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*NEWSLETTER*  
*No. 5*  
*28 JUNE, 1997*

**Wantirna South Netball Club Inc.**



# NEWSLETTER

It's that time again!

The season continues to roll on although more in a 'stop start' fashion than perhaps the players would like. However, I suspect that mums and dads don't mind too much having a sleep in on these coolish Saturday mornings.

After we get past the break in the middle of the July school holidays, it will be a continuous, down hill road to the finals and with almost all of Wantirna South's teams in contention for a finals' spot, August will be an exciting time around the club.

Continuing on with our talk on our teams, in this edition we will focus on the 13 and Under Section 4 side coached by ALICIA WILDE.

This is the Club's newest team with only one player previously having played competitively for us in the main - Winter - season. LAUREN WHITMORE, who played in the 11 and Under last Winter season has been joined by:

BELINDA ANDERIESSSEN	-	transferred from Studfield
ELYSSE EGAN	-	played Spring, 1996
VANESSA GREIG	-	transferred from Waverley - Jells Park
JAZMIN INGWERSEN	-	new player
NICOLE RADITSIS	-	new player
TAEGAN ROSS	-	transferred from Templeton
HAYLEY WADDELL	-	new player
ERIN WALSCHOTS	-	new player

This group of 9 players and their coach have meshed together to form a solid combination who at time of writing this article were sitting in second position - equal top but 2nd on percentage - on the ladder.

Great effort girls - keep up the good work. We hope to see it rewarded with a finals' appearance or two in August. But remember, head out of the clouds first - forget about everything else except winning all your remaining games.

While on the issue of teams that bring me to

## THE SPRING SEASON !

The Club is looking for expressions of interest from teams to participate in the Spring Season at the MDNA complex in Ferntree Gully.

For information, play is on SATURDAY AFTERNOONS and the season runs from 13 SEPTEMBER, 1997 UNTIL 13 DECEMBER, 1997 (GRAND FINAL). If you are interested in playing under the WSNC banner, **please let your coach know as soon as possible as registrations must be made in early August, 1997.**



# NEWSLETTER

We will not be registering teams unless a minimum of 7 players are interested.

**TEAMS WILL ALSO BE REQUIRED TO PROVIDE THEIR OWN UMPIRE WHO MUST BE NOMINATED AS PART OF THE TEAM REGISTRATION. COACHES WILL BE RESPONSIBLE FOR IDENTIFYING AND ARRANGING THE UMPIRE FOR THEIR TEAM.**

Fees for the Spring Season will be collected separately. As an indication, it will cost approx. \$170 per team - registration and umpires - which will be distributed evenly between the registered players in the team. New players will also have to pay the VNA membership (\$13 for juniors, \$26 for seniors) as well as buy a Club Uniform.

If you would like further information please speak to a committee member.

## FUNDRAISING

Due to a misprint between the club newsletter and the Lamington Drive order form, it has been decided to extend the 'Return by Date' to 28 June, 1997 (TODAY). Would you please return all order forms and money no later than this date. Order Forms and Money can be handed to your coach or if you don't have it with you, I would appreciate it if you could then make arrangements to get them to the Editor over the week end 28/29 June, 1997 so that the order can be placed the following Monday. Editor can be contacted on 9801-5104 or at 16 Nottingham Square, Wantirna.

Thank you for your assistance on this and please remember that this is our only fundraiser for the year. Hence their support of this is very important.

## VNA MEMBERSHIP CARDS

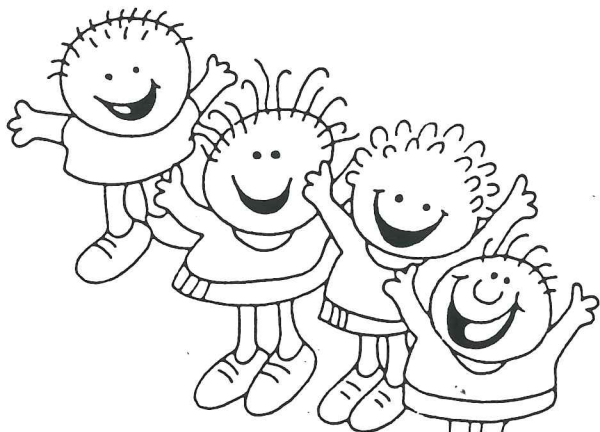
All players should now have received (or will at today's game) their VNA membership cards.

Just another gentle reminder, CLUB FEES are now due and payable before 30th June, 1997.

Seniors	\$71.00 including \$26.00 VNA Levy;
Juniors	\$58.00 including \$13.00 VNA Levy.

Fees should be given to Team Coaches as soon as possible. Non payment may result in ineligibility to play in subsequent games.

Thank you.



# NEWSLETTER

**\*\*IMPORTANT DATE TO REMEMBER\*\***

Please mark down **Saturday 30 August, 1997** in your diary. This is the night of the Club's PRESENTATION NIGHT. More details next newsletter. Stay tuned.



## Team Reports

### 11's and Under - Section 3

After missing out on training due to the wet weather, and a shocking defeat the next day, we've come to the conclusion that we'll never miss training again - RAIN, HAIL OR SHINE !

Despite this, the girls are still doing very well as individuals proving they are worth their spot in our great team, and as a team, proving they are definite finals contenders.

Well done girls, keep up the great work.

RACHEL THURGOOD - COACH

### 11's and Under - Section 5

All season, the U11/5's have played really well against a hard opposition. Last week, we faced our toughest opponents yet, but still managed to win by 1 goal.

Congratulations to SAM, HAYLEY, AMANDA, KYLIE, ASHLEY, KATE, MELINDA AND ERIN for handling the tough, slippery conditions of the indoor courts. We all got some laughs watching you challenge the slippery surface. Well done !

Also a special note of thanks to KERRY MCCREDDEN for taking the girls training session while we were on work experience.

KRISTEN RUSSELL & JODY MCCREDDEN - COACHES



# NEWSLETTER

## 15's and Under - Section 3

After 11 rounds we still remain undefeated and on top of the ladder and it is for these reasons that our opposition are even more determined to defeat us.

Thus, it is **up to us** as a **TEAM** to be just as determined they don't, and we'll do it "IN THE SPIRIT OF THE GAME".

Results for rounds 10 & 11

Round 10	31/5/97	W.S. 38	defeated	Fairpark 29
Round 11	14/6/97	W.S. 37	defeated	Boronia Uniting 27



This latter game was a very intensive one which required not only physical ability but "MENTAL TOUGHNESS" by **ALL** players to get them through it unscathed. And to their credit, everyone passed the test with flying colours.

Well done **AMY, AMY, AMY** (that's not a stutter), **LAUREN, LEANNE, LIESEL, EMMA, KELLY AND KATHERINE** (hee! hee!).

Talking of Katherine, better known as Katie, her 100% attendance record is still intact. In fact, she even turned up to play in a game she wasn't meant to !!



MARLENE COLORETTI - COACH

## 15's and Under - Section 4

Our team work is coming along nicely even though we haven't won a match. The whole team is working well together and starting to depend on each other, and it's showing in your match play girls.

We're getting some help in our training - **JENNY CURRAN** is attending training with us for a while to help develop our skills. Thanks for all your input, Jen.

Keep it up girls - it may not show in the match results, but it's certainly showing in your game play.

MAREE THURGOOD - COACH





# NEWSLETTER

Here we go again.

We have reached the half way mark of the winter season and the Wantirna South Netball Club **MACHINE** continues to roll on. As you can see from the coach's reports and team ladders included, overall the Club is travelling extremely well.

It is particularly pleasing to see the development of the girls in the **9 and Under Age Group** this year. Under the fine coaching of **Robyn Burgess** (with help from **Sue Wilkinson**) the improvement of these girls has to be seen to be believed. These players are a big part of the future of **our Club** and for those who might be at a loose end at 9.00am on Saturday mornings, why not pop down to the Ferntree Gully Centre and have a look at the **Mighty Midgets**? At a loose end? Does this time exist on a Saturday, you ask? Sun glasses compulsory regardless of the weather conditions!

Keep up the good work girls. Remember you have the Lightning Premiership to look forward to at the end of the season.

In the last edition of the newsletter, we mentioned that winning was not the only thing in sport. Continuing on that theme, an important part of netball is **TEAMWORK**.

*"TEAMWORK is the ability to work together towards a common vision. It is the fuel that allows ordinary people to attain extraordinary results. A great team is more than the sum of each individual's talent. The value of team spirit is immeasurable!"*

## **SOME MORE TIPS FOR PLAYERS:**

- Regular exercise is good for the mind and body;
- Playing sport promotes a sense of psychological well-being through increased fitness and improved body image;
- Playing sport increases positive moods and vigor while at the same time assisting the management of stress levels;
- Playing sport should be a part of any student's study plan.

## **AND FOR THE COACH:**

Coaches should offer encouragement at the right time. Through experience, coaches must develop the ability to know when to encourage and when not. At a time when your athlete is not progressing, it is advisable that coaches offer various forms of praise. Praise should be presented consistently and with sincerity.

**\*\*CONGRATULATIONS CONGRATULATIONS CONGRATULATIONS\*\***

To **ERIN SIMPSON** (17 and Under) on being selected to represent Australia in the Junior Pacific Figure Skating Titles in New Zealand. Erin competed against skaters from USA, New Zealand, Japan, China and Australia and finished 10th overall. Wow!

# NEWSLETTER

## **\*\*IMPORTANT NOTICE\*\***

Just another gentle reminder, Club Fees are now due and payable before 30th June, 1997.

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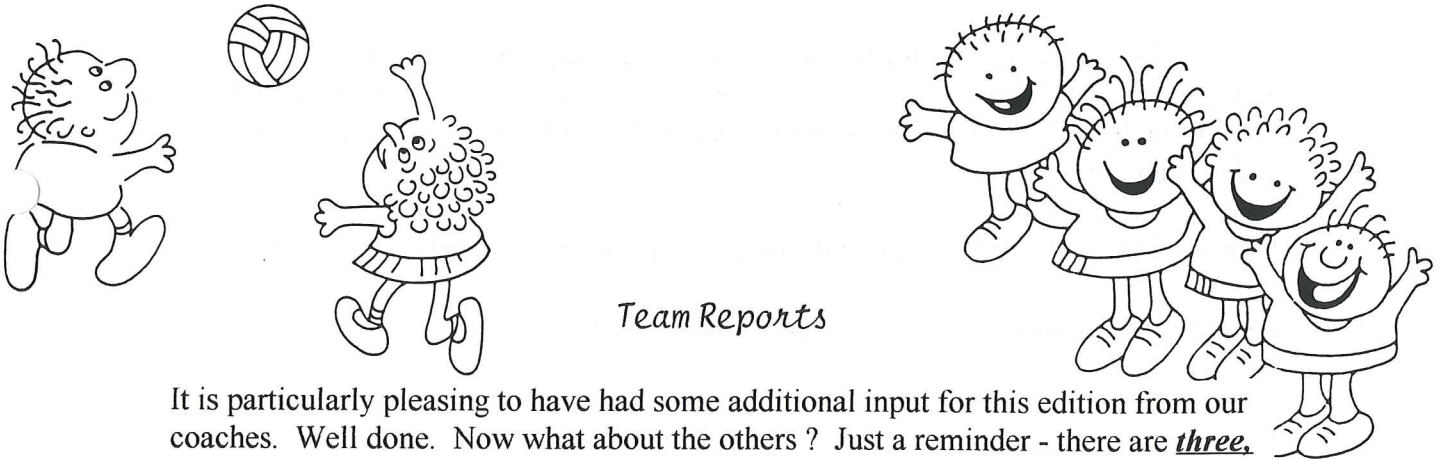
## **\*\*REMINDER\*\***

Please remember our fundraising activity - the sale of Lamingtons and Jam Fairy Cakes - mentioned in the last Newsletter.

The order form previously provided must be returned **WITH MONEY** by 14 June, 1997 to your Team Coach.

Cakes will be available at games on 28 June, 1997.

**THANKYOU THANKYOU THANKYOU THANKYOU THANKYOU THANKYOU THANKYOU THANKYOU**



### *Team Reports*

It is particularly pleasing to have had some additional input for this edition from our coaches. Well done. Now what about the others? Just a reminder - there are three, yes 3, more newsletters planned for this year and your input by:

25 June, 1997,  
23 July, 1997,  
and 6 August, 1997 will be expected and appreciated.



# NEWSLETTER

## 11 and Under - Section 3

### **Rachel Thurgood**

The girls are currently sitting on 4 wins and a loss and playing brilliantly as a team. Once we get a few tactics under our belt there'll be no turning back.

Well done to **Tullie, Danielle** and **Ella** who have fitted in to a new team so well, and to **Brea, Jenny, Kate, Melinda** and **Rachel** who all make up this team of stars !!!

Congratulations on a great start girls - I know we've got the skills, let's show everyone what we can do with them.

## 15 and Under - Section 3

### **Marlene Coloretti**

Well we've made it to the half way mark of the season without being defeated. Updated results are:

Round 8	17/5/97	Wantirna South 54 def. Sass Ferny Creek 18
Round 9	24/5/97	Wantirna South 61 def. St. Thomas More 18

The team has had a wonderful first half to the season. There is nothing more rewarding from a coach's point of view than to see players **developing skills, achieving new goals** and **enjoying the success** that comes with it.

On a lighter note, I would like to take this opportunity of welcoming our new (unofficial) assistant coach cum hairdresser to the team - **Megan Rawson**.

Not only has she been there for the girls with the odd word of advice and encouragement the last couple of weeks, but more importantly (?) by three quarter time when the girls' hair has been "*all messed up*" she's been quick to find a comb and do running repairs !!

I mean, please, how can one go on the court and play netball if one's hair is not right?

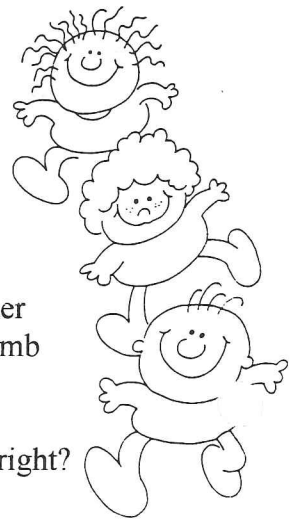
## 15 and Under - Section 4

### **Maree Thurgood**

At present, we've been trying to concentrate on our basic skills to improve our game.

We've had some really hard matches and its great to see the girls trying so hard - if we keep on girls, our game will improve and once we get some confidence in our match - play there'll be no stopping us !!

Well done 15/4's - **Hayley, Julie, Kylie, Lisa, Louise, Melissa, Robyn** and **Tegan**.



# THE LADDERS - WINTER 1997

As at Round 8 -17/5/97

## 11's and Under Section 5

### 11's and Under Section 3

Team	Points	Pct
The Basin	20	240.02
Rowville (7)	16	245.78
<b>Wantirna South</b>	<b>16</b>	<b>190.77</b>
St Thomas More	16	262.92
Studfield	12	58.48
Rowville (8)	8	43.55
Ferntree Gully	6	32.75
United Cockatoo	4	32.53
Wantirna Heights	2	59.02

Team	Points	Pct
Selby	20	192.31
<b>Wantirna South</b>	<b>16</b>	<b>327.32</b>
Rowville (6)	16	128.21
South Upwey	16	83.19
Bayswater	16	56.28
The Basin	8	69.64
Rowville (9)	6	16.34
Sassas-Ferny Creek	0	15.98
Upwey	-2	19.66

### 13 and Under Section 2

Team	Points	Pct
Rowville (18)	20	97.62
Ferntree Gully	16	139.68
St Johns (10)	12	145.26
<b>Wantirna South</b>	<b>12</b>	<b>91.46</b>
Boronia Uniting	12	82.05
United Cockatoo	8	125.19
The Basin	8	88.86
Rowville	4	42.76
St Johns (9)	0	69.24

### 13 and Under Section 4

Team	Points	Pct
<b>Wantirna South</b>	<b>20</b>	<b>227.18</b>
St Lukes	18	199.76
Rowville (17)	16	176.58
Ferntree Gully	14	149.13
Rowville (14)	12	77.17
United Cockatoo	6	60.4
Fairpark	6	56.07
Bayswater	4	41.8
Boronia Uniting	4	26.82

### 15 and Under Section 3

Team	Points	Pct
<b>Wantirna South</b>	<b>20</b>	<b>178.69</b>
Fairpark	18	109.55
South Upwey	16	123.11
Boronia	14	163.61
Bayswater	8	107.25
Boronia Uniting	8	94.78
St Thomas More	8	57.39
Wantirna Heights	4	77.7
Sassas-Ferny Creek	0	41.63

### 15 and Under Section 4

Team	Points	Pct
South Upwey	20	266.47
Mountain Gate	16	285.25
Rowville	16	166.78
Rustlers	16	79.97
Belcoma	12	71.14
Ferntree Gully	8	98.66
St Johns	4	39.58
Upwey	4	35.11
<b>Wantirna South</b>	<b>0</b>	<b>29.87</b>

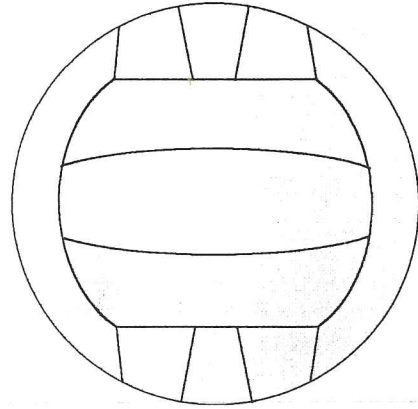


# THE LADDERS - WINTER 1997

As at Round 8 - 17/5/97

## 17 and Under Section 1

Team	Points	Pct
Wantirna Heights	16	248.46
Belcoma	16	178.17
Boronia Uniting	16	125.47
Emerald	12	120.53
Rustlers	8	217.72
<b>Wantirna South</b>	<b>0</b>	<b>107.77</b>

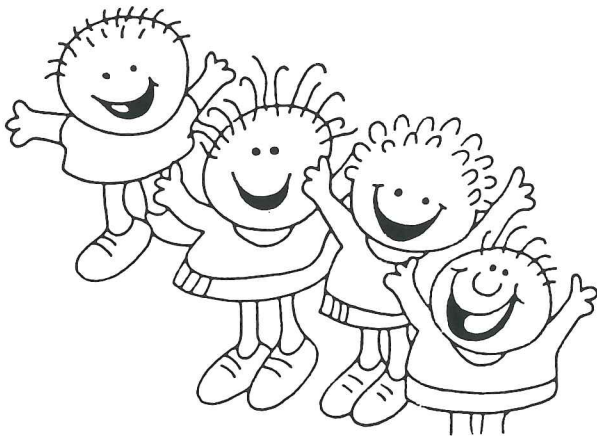


## A Grade

Team	Points	Pct
Boronia Uniting	16	127.84
<b>Wantirna South</b>	<b>16</b>	<b>122.77</b>
South Croydon	12	111.84
St Johns	12	108.03
Mountain Gate	12	92.57
Studfield	12	88.33
Wantirna Heights	8	104.84
Boronia	4	80.12
Ferntree Gully	4	75.97

## B Grade Section 3

Team	Points	Pct
Ferntree Gully	16	115.19
Sassas-Ferny Creek	16	102.38
United Cockatoo	16	97.37
Rowville (25)	12	136.97
Rustlers	8	123.32
St Lukes	8	94.03
<b>Wantirna South</b>	<b>8</b>	<b>86.59</b>
Rowville (24)	0	54.92



STOP PRESS STOP PRESS STOP PRESS

## 11 And Under - Section 5

Jody McCredden & Kristen Russell

After coming last on the ladder in 1996, this season the girls have made a big improvement. They are now second with the best percentage (327%) in the section. Well done girls. You have come a long way; Let's hope we can make it to the Grand Final.