



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 - 9.30am

Warm up - 10am

Coaching session with England Netball coaches & pro's - 10.15 - 11am

Game play - 11am - 4pm

Game finals - 4pm - 4.45pm

Winners presentation - 4.45pm

## How do I know what day my team should enter?

It's entirely up to you which day you would prefer to enter. On both days, teams will be split into pools depending on ability. We will do our best to match teams based on the information you provide in your registration form.

## 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 from each pool will play a semi and grand final to decide the overall winner. There will be three winning teams each day, one from each pool.

## What is the Playground?

The Playground is our interactive area which players and spectators can enjoy between games. There will be a variety of beauty, fitness and wellbeing brands offering treatments and experiences for players and spectators to enjoy. Skills workshops from England Netball pro players and opportunity to put your skills into practice with mini-games.

Hot & cold food and drinks served from the Copper Box concession stands

## 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>

## 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!

## Is there a minimum I need to fundraise?

We ask that all players 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 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. Here they will learn practical tips on how to manage the visible side effects of cancer treatment, improving both their 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](mailto:fundraising@lgfb.co.uk) or call 01372 747500**



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