRETARY

Chaz Blythe                      07968 215739                      chaz.blythe@hotmail.co.uk

#### SOCIAL SECRETARIES

Rose McCarter                      07940 729240                      rose@netballpost.com  
Sam Howlett-Bolton                      07974 707302                      samcornick@hotmail.com

#### U16/U14 REPRESENTATIVE

To be appointed for 2009/10 season

### **COACHES**

#### SENIOR SQUAD 1

##### A TEAM HEAD COACH

Krista Priscott                      07799 416420                      kpriscott@yahoo.co.uk

##### A TEAM ASSISTANT COACH

Leanne Bland                      07896 936044                      lenbland@hotmail.com

##### B and C TEAM HEAD COACH

Kim North                      07976 359093                      kim@netballpost.com

#### SENIOR SQUAD 2

##### HEAD COACH

Yvonne Beadle                      07958 606406                      yvonnebeadle@tiscali.co.uk

##### ASSISTANT COACHES

Georgina Partridge                      07766766439                      georgina@plutuswealth.com  
Leanne Bland                      07896 936044                      lenbland@hotmail.com

#### U16 SQUAD

##### HEAD COACH

Rachel Urquhart                      07968 447760                      rachel@envision.org.uk

#### U14 SQUAD

##### HEAD COACH

Jane Spalding                      07971 515821                      jane.spalding@heavenly.co.uk



## 7. FEES

### MEMBERSHIP FEES

Fees are due by 1 September 2009 and are for the duration of the season. 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 2009/10 season, membership fees are as follows:

Membership	Full-season fee
Adult (19 or over on 01/09/2009)	£120
Adult full-time student	£75
Adult in receipt of unemployment benefit	£75
Youth (17 or 18 on 01/09/2009)	£75
Junior (16 or under on 01/09/2009)	£65

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 2009 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
U16 and 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, U16 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** £27.00  
Dark blue with white trim

### OPTIONAL KIT

**Shorts** £10.00  
Dark blue

**Tracksuit top** £24.00  
**Tracksuit bottoms** £18.00  
Dark blue

**Hoodie** £20.00  
Pink, long-sleeved

**Match T-shirt** £15.00  
Pink, short-sleeved, with your surname printed on the back

**Running Bare long-sleeved top** £27.50  
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 member,

If you're joining the Club for the first time, we welcome you to Cumberland wholeheartedly, and hope that we will have a number of adventures together over the next year. If you're returning for another season, welcome back, and let's look forward to more entertaining evenings out.

Cumberland's a warm and friendly netball club. We'll be organising many social events this year to ensure that we bond both on and off the court. As the club keeps growing, they're also a great opportunity to meet more Cumberland members outside of your own team or 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. Please rest assured though, that you will never be pressurised to drink or to take part in any of the social games and we are sure that the evening will prove to be just as entertaining (and possibly a more sensible option!).

Our plans for the 2009/2010 season include...

- Sat 5 September 2009 – **Black Tie Ball**: After amazing success in 2008 the – now legendary – Black Tie Ball proved to be a great night and a perfect opportunity to raise funds for the club. The planning for the ball has begun and tickets are on sale now.
- Fri 9 - Sun 11 October 2009 – **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 2009 – **Christmas Party**: Christmas meal with dancing until the wee hours in true festive netball spirit!
- Fri 28 - Sun 30 May 2010 – Cumberland Netball Tour, **Bournemouth 7's**: Cumberland on tour always proves to be successful, both on and off the court. In May 2009 we discovered Bournemouth 7's – three nights under canvas, a great standard of netball and three nights of partying! Looking forward to Cumberland on tour in May 2010!
- Late June 2010 – Cumberland **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 2010 – **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!

Other events during the season include: attending Cumberland A Team matches to see some high-level netball, support the club (and celebrate the win afterwards!); team, squad or club social gatherings every 4-6 weeks (to include roller disco!); 5km or 10km charity runs; and visits to see International and Super League Matches.

Any ideas or suggestions for Cumberland social 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!

*Rose McCarter* and *Sam Howlett-Bolton*  
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](http://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:

- Do not force an unwilling child to participate in any competition.
- Do not question the umpire's decisions or honesty. Remember he/she is only human with the same feelings as you, and like you, can sometimes make an honest error.
- Do not coach your child from the sidelines; leave this to the coach.
- Do not use foul or abusive language in any circumstances.
- Do not criticise your child's coach in front of your child or with other parents. Any issues should be raised with the coach.
- Do not criticise the opponents, their parents, coaches or the umpire.
- Remember children are involved in sport for their enjoyment not yours.
- Encourage your child to play to 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.
- Never ridicule or yell at a child for making a mistake or losing a game.
- 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 2009/2010

### LEAGUES AND DIVISIONS

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

<b>A team</b>	South East Regional League first division, Poly League first division
<b>B team</b>	Middlesex County League premier division, North London League premier division
<b>C team</b>	Middlesex County League first division, North London League premier division
<b>D team</b>	Middlesex County League second division, North London League second division
<b>E team</b>	Middlesex County League second division, North London League third division
<b>F team</b>	North London League fourth division, Acton League second division
<b>U16 team</b>	North London League Under-16 division
<b>U14 team</b>	North London League Under-14 division

### WEEKS AND VENUES

- Middlesex County League matches are played on Saturdays, every fortnight, at Brunel University (Kingston Lane, Uxbridge, Middlesex, UB8 3PH).
- 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 St Helens School (75 Green Lane, Northwood, Middlesex, HA6 1AF).
- 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 Camden Sports Pitch (Camden Street, Camden, NW1 0LL).

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 2009. Please refer to the 'Fixtures' section of our web site at [www.cumberlandnetball.com](http://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).**