



look good **feel better**

**CHARITY NETBALL
TOURNAMENT.**

Tournament FAQ's

How many players can be in a team?

The games will be played with the traditional 7 player set up however we invite you to enter teams of up to 10 players. There will be a roll-on, roll-off substitution process going on so all 10 players will have equal time on court.

All players must be over 16 years of age.

What are the timings for each day?

(Subject to change)

Registrations open - 9am

Warm up & coaching session with England Netball - 9.30 - 10.30am

Game play - 10.30am - 4pm

Game finals - 3.30pm - 4pm

Winners presentation - 4 - 4.30 pm

How do I know what day my team should enter?

Please follow the below criteria, assessing your teams ability and which day is best suited for you. It's entirely up to you which day you would prefer. We will do our best to match teams based on the information you provide in your registration form.

SATURDAY - this will be our 'friendly' game day with a more relaxed and fun approach to game play. Ideal for beginners, newly set up teams or corporate/ social teams who are maybe new to the sport.

SUNDAY - this day is for those more established clubs who are seeking to battle it out with like-minded teams of similar ability. Ideal for clubs or groups of friends who have experience of playing competitively and who enjoy a good game of netball.

Feeling a bit rusty or never played before?

Don't worry at all, there will be a special refresher coaching session at the beginning of the day from England Netball coaches and elite players, who will also be on hand throughout the day to give you advice and tips. Although we encourage a bit of healthy competition, the tournament is supposed to be fun and all about taking part to show your support for Look Good Feel Better.

How many games can my team expect to play?

The tournament is played in round-robin style and each team will get a minimum of 5 games during the day. Qualifying teams will play a semi and grand final to decide the overall winner. There will be one overall winning team each day.

What support will be in place?

Umpires and scoring staff will all be provided by England Netball who will manage the running of the games. Bibs, balls and all game equipment will also be provided by England Netball.

Look Good Feel Better staff & volunteers will be on hand throughout the day to help direct you around the venue and to activities taking place in the Playground. Professional First Aid provider will be on site at all times in the event of an emergency. We also have qualified and trainee sports massage therapists on hand.

Food & Drink

Hot & cold food and drinks will be available from the Copper Box concession stands or Westfield Shopping Centre is a 10 minute walk away with a wealth of restaurants and eateries to choose from.

What should I wear on the day?

We advise you wear comfortable sportswear and suitable footwear, preferably trainers. Whether you want to wear your existing team kit, design a new one or come in fancy dress, we'll be handing out an award for the best outfits on the day!

Getting to the Copper Box Arena

Public transport is the best and easiest way to get to and from the Park, either by train, underground, bus or cycle. Please visit the Copper Box website for full information: <http://copperboxarena.org.uk>

Is there a minimum I need to fundraise?

By taking a place in the tournament all players must pledge to raise a minimum of £50. Once registered we will send you a dedicated fundraising pack which will be filled with inspiration to help you and your team get your fundraising kick started. There is also a guide to setting up a JustGiving page and a sponsorship form for collecting cash donations. It might be an idea to set up a JustGiving page as a team and all members can encourage their friends and family to donate to the page.

How does the money my team raise make a difference?

£50 directly funds a place for someone living with cancer to attend a Look Good Feel Better workshop. Here they will get advice and support to help them face cancer with confidence.

£500 funds a workshop session for up to 12 patients, where they will learn practical tips on how to manage the visible side effects of cancer treatment, as well as having the opportunity to meet others also facing the challenges of cancer. Our support can have a significant impact on improving both physical and emotional wellbeing.

£5000 funds a workshop location for 12 months during which time the service will support hundreds of people from the local community, in desperate need of support whilst undergoing cancer treatment.

If you have any queries about registering, the tournament or the charity, please don't hesitate to contact our Fundraising Team on fundraising@lgfb.co.uk or call 01372 747500



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FACING CANCER WITH CONFIDENCE



Debenhams