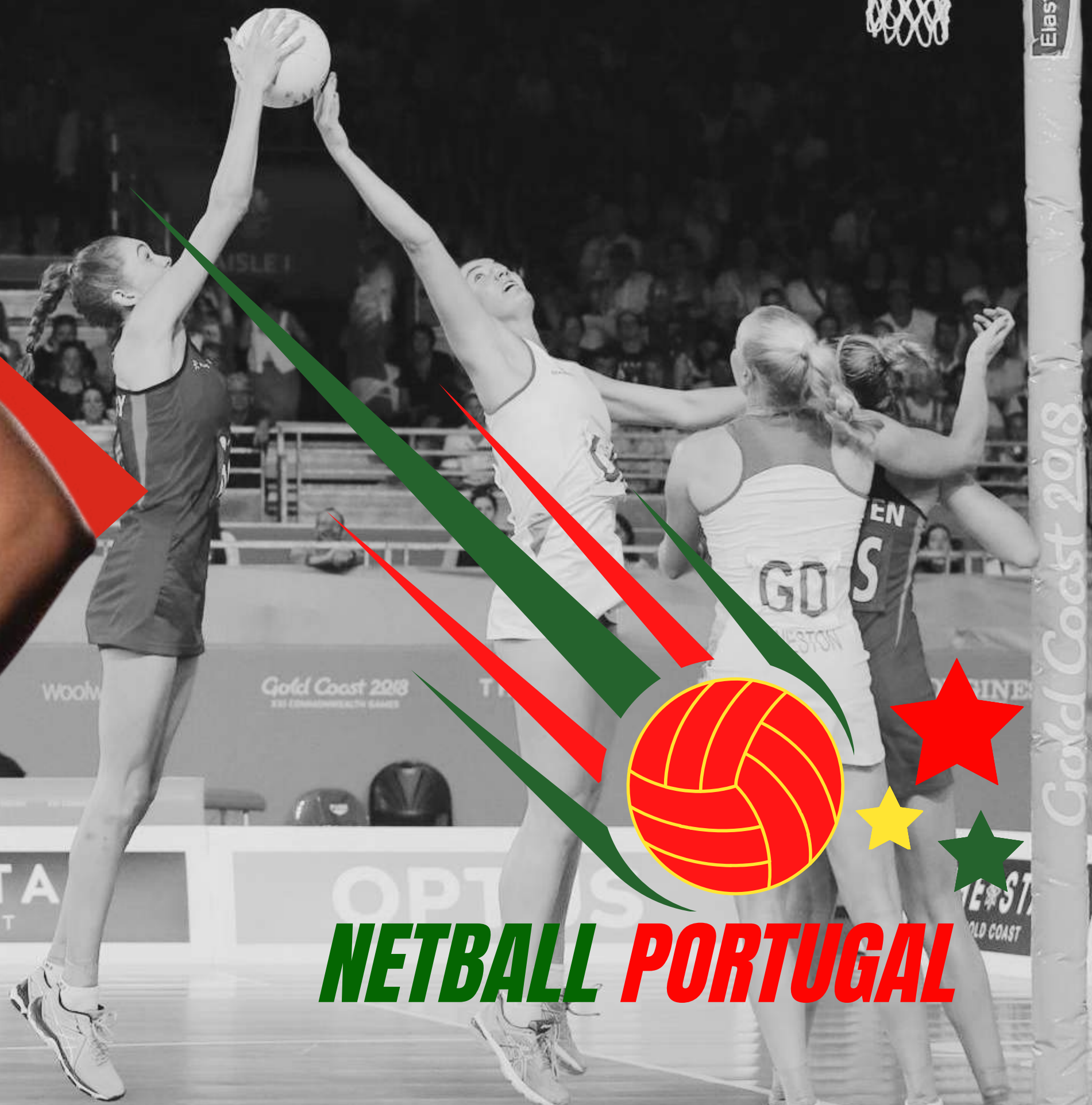


Empowering women and promoting gender equality



**NETBALL PORTUGAL**



# OUR MISSION

**NETBALL PORTUGAL** IS DEDICATED TO GROWING THE SPORT NATIONWIDE BY FOSTERING AN INCLUSIVE COMMUNITY THAT INSPIRES PLAYERS TO EXCEL BOTH ON AND OFF THE COURT, THROUGH GRASSROOTS DEVELOPMENT AND COMPETITIVE OPPORTUNITIES. WE AIM TO EMPOWER ATHLETES AND ESTABLISH NETBALL AS A LEADING SPORT IN PORTUGAL.

[Learn More...](#)



*OUR APPLICATION TO BECOME  
AN OFFICIAL FEDERATION WITH  
THE PORTUGUESE GOVERNMENT  
IS A SIGNIFICANT MILESTONE FOR  
BOTH THE SPORT AND THE  
COUNTRY*



# ALIGNING NETBALL PORTUGAL WITH EU SUSTAINABILITY DIRECTIVES



**Gender Equality & Women's Empowerment Directive** - *Focuses on promoting gender equality, aligns with empowering women in netball*

- Increase female participation through youth leagues, coaching clinics & mentorship programmes.
- Encourage female leadership at all levels of the sport

**Community Development Directive** - *Building inclusive communities, aligns with creating globally connected sports communities through netball*

- Partner with local organisations and schools for social inclusion through netball
- Encourage female leadership at all levels of the sport

**Sports & Physical Activity for all Directive** - *Promotes physical activity for all, aligns with our goal of inclusivity in netball*

- Launch "Netball for All" programmes, family fitness classes and family tournaments
- Develop tailored training programmes for different skill levels and ages

**Sustainability & Climate Action in Sports Directive** - *Encourages environmental sustainability in sports, aligns with our commitment to eco-friendly practices*

- Implement eco-friendly practices (recycling, sustainable transport) at events
- Engage the community in environmental awareness initiatives

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# WHY BECOMING A FEDERATION MATTERS RECOGNITION ON A NATIONAL LEVEL

GRANTS, FORMAL RECOGNITION,  
UNLOCKING GOVERNMENT SUPPORT,  
FUNDING, DEVELOPMENT PROGRAMS,  
WHILE STANDARDISING COACHING AND  
COMPETITIONS

## EXPANDING ACCESS TO SPORT

- *Reach schools, communities, promoting health teamwork and progression from grassroots to elite levels*

## EMPOWERING WOMEN AND PROMOTING GENDER EQUALITY

- *Champions women's participation, aligning with gender equality efforts in sports, encouraging female involvement as players, coaches and leaders*

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## BOOSTING INTERNATIONAL RELATIONSHIPS AND PRESTIGE

PORTUGAL CAN JOIN GLOBAL  
TOURNAMENTS AND HOST INTERNATIONAL  
EVENTS, BOOSTING THE COUNTRY'S  
PRESENCE ON THE WORLD NETBALL  
STAGE, DRAWING TOURISM AND GLOBAL  
EXPOSURE

### CREATING NEW PATHWAYS FOR ATHLETES AND COACHES

- *Formal coaching and athlete programs will allow young players to aspire to national teams, while enhancing the skills and qualifications of coaches and referees*

### COMMUNITY AND SOCIAL IMPACT

- *Outreach programs, making netball accessible to all communities, fostering teamwork, discipline and social cohesion*

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*"I LOVE NETBALL BECAUSE IT IS THE ULTIMATE TEAM GAME. EVERYONE HAS A ROLE TO PLAY TO WIN" - LAUREN NICHOLLS*

# KEY FACTS AND FIGURES



- **Participation** - Over 20 million people play netball across 80+ countries, with strong followings in Australia, New Zealand, the UK, South Africa and Jamaica
- **Major Tournaments** - Netball World Cup (NWC): held every 4 years, the top competition for national teams. Commonwealth Games: netball featured since 1998. Fast 5 Netball Series: A fast-paced, shorter version of the sport held annually.
- **Viewership** - The 2019 Netball World Cup attracted over 100,000 attendees and was viewed by over 20 million people worldwide.
- **Sponsors** - Key sponsors include Vitality (UK), Suncorp (Australia), Nike and Gilbert Netball. Broadcasters like Sky Sports and major brands help boost netball's visibility.
- **Growth**: - the sport is expanding rapidly in Europe, Asia and Africa, with aspirations to become an Olympic sport, further increasing its global impact.

[Learn More](#)

With the dedication of passionate volunteers, Netball Portugal is ready to drive the sport forward. By helping to establish more clubs, improve facilities and support the development of coaches and umpires, we aim to elevate netball and sports in Portugal. Together, we're building stronger communities, fostering talent and creating a lasting impact on the future of sports in the country.

# NETBALL CLUBS IN PORTUGAL

*Currently the following netball clubs have been established, from the Algarve, Lisbon, Porto:*

- 15 Walking Netball clubs*
- 21 Running Netball Clubs*
- 3 Youth Netball Clubs*



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## WHY DEVELOPING NETBALL IN PORTUGAL MATTERS

### PROMOTES PHYSICAL HEALTH AND FITNESS

*Encourages active lifestyles, helping combat issues like childhood obesity and promoting overall physical well-being through regular exercise and teamwork*

[Read More...](#)

### EMPOWERS GIRLS AND PROMOTES GENDER EQUALITY

- *Opportunities to participate in team sports, helping break down gender barriers and promoting confidence, leadership and empowerment*

### DEVELOPS LIFE SKILLS

- *Teaches valuable life skills such as teamwork, discipline, communication and problem-solving. Transferable and crucial for personal development*

### BUILDS SOCIAL CONNECTIONS AND COMMUNITY ENGAGEMENT

- *Creates a sense of belonging and creates social bonds, fostering community spirit and inclusivity through sport*



# WHY DEVELOPING NETBALL IN PORTUGAL MATTERS

## PROMOTES PHYSICAL HEALTH AND FITNESS

*Encourages active lifestyles, helping combat issues like childhood obesity and promoting overall physical well-being through regular exercise and teamwork*

*Continued .....*

## CREATES PATHWAYS FOR SPORTING EXCELLENCE

- *Identify and nurture young talent, providing pathways for future elite athletes to represent Portugal on the international stage*

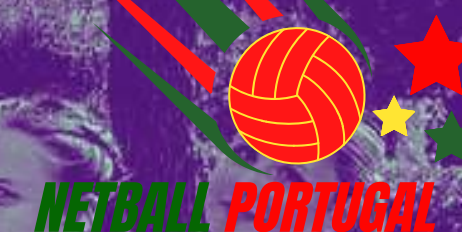
## SUPPORT AND MENTAL HEALTH

- *Improves mental health by reducing stress, boosting self-esteem and fostering a sense of achievement and camaraderie among young people*

## EXPANDS OPPORTUNITIES FOR EDUCATION AND SCHOLARSHIPS

- *Opens doors for youth to access education scholarships or opportunities to travel and compete internationally*

# NATIONAL YOUTH TEAM DEVELOPMENT



*Clubs like Vilamoura Sports Academy and Leoas Netball Sotavento Academy, Vipers Netball Club and Lisbon Leos Academy are helping build a strong grassroots foundation for netball in Portugal*

*One example of Netball Portugal's youth initiatives, 'Vipers Netball Club' already has over 50 registered girls who train twice a week. The club proudly fields 2 Under-10 teams, 4 Under-15 teams and an Elite Team, representing diverse nationalities, with more than 50% of the players being Portuguese.*

*Netball Portugal is aiming to establish the first-ever National Youth Squad for Portugal, with plans to compete in a friendly tournament against France, Spain and Gibraltar, showcasing the next generation of Portuguese Netball talent.*

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# PLANNED TOURNAMENTS FOR 2025



## **MARCH 2025 - ADULT AND YOUTH NETBALL, LISBON**

*In collaboration with Move Sports, we aim to host an international netball tournament. This event is estimated to attract over 3,000 visitors and 300 participants, offering a fantastic opportunity to showcase the growing potential netball in Portugal. Inatural National Youth Friendly.*

## **MAY 2025 - WALKING NETBALL, VILAMOURA**

*We are organising an exciting walking netball tournament in the beautiful coastal town of Vilamoura, with over 25 clubs from Portugal and around the world looking to participate.*

## **JUNE 2025 - FUTURE STARS NETBALL FEST, ALGARVE**

*This planned festival will provide a great opportunity for young players to compete internationally while enjoying the coastal scenery and social events.*

# MEET THE NETBALL PORTUGAL TEAM



**MARGARET COLEMAN**

CEO

Joint founder of Netball Portugal & Leas Netball Club. Coach, umpire, selector & teacher trainer for England Netball & RSA, Director of MMC wellbeing & past director for many successful charities.



**JAN SHEPARD STONE**

CEO

Joint founder of NP & Leas Netball, coach & umpire. Played netball for the armed forces. Company Director of a real estate business. Community Volunteer and Sponsor for local charities and events.



**SHEBA KARAMAT**

PRESIDENT

Founder of Vipers Netball Club, Vilamoura. Mother to 4 beautiful sporty kids! Sold previous recruitment business to London based VC fund. CEO, Advisor and Director for several global finance / payments and crypto businesses.



**DANIEL NORTON**

VICE PRESIDENT

Founder and Head Coach of Vilamoura Sports. Former youth academy and semi-professional football player and county golf player. Formerly a Specialised Leader in Physical Education across East Riding and Hull and assistant head teacher in a Portuguese international school.



**SUSANNE SPIVEY**

FINANCE DIRECTOR

A netball player for over 50 years. Keen player, coach and umpire. Founder of a club in UK and Portugal. Established the Silver Coast Netball Club in 2018 based in Óbidos, Project Manager background in finance.



# MEET THE NETBALL PORTUGAL TEAM



**CAROLINE MIGO**

UMPIRING DIRECTOR

Regional and premier level player. Umpired and coached premier league level. Assisted in setting up NP and Silver Coast Sirens. 30+ years as a Marketing Consultant. Founder & Trustee of Breast Cancer reconstruction charity 'Restore' in the UK.



**GAYLENE SCHMULIAN**

COACHING DIRECTOR

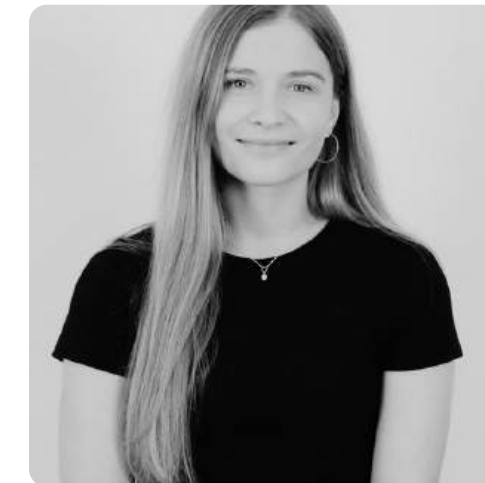
Umpire, coach, selector & player at premier level. 15yrs+ experience coaching, developing youth teams. Excellent track record in helping young girls achieve their goals on court. 20yrs+ Copy Writer / Marketing consultant.



**RUTH ALLEN**

DIRECTOR

Founder, player and coach of many UK teams over 40 years and now Albufeira Netball Clube in Algarve. Advocate for others to play and love the sport including my 3 daughters. Property auctioneering & development.



**CHELSEA GRAY**

DIRECTOR

Coach at Vilamoura Sports Academy. Professional dancer for over twenty years, represented her region in discus throwing and sprinting. Regional and National level hockey player. Currently a primary school teacher in a Portuguese international school.



**HOLLY SAMPSON**

SECRETARY

Player, Coach and Umpire, Over the years coached players of all levels. Whilst living in the Seychelles joined the Seychelles Women and Sports Association committee, playing an active role in organising events to encourage female participation in sports

# FUNDING & FINANCIAL SUPPORT



## **Total for Training Kits: €7,000**

*Kits/Uniforms: €100 per kit for 50 players = €5,000,  
Training Equipment, €2,000*

## **Total for Coaching Development: €7,000**

*Coaching Development Courses: Fees for training sessions & certifications, €4,000. Workshops, clinics sessions expert coaches, €3,000*

## **Total for Miscellaneous Expenses: €16,000**

*National Marketing and Promotion: Creating awareness and attracting players = €12,000,  
Insurance: Necessary coverage for players and events = €2,000, Administrative Costs: Setting up the federation, including registration and legal fees = €2,000*

## **Total for Tournaments: €18,000:**

*Entry fees for competitions, estimated €600 for tournaments for 5 events = €3,000,  
Logistics (venue hire, officials): Costs for organising events = €14,000.  
Awards and Prizes: Medals and trophies for participants = €1,000*

## **Total for Transport Costs: €8,000**

*Transport for Teams/Coaches: Buses for local travel to tournaments (estimate €600 per trip for 10 trips) = €8,000*

# TOTAL ESTIMATED FUNDING REQUIREMENT:

# €56,000

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# CONCLUSION

*Establishing a Netball Federation in Portugal is a vital step toward fostering growth, inclusivity and excellence in the sport across all ages. By investing in our athletes, coaches, umpires and clubs, we can create a vibrant netball culture that not only celebrates competition but also promotes teamwork, discipline and camaraderie for players of every age group.*

*We are seeking your support to help make this vision a reality. Your financial contribution will directly impact the future of netball in Portugal, enabling us to provide essential resources such as training kits, coaching development and opportunities for clubs of all ages to compete at local and international levels.*

*Together, we can build a strong foundation for netball, empowering athletes and inspiring them to reach new heights. We invite you to join us on this exciting journey to establish a thriving netball community throughout Portugal.*

*Thank you for your time and consideration. We look forward to your support and partnership in this transformative initiative!*

Contact: [info@netballportugal.com](mailto:info@netballportugal.com)







**"NETBALL TEACHES YOU RESILIENCE, TEAMWORK,  
AND THE POWER OF PERSISTENCE—IT'S MORE THAN  
JUST A GAME, IT'S ABOUT WHO YOU BECOME ON  
AND OFF THE COURT."**

— CATHERINE COX, AUSTRALIAN NETBALL LEGEND

**"WE DON'T WANT TO TELL OUR DREAMS. WE WANT  
TO SHOW THEM."**

— CRISTIANO RONALDO