

# Look Good Feel Better Netball Tournament

## FAQ's

### REGISTRATION

#### How do I register?

Registration can only be done via the Look Good Feel Better website and all players must submit their individual details regardless of which entry option you choose.

- Individual Entry - players pay their own entry fee and register their details, quoting their team name
- Team Entry - a team captain pays the entry fees for all team members and is sent joining instructions to forward to team members
- Claim Team Place - a team member sent joining instructions by a 'Team Entry' captain clicks here to register their details

You will be asked to pay a registration fee which is a direct donation to the charity. Registration is £35 per player.

#### How many players can be in a team?

The games will be played with a traditional 7 players so a minimum of 7 players are required to make a team but you can register up to 10 players (3 substitutes). There will be a roll-on-roll-off substitution process going on so all players can have equal playing time.

All registering players must be 16+ years of age.

#### What ability does my team need to be to take part?

Any ability!

Teams will be split into 3 pools on the day, and we will do our best to match teams of similar ability. This is a friendly and fun charity tournament and we ask that all teams show good sportsmanship and kindness to one another so as to ensure everyone has a great experience.

### **What happens if I get an injury or can no longer take part in the tournament?**

As stated in our terms and conditions, if you can no longer take part in the tournament then you can transfer your place to someone else free of charge. You will need to organise to find a replacement player for your team. Unfortunately, we cannot offer you a refund on your place.

## **ON THE DAY**

### **Feeling a bit rusty or never played before?**

Don't worry, there will be a special coaching session at the beginning of the day to give all teams a refresher on the rules of the game. England Netball coaches and professional players will also be on hand throughout the day to offer support and advice so you and your team can play with confidence.

### **What support will be in place for teams on the day?**

England Netball umpires and staff will manage the running of the games and will be there to support teams whilst on court. Bibs, balls and all game equipment will be provided by England Netball.

Look Good Feel Better staff and volunteers will also be on hand throughout the day for any questions or support.

A professional first aid provider will be on site at the event at all times in case of an emergency.

### **Getting to the venue**

The Sports & Wellness Hub is based on the Warwick University Campus. Directions for getting to the campus by train, car or bus can be found here - <https://warwick.ac.uk/services/sport/location>

We will also provide a campus map for all players nearer the time of the event so you can find your way to the Sports & Wellness Hub.

## Parking

There is an on-site car park at the Sports and Wellness Hub which operates a ticketless car parking system using Automatic Number Plate Recognition (ANPR) software.

All visitors have the opportunity to park on-site at the Sports and Wellness Hub, however please note that charges will apply. After your visit to the Sports and Wellness Hub, you will be required to pay on exit at the Pay machines at the prevailing rate. At the machine, you will be prompted to enter your vehicle registration, and will then see the camera photo of the vehicle as it entered the car park, and be asked to confirm your car.

## Food & Drink

You are welcome to bring food and drink into the venue with you. There is a Café Nero inside the Sports & Wellness Hub as well as variety of cafes and restaurants on the University Campus.

# ACCOMMODATION

Please visit the link below to book your Bed & Breakfast accommodation directly with Warwick University and use the codes provided to secure your discounted rates.

<https://warwick.ac.uk/services/conferences/bed-and-breakfast>

**Double occupancy double/twin - £93.00 including VAT and breakfast - Use promo code **LGFBBD**Double**

**Single occupancy double room - £78.00 including VAT and breakfast - Use promo code **LGFBBS**Single**

*Please note that the promo code is case sensitive.*

Location: Radcliffe.

Bookings include a full English or continental style breakfast so you're fuelled ready for your day of netball!

To guarantee room availability and to redeem the discounted rate, please ensure you book your accommodation no later than **26<sup>th</sup> August**.

On the day, player registration will commence from 8.30am with all players needing to be checked in by 9.30am ready for the warm up and masterclass with England Netball. Games will run through until approximately 4pm with a grand final and winners presentation to finish. You can book accommodation for the Friday and/or Saturday night using the codes above.

*There are many alternative accommodation options in the surrounding areas of Leamington Spa and Coventry City Centre if you would prefer to stay off-campus.*

If you decide to stay off-campus, there are regular buses running from Leamington Spa and Coventry City Centre and Rail Station to the University.  
<https://warwick.ac.uk/about/visiting/directions/localbuses/>

## FUNDRAISING

### **Is there a minimum I need to fundraise?**

By taking a place in the tournament you understand that this is a fundraising event and therefore will do your best to try and raise a minimum of £50 for Look Good Feel Better to help towards funding our services for people living with cancer. Your registration fee and any funds you raise are a direct donation to the charity.

You can fundraise individually or as part of your team to collectively and our Fundraising Team will be on hand to support you every step of the way to hitting your target.

There will be a prize for the team who raises the most.

### **How do I fundraise?**

When you register for the tournament you will be automatically prompted to set up your team fundraising page. You can personalise this page as much as you like by adding a story, images and updates. You can then share the link to your page with all your friends, family and colleagues and ask them to sponsor you/ make a donation.

We will also provide you and your team with a fundraising pack which is filled with lots of handy ideas, tips and materials to help you reach your fundraising target with confidence.

**How will the funds I raise be used by the charity?**

Every £50 which is raised will help to fund a place for someone living with cancer to attend a Look Good Feel Better wellbeing workshop and receive vital advice and support whilst undergoing cancer treatment.

Over the 3 years the tournament has been running, over £125,000 has been raised which has provided direct support to over 2,500 people living with cancer.