



**PRESS RELEASE**  
**30 November 2013**

## **NATIONS CUP CAPTAINS TAKE TO THE SKIES AT iFLY**

### *Time out from training to take netball to new heights*

**Singapore...** Four of the Nations Cup captains took time out from their final preparations today to take to the skies at iFly Singapore for a special pre-event experience, lifting their sport to new heights!

The 8<sup>th</sup> edition of the Nations Cup begins tomorrow (1<sup>st</sup> December) and runs through until Saturday 7<sup>th</sup> in what is set to be the toughest contest yet as the competition includes a nation from each continent for the very first time.

Annette Payne (USA Captain), Mareesha Fernando (Sri Lanka Captain), Niamh Murphy (Republic of Ireland) and Nurul Baizura (Singapore Co-Vice Captain) were led through their training and flight time in the wind tunnel by certified iFly instructor Andy Noor Anbika.

'Anyone can fly' is tagline for iFly and that proved to be the case as only Murphy has experienced sky diving before.

"That was exciting, at first I was nervous but as I relaxed and let go, it was really fun", said Payne.

Murphy gushed, "That was brilliant! The instructor was brilliant; I was spinning around and really felt like I was flying again."

Singapore Co-Vice Captain Baizura is eager to do it again, "That was a fantastic experience, I will definitely come back for more with family and friends."

Fernando added, "I was really nervous but that was great!"

Turning their attention to the netball court and the challenge they all face this coming week, Payne, playing for the highest ranked team in the competition added, "There is certainly a lot of work to do next week – both individually and as a team – but we are ready."

Murphy, who is playing in her second Nations Cup commented, “The teams have all been working really hard for this tournament and this is a great chance for us to prove how much we have improved over the last year.”

Baizura has the home support to steer them through what will be a tough week with such a variety of games given the varying style of play of the opposition. She said, “We are really looking forward to it. The team has been building up really well; we are in tune and prepped. We are ready to go.”

It is the third appearance for Fernando and Sri Lanka’s fifth in this competition so she knows what to expect adding, “I have a good team, we are really committed and I think we will do well this week.”

[Note: Uganda arrive later today and PNG were training and did not attend]

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For fixtures and tickets, please go to [www.netball.org.sg](http://www.netball.org.sg)

**Current World Rankings** (as of 4<sup>th</sup> Nov 2013)

Papua New Guinea – 18<sup>th</sup>

Republic of Ireland – 28<sup>th</sup>

Singapore – 21<sup>st</sup>

Sri Lanka – 23<sup>rd</sup>

Uganda – (No world ranking currently due to lack of international exposure)

United States of America – 19<sup>th</sup>

**About Netball Singapore:**

Netball Singapore is the national body for netball in Singapore. This well-established organisation has progressed dramatically since it commenced in 1962. It has become a professionally run National Sport Association which generates a proportion of its expenditure through sponsorship and other streams of revenue-generation. The association supports 68 multi-team club members and over 330 schools have netball in their curriculum.

Netball Singapore's mission is to encourage, promote and develop netball in Singapore. Singapore successfully hosted the World Netball Championships in July 2011 and

has been awarded the rights to host the Asian Netball Championships in 2014. The National Team are currently ranked 21<sup>st</sup> in the World following their success at the 2012 Asian Championships where they were crowned champions for the second time in their history.

For more information on Netball Singapore, log onto: [www.netball.org.sg](http://www.netball.org.sg)

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Photos available