



# Hamlet

Issue 1 – April 2011

**Hamersley Netball Club Inc**  
<http://www.hamersley.netball.com.au/>

## Welcome to 2011

A warm welcome to all new Hamersley Club members and welcome back to all who have returned for what looks like being another successful season for Hamersley Netball Club.

With Open physical grading due to start on Saturday 7<sup>th</sup> May and the winter season commencing on the 14<sup>th</sup>, I'm sure you're all very excited and ready to get out and play on our fresh new courts! No doubt all of the hard work that has been done in the pre season will pay off and all teams will work hard to do themselves and the Club proud.

Thank you to the Committee for all the hard work done so far behind the scenes that has allowed us to have a whopping 17 teams competing this season! The countless hours that you have already volunteered to the Club is greatly appreciated.

A big thank you to Kerry Douglas for all of her hard work on designing and coordinating the new Hamersley Netball Club uniforms and accessories – this has been a huge success for the club and everyone has been very happy with the new logo.

## Next Month's Issue

Look out for the following in the May Hamlet:

MAC Team  
Announcements

Player Profiles

Club rosters

Congratulations

Special Achievements

...and look forward to 'Nutrition for Athletes' seminar at training hosted by Natalie Del Borello!

Team photos will also take place during May/June - Dates and times TBA

## 2011 Hamersley Netball Club Committee

**President** – Audrey Cairney

**Vice President** – Wayne Molloy

**Secretary** – Vickie Carstairs

**Treasurer** – Lauren Lawson

**Director of Coaching & Development** – Lyn Pemberton

**Umpiring** – Michelle Della-Vedova & Shyrelle Della-Vedova

**Uniform Coordinator** – Kerry Douglas

**Social** – Sue McKendry & Brenda Watson

**Fundraising** – Keryn Williamson

**Equipment** – Tom Berry & Brendon Palmer

**Publicity** – Hayley Butler

**Yearbook** – Janine Friday

**Awards** – Kylie Hall

## 2011 Calendar of Events

### MAY

Sat 7 May – Open Physical Grading 1pm – 5pm

Sat 14 May – WDNA Winter Season Commences

### JUNE

Sat 4 June – General Bye All Teams  
(Member Assoc Championships)

### JULY

Sat 16 July – General Bye All Teams  
(Academy Cup)

### AUGUST

Fri 19 Aug – Specialist Session

Fri 26 Aug – Specialist Session

### SEPTEMBER

Fri 2 Sep – Specialist Session

Sat 3 Sept – Last regular game of Winter Season

Sat 10 Sept – Semi Finals  
(13&U, Juniors & Open)

Sat 17 Sept – Preliminary Finals  
(13&U, Juniors & Open)

Sat 24 Sept – Grand Finals  
(13&U, Juniors & Open)

### OCTOBER

Sat 15 Oct – Hamersley Annual Dinner  
& Presentation Evening 6pm – 9pm



## Cadbury Chocolate Fundraiser

Has your Easter Egg stash run out? Are you craving chocolate? We have just the fix for you. Our fundraising chocolates are due to arrive soon so for those players that nominated to sell chocolates, watch out for further notification of when your box of goodies will arrive.

We are also seeking any players who would like to volunteer to fundraise any *extra* chocolates to help out the club to contact our Fundraising Officer Keryn Williamson ASAP at: [k\\_devenish@yahoo.com.au](mailto:k_devenish@yahoo.com.au)

# Congratulations

## NETBALL WA STATE TEAM SELECTORS - 3 reps

1. Netball WA Appointed State School Girls - Jo Smith, Lyn Pemberton
2. State 17 & Under - Jo Smith
3. State 21 & Under - Lyn Pemberton

## NETBALL WA STATE TEAM REPRESENTATION - 3 reps - players from our 17U Team 7

1. 17 & Under – Coach Jo Smith,
2. 17 & Under – Player Capt Tayla Grigg
3. 19 & Under – Player Reserve Amy Fuller

## STATE SCHOOL GIRLS - Team selected 9<sup>th</sup> April

1. Moeriana Bullen – Junior 1
2. Brittany Follett – Junior 1
3. Amy Remi – Junior 1
4. Gina Zupanovich – 1<sup>st</sup> Centre Court Reserve – Junior 1

**A great effort from Emma Johnson, Karley Gage, Chloe Della Vedova and Vanessa Tucek who made it through to the 30 squad for State School Girl selection.**

## WCNR Falconettes Phase 1 Squad and Phase 2 Teams: 13 reps

1. Aleasha Bennett
2. Analise Heeley
3. Faith Mataseni
4. Gabrielle Vogels
5. Isabella Todman
6. Lauren Anderson
7. Meg Dean
8. Michelle Vogels
9. Molly Fullgrabe
10. Stephannie Fourie
11. Talah Johnson
12. Zeidri Van der Walt
13. Rianna Pocsidio

## WDNA TACT PROGRAM - SQUAD - 33 reps

### 12/u

1. Lucy Howard
2. Keah Waters

### 13/u

1. Lauren Anderson
2. Alicia Bennett
3. Dahna Cowie
4. Molly Fullgrabe
5. Rowan Ireland
6. Faith Mataseni
7. Mikaela Pryce
8. Isabella Todman

### 14/u

1. Ellie Crichton
2. Emily Haywood
3. Kelsie Hobbs
4. Emma Johnson
5. Alana Knight
6. Anastasia McKendry
7. Bailey McNair-Hogben
8. Keleigh Moore
9. Caitlin Murray
10. Charlotte Naven
11. Libby Ormsby-Smith
12. Lucy Sheehan

### 15/u

1. Georgia Buck
2. Hannah Johnson
3. Amy Remi
4. Madison Statham
5. Claudia Todman
6. Gina Zupanovich

### 17/u

1. Abby Fowler
2. Jane Jeffrey
3. Lauren Kavanagh
4. Alyssa Lovell
5. Sarah Palmer

## WDNA TACT COACHES - 3 reps

1. Jane Ridley - Lead Coach
2. Cheyenne Mataseni - Apprentice
3. Colin Smith - Apprentice



## **NETBALL WA - SMARTER THAN SMOKING**

### **STATE NETBALL LEAGUE - 24 reps**

#### **18 / u West Coast Falcons**

1. Jessica Remi
2. Bree Wilkins
3. Emily Neville
4. Brogan Barnett
5. Sophie Ridley
6. Bethan Windeatt
7. Sarah Palmer
8. Alexandra Fleming
9. Josie McKnight
10. Amy Remi
11. Gina Zupanovich
12. Lauren Naven
13. Coach - Joanne Smith

#### **Open Squad West Coast Falcons**

1. Lindal Rhode
2. Sarah Campbell
3. Tayla Grigg
4. Georgina Journet
5. Bree Barber
6. Amy Fuller
7. Alexis Stevens
8. Andrea Gilmore
9. Reserves Coach Petrina Pehi

#### **18 & u - Perth Lions**

1. Bess Chetkovich

#### **Open Squad Wheatbelt Flames**

1. Natalie Moeahu-Pehi

#### **18 & u - Wheatbelt Flames**

1. Abby Fowler

On behalf of the Hamersley Netball Club we would like to congratulate all the above players and members on your selection and achievements for the 2011 season. We wish you all the best in your netball.

### **Social Netball Premiers**

Congratulations to some of our senior players who had a bit of fun over the off season by joining Craigie Leisure Centre's Tuesday Women's Open Competition in B Grade.

On Tuesday 19th April players Aisling Fontanini, Emily Kelleher, Hannah Juliff, Hayley Butler, Jasmine O'Brien, Rebecca Olsen and previous club player Lauren Home won their Grand Final as team 'Hammers'! The girls showed great team spirit and were ambassadors for Hamersley Netball Club throughout the break. We're sure after playing in the off season the



girls will be in top form to do the club proud together when the Winter Season commences.

Congratulations also to Janine Friday, Kellie Steer, Keryn Williamson, Lauren Lawson, Linda Firth, Rachel Mizen, Stacie Butcher and Wendy Atkinson's team 'Recons' who made it through to the semi-final in Craigie Leisure Centre's Tuesday Women's Open Competition in A Grade. Thanks goes to any of the girls from Open Teams 1 – 4 who helped fill in for both these teams throughout the season.

## Special Achievements

### Not Just Netball

Abbey Evans from our 12 & Under Team 16 was extremely successful at the recent State Surf Life Saving Championships.

After competing against 27 other clubs from all over the State Abbey is now State Champion for her age group after winning 4 gold medals in the following events:

Iron Woman

Individual Surf Swim

Surf Swim Team

Cameron Relay

She also received a bronze medal in the board relay.

Congratulations and well done Abbey!

Rebecca Olsen from our Open Team 1 was invited to speak at the recent Worldly Women Seminar held in Perth on International Women's Day. Bec is in the process of completing her double degree at in Business (Human Resource Management) and Psychology at ECU this year and she is currently balancing her studies with the development of her own small business, a venture called *The Becoz Project*.



This will be Bec's 11<sup>th</sup> year representing Hamersley Netball Club and we're very proud of her business achievements outside of netball. To see the full article by ECU go to:

<http://www.ecu.edu.au/news/latest-news/2011/04/ecu-student-reaching-her-potential>

Wendy Atkinson (nee Turner) from our Open Team 1 competed at the recent National Surf Life Saving Championships at Kurrawa on the Gold Coast earlier this month. She competed against 100 girls from around Australia in the '90m beach sprint'. She made it through the heats and quarter finals to the semi finals where she placed 6<sup>th</sup> (after an unfortunate stumble at the start). Overall Wendy finished just outside the top 10 in Australia - a fantastic effort. Wendy also competed at the State Surf Life Saving Championships where she placed 4th in a blanket finish for the same event. Well done Wendy!





## **Tribute to Monica Holton**

*It is with great sadness that I received the news of Monica's passing on Friday 15<sup>th</sup> April 2011. Monica had been suffering severe health issues over the past 2 ½ years and she finally lost her courageous battle.*

*Moni was a very proud and valued member/volunteer for Hamersley Netball Club over 17 years, Mon is our 5<sup>th</sup> Life Member of Hamersley Netball Club and she volunteered her time willingly to the club holding the positions of Team Coach, Secretary, Vice President, President and Registrar.*

*Monica is also a Life Member of Wanneroo Districts Netball Association and she was a recipient of the WDNA Spirit of Netball Award. Again Moni was a long time serving Committee Member, Vice President and President for WDNA. Moni also often volunteered her time as an Association Team Coach for the Netball WA Member Championships.*



*Everyone in netball salutes you Monica for the work, dedication and commitment you have shown to netball in Western Australia.*

*On behalf of Hamersley Netball Club Committee and Members current and past we send our most sincere and heartfelt love and support to Gary, Kelly, Donna and families.*

*Gary, Kelly and Donna we thank you for sharing your darling wife and mum with us all over the 17 years and we know the Holton name will live on forever in the hearts of Hamersley and Wanneroo; her memory will remain strong with you girls following in your mums footsteps.*

*Friends forever rest in peace Angel.*

*Hamersley Netball Club Committee and Members  
Lyn Pemberton*

# Upcoming Coaching, Umpiring and Sports Medicine Courses, Player Trial & Registration Information

## Foundation coaching accreditation course

### Metro Courses

Date: Venue:  
Sunday 22 May Craigie Leisure Centre, Craigie  
YMCA, Warnbro  
Sunday 19 June Ray Owen Sports Centre, Lesmurdie  
Challenge Stadium, Mt Claremont



## Development coaching accreditation course

### Metro Courses

Date: Venue:  
Sunday 29 May Craigie Leisure Centre, Craigie  
Sunday 3 July The Rec, Leeming

## Advanced Course (3 Day course)- Metro Area Only

All sessions held at Ray Owen Sports Centre, Lesmurdie  
Sunday 28 August  
Sunday 11 September  
Sunday 25 September

## Elite Course

Held at Ray Owen Sports Centre, Lesmurdie  
Sunday 18 September

For further information or registration forms including pre-requisites for courses, visit the Netball WA website [www.netballwa.com.au](http://www.netballwa.com.au) or contact Jo Smith Smarter than Smoking Coach/Player Development Officer on [jo.smith@netballwa.com.au](mailto:jo.smith@netballwa.com.au) or phone 9380 3700.

## COACHES IN THE FIELD – RUN BY LYN PEMBERTON

Monday 30 May	Footwork Skills
Monday 13 June	Ball Handling Skills
Monday 20 June	General Attacking Skills
Monday 27 June	General Defending Skills
Monday 4 Sept	Attacking in Goal Circle
Monday 11 Sept	Defending in Goal Circle

Venue: WDNA clubrooms

Time: All sessions 6:00pm to 9:00pm

Cost : 1 program \$20.00 All 6 programs \$100.00

Applications close 3:00pm May 20

Forms available on the WDNA website: <http://www.wdna.net.au/>





## Rules in Action - Parts 1 and 2

This course is scheduled to coincide with the Smarter than Smoking Member Association Championships in June. Open to all affiliated umpires, coaches and interested players.

Date: Friday 3 June  
Venue: Department of Sport and Recreation  
246 Vincent Street, Leederville

Time: 6:30pm – 8:30pm

Cost: \$15

Please Bring: Rule Book, Note paper and Pen,  
Athletic Clothes and Shoes

Affiliation and registration Required



Note: This accreditation is required for testing of an A Badge Level.

<http://www.netballwa.com.au/calitem.asp?id=23322&orgID=25>

## WEST COAST NETBALL REGION

Coaching Upskills – 1<sup>st</sup> Session 5<sup>th</sup> May at Kingsway Indoor Stadium 5.30pm.  
To register call Region Office 9409 9705

Coaches Conference – Sunday 12 June.

Registration forms on Region website: [www.westcoastnetball.com.au](http://www.westcoastnetball.com.au)

Regional Academy Trials – Sunday 12 June & Friday 17 June – registrations close 27 May.

Registration forms on Region website: [www.westcoastnetball.com.au](http://www.westcoastnetball.com.au)

Junior Falcons Cup to be held Sunday 3 July 2011 at WDNA Courts. There is a change in format for 2011 with there being 4 divisions 10 & Under, 11 & Under, 12 & Under and 13 & Under. Registration forms on Region website: [www.westcoastnetball.com.au](http://www.westcoastnetball.com.au)

Fly Like a Falcon July School Holidays Clinic will be held on Tues 12 July for 7-9 year olds and Weds 13 & Thurs 14 July for 10-12 year olds.

Registration forms on Region website: [www.westcoastnetball.com.au](http://www.westcoastnetball.com.au)



## SPORTS MEDICINE AUSTRALIA

We are a Healthway Healthy Club supported by Sports Medicine Australia. Sports Medicine Australia offer some great courses through their 'Safe Sport Program', and even some online courses such as 'Taping for Sport' at only \$25 which you may find very useful for injury management and prevention. Visit their web site at: <http://www.smawa.asn.au/>



## Reminders

- A reminder to all parents and guardians of players under the age of 18 to fill out the 'Use of Player Images' form. We cannot include your child in any photographs or video done on behalf of Hamersley Netball Club or WDNA without this. All objections must be lodged with both the club and the association. This form can be found under registration forms on the Hamersley web page: [http://www.hamersley.netball.com.au/images/stories/2011\\_Registration\\_only\\_Forms.pdf](http://www.hamersley.netball.com.au/images/stories/2011_Registration_only_Forms.pdf)
- **Players are to always be collected from the courts after training and are NOT permitted to wait outside the gates in the car park.** Players and coaches are reminded that no one should be waiting to be picked up alone. The car park is not a safe place at night. To prevent any issues, please endeavour to collect your children on time.
- **All fees need to be completely paid before the first game** on Saturday 14th May – you cannot take the court to play until your fees are paid.
- Open players don't forget physical grading to be held on Saturday 7th May 1.00pm to 5.00pm.
- If you are interested in umpiring for Hamersley please contact Shyrelle or Michelle Della-Vedova directly: [mdella-v@bigpond.net.au](mailto:mdella-v@bigpond.net.au)
- If you don't own one already, all umpires are encouraged to purchase a rulebook from WDNA upon commencement of the season. This is also a good idea for any players/parents/coaches who would like a bit more information on netball rules.
- If you know you are going to be absent from a game during the season due to holidays or other commitments please inform your coach ASAP.
- We encourage all players and parents to refresh themselves with their Player Handbooks, and for all new members to the club to read thoroughly through the handbook provided to you at the start of the season.
- It is your responsibility as the assigned scorer or timer of the game to be present and sit with the other team's scorer or timer throughout the duration of the game.
- WDNA Courts  
Please be aware that although the court resurfacing is complete there is still an area of construction at the entry to the top courts next to the WDNA clubrooms. This is a duty of care and a safety issue. **Please take care when training as there is still minor work being carried out at the courts.**
- All players it is your responsibility to be ready for the warm up of your game on time as determined by your coach. This means uniform on including all necessary taping and strapping, nails cut, hair up etc.



## **Interested in Seeing a Nutritionist?**

**Do you want to learn about good sports nutrition to play your best game?**

**Do you want your diet analysed with advanced software to assess its nutritional quality?**

**Do you want to lose or gain weight?**

**Do you simply have questions you want answered?**

For Example;

- ❖ Menu planning for busy lifestyles, vegetarian diets and budget conscious.
- ❖ Understanding food labelling
- ❖ Tips for travelling athletes and those with repetitive all day competitions
- ❖ Shopping tips
- ❖ Risks of additives and toxins
- ❖ Prevention of diseases such as cancer, cardiovascular, osteoporosis and diabetes through lifestyle and diet changes
- ❖ Food allergies and sensitivities
- ❖ Digestive problems and more!

For such advice dieticians often charge approximately \$170. I have been a member of Hamersley Netball Club for 12 years and have completed two Bachelor's degrees in Health; it's my passion to help people get the most out of their life! I'm a qualified and experienced associate nutritionist currently working for the Health Consumers' Council WA. And you have the opportunity to receive one on one nutrition advice for only **\$40 for a 45 minute session** covering the information you choose. All are welcome, players, parents, coaches, friends, family etc.

I'm available outside of office hours. Book an **evening or weekend session**. See me before or after your training sessions or game or throughout the week. I can come to you at home, work or wherever is convenient for you. Call or email if you have any questions or would like to book a session.

**Tel: 0404706525 Email: [Natalie.delborrello@hconc.org.au](mailto:Natalie.delborrello@hconc.org.au)**

## **Have your say....**

If you have any bright ideas, snippets of information, exciting news, words of wisdom or anything else that you think would be a great inclusion in the Hamlet, please email Hayley Butler club Publicity Officer at:

[lee\\_represents@hotmail.com](mailto:lee_represents@hotmail.com)

The Hamlet is compiled once a month so send your contribution now!

Thanks to our sponsor for their support.....



# Healthy Club

Supported by



Also thanks to our supporters.....

- Better Print
- United Trophies & Badges