



# Hamlet

Issue 4 – August 2011

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

## Finals Fever

Congratulations to all Hamersley players, coaches, managers, members, umpires and supporters for another fantastic season. The last games of Round 3 have been played and we now look ahead to finals!

### Round 3 results

#### Open

Team 1:	14 points sitting 3 <sup>rd</sup> – Div 1
Team 2:	4 points sitting 5 <sup>th</sup> – Div 1
Team 3:	6 points sitting 5 <sup>th</sup> – Div 2
Team 4:	4 points sitting 5 <sup>th</sup> – Div 3
Team 5:	16 points sitting 1 <sup>st</sup> – Div 5
Team 6:	9 points sitting 1 <sup>st</sup> – Div 8

#### 17 & Under

Team 7:	20 points sitting 1 <sup>st</sup> – Div 1
Team 8:	19 points sitting 1 <sup>st</sup> – Div 2
Team 9:	15 points sitting 2 <sup>nd</sup> – Div 2
Team 10:	11 points sitting 3 <sup>rd</sup> – Div 5
Team 11:	16 points sitting 1 <sup>st</sup> – Div 4
Team 12:	16 points sitting 1 <sup>st</sup> – Div 8
Team 13:	8 points sitting 4 <sup>th</sup> – Div 5

#### 13 & Under

Team 14:	4 points sitting = 3 <sup>rd</sup> – Div 1	Team 16:	19 points sitting 1 <sup>st</sup> – Div 3
Team 15:	4 points sitting 5 <sup>th</sup> – Div 4	Team 17:	Participation only

As you can see 12 out of our 17 teams qualified to play in finals this coming weekend. All 7 of our 17 & Under teams have played their way into premiership contention which is fantastic. All Hamersley members are encouraged to get out and support all the teams that have made it through to finals. You can also follow the results for all teams via the WDNA web site or the sports section of The Sunday Times each week. Good luck to everyone involved in finals!

Remember that specialist sessions are coming up for all eligible teams for Finals prep; remember to check with your Team Manager which date you are to attend.

## 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  
**Registrar** – Sue Rawlings  
**Uniform Coordinator** – Kerry Douglas  
**Equipment** – Tom Berry & Brendon Palmer  
**Publicity** – Hayley Butler  
**Social** – Sue McKendry & Brenda Watson  
**Fundraising** – Keryn Williamson  
**Awards** – Kylie Hall

## Next Month's Issue

Look out for the following in the September Hamlet:

Finals Results

Player Profiles

Tip of the Month

Congratulations

Special Achievements

## 2011 Calendar of Events

### AUGUST

Wed 31 Aug – Specialist Session

### SEPTEMBER

Thu 8 Sep – Specialist Session

Fri 9 Sep – Specialist Session

Sat 3 Sep – Last regular game of Winter Season

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

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

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

### OCTOBER

Sat 15 Oct – Hamersley Annual Dinner  
& Presentation Evening 6pm – 9pm  
Kingsway Sportsmen's Club

### NOVEMBER

Fri 11 Nov – TACT Trials 6pm – 9pm

Sun 13 Nov – Falconettes Squad trials 8.30am – 12pm

Sun 20 Nov – TACT Trials 3pm – 6pm



## Tips of the Month

### Defending the Shot and Blocking

- Take up 3ft distance
- One hand over the shot
- Front leg slightly bent
- Read the shooters hand as the ball is almost released
- Jump at the hand at the lowest point.
- On land - Turn and block shooter.
- Prepare to rebound.
- Rebound.



### Defending the Pass

- Quickly take up a distance of 3ft from grounded foot of the thrower.
- Knees bent / trunk upright.
- Feet slightly wider than shoulder width apart.
- Arms and hands outstretch to track the ball.
- Jump on the release of the ball.
- A good tip is to jump towards the shoulder of the oppositions throwing arm.

*Remember:* Only put your arms over the ball when you have set up 3ft from the player.

# Congratulations

Congratulations to **Lia Caporn** (former player) & James Parsons on their recent engagement.

## West Coast Netball Region Falconettes Teams: INTER REGIONAL CARNIVAL

<b>DIVISION 1 - Premiers</b>	
Aleasha	Bennett
Meg	Dean
Faith	Mataseni
Vickie	Carstairs Coach
Cheyenne	Mataseni Ass Coach
Colin	Smith App Coach
<b>DIVISION 2 - Runners Up</b>	
Isabella	Todman
Zeidri	Van der Walt
<b>DIVISION 3 - Runners Up</b>	
Lauren	Anderson
Molly	Fullgrave
Michelle	Vogels
Gabrielle	Vogels
Annie	McKendry Ass Coach
<b>DIVISION 3 - Premiers</b>	
Analise	Heeley
Taylah	Johnson

## UMPIRING ACHIEVEMENTS

Well done to the following ladies who achieved their National C Badge Umpiring Accreditation during the 2011 season:

**Sophie Ridley, Sarah Palmer, Hayley Butler & Taryn Smith.**

Congratulations to **Michelle Della-Vedova** who has been invited to the WDNA panel that tests umpires for their National C Badges.

On behalf of the Hamersley Netball Club we would like to congratulate all the above players and members on your selection and achievements for 2011.

**2012 Netball WA State 17 & Under Coach** - Lyn Pemberton

**2012 Netball WA State 17 & Under Apprentice Manager** - Vickie Carstairs

**West Coast Netball Region - Coach Recognition Award 2011** - Jane Ridley

**West Coast Netball Region - Sign of Excellence Award** - Jo Smith

**West Coast Netball Region - 18 & U Leadership Group Award** Gina Zupanovich

**West Coast Netball Region - 18 & U Runner Up Fairest & Best** - Lauren Naven

**West Coast Netball Region - The Sue Neate Academy Cup Division 1 Fairest & Best** - Brittany Follett

**West Coast Netball Region - Netball WA Smarter than Smoking 2011 Reserves Premiers:** - Coach Petrina Pehi  
Alexis Stevens, Amy Fuller, Bree Barber & Gina Journet.

**West Coast Netball Region - Netball WA Smarter than Smoking Reserves Grand Final Most Valuable Player** - Amy Fuller



## Special Achievements

### Not Just Netball

In November 2011, two of our senior players **Rachel Mizen and Jasmine O'Brien** will be travelling to Thailand with The International Student Volunteers Program. As they are both completing their teaching degree this year they have requested to teach English to school children in orphanages. Otherwise they will be assisting with other worthy conservation or community development based projects such as building classrooms, a library or a home for a needy family. The project will be a challenging, hands-on experience that will positively change the lives of the people they help.

Over the past few months the girls have been busy organising a fundraising evening which was held on the 5<sup>th</sup> of August. It was very successful, with food, drinks, raffles, games, silent auction items and a lot of fun had by all. The evening culminated in raising over \$8000. The girls were overwhelmed by the support of their family and friends, including members of our Hamersley Netball Club. They would like to sincerely thank all the members who were so generous in their support.

For information on how to volunteer through the ISV Program please visit:

<http://www.isvonline.com/thailand.html>



## Netball News

### **Green Shirts Umpiring Program at WDNA**

On behalf of the club our Umpiring Coordinators Shyrelle & Michelle Della-Vedova would like to thank and extend gratitude to WDNA for the level of commitment and communication provided to the Green Shirt Umpiring Program in 2011. The amount of assistance this provided to the young girls involved really enabled them to improve and lift their level of umpiring throughout the season.



### **Lost Property**

- 1 x Hamersley back pack

if this is yours please contact Vickie Carstairs either at training or by emailing her at:

[johnvickie5524@gmail.com](mailto:johnvickie5524@gmail.com)

-1 x Hamersley Windcheater size 14 (new this year as it does not have the Toyota Logo) picked up from court 9 weeks ago at training: Contact Lyn Pemberton 0413 996 856.

## Notices

We wish **Toni Kirk, Alyssa Lovell, Laura Griffiths, Bree Barber & Alex Fleming** speedy recoveries after their ACL operations.

Pre Registration forms for the 2012 season should be in to your Team Manager along with the \$50 pre registration fee that will be taken off the total of your fees for those wishing to pre register. For more information please peruse the email sent from your Team Manager.

Our Annual Club Day was held on Saturday 3<sup>rd</sup> September, thank you to all Club Members & Committee who volunteered to promote Hamersley Netball Club to future players for the 2012 season.

***Anyone wishing to nominate a Hamersley Club Member for the Monica Holton Sportsmanship Award or for the Service to Netball Award*** to be presented at the Annual Club Dinner needs to email Vickie Carstairs, Club Secretary, by the 10<sup>th</sup> of September 2011: [johnvickie5524@gmail.com](mailto:johnvickie5524@gmail.com)

***If any team members are wanting to hire a 'Spring Equipment Kit' e.g. bibs/balls for \$20 please contact Tom Berry:*** 0403 157 125 [tom-b@silvestri.com.au](mailto:tom-b@silvestri.com.au)

These will be available for hire once the Winter Team Equipment has been returned, due back Sunday 2<sup>nd</sup> October.

**SPRING NETBALL at WDNA** - Forms are available at the WDNA Match Office & website.

When: Wednesday evenings commencing Oct 19 to Dec 7

Game Times: Netta 4.30pm, 10 & 11U 5.30pm, 12 & 13U 6.30pm and 17 & Open 7.30pm

Registrations: September 12,13,15,16 & 17 between 9am and 3pm. No late registrations accepted. The club does not organise spring. This is left up to players/teams wishing to participate to co-ordinate.

## TACT Trial & Registration Information

### WDNA TACT Programme - Talented Athletes and Coaches Training

Please note there are changes to the TACT Program for 2011 & 2012. Players aged between 11 and 14 years (as at 31/12/11) are invited to trial for the TACT Program. Players turning 15 & 16 in 2011 will be invited to trial for teams (to participate in the Smarter than Smoking Association Carnival) to be held from June 2-4 2012. Please note that this carnival will be held at Wanneroo Districts Netball Association in 2012 and that parents of successful players will be required to contribute 2 hours of time per day to a work roster.

**Trials will be held at the WDNA courts on FRIDAY 11<sup>TH</sup> NOVEMBER FROM 6PM TO 9PM AND SUNDAY NOVEMBER 20TH FROM 3PM TO 6PM.**

If required a third trial will be held on Friday 25<sup>th</sup> November from 6pm to 9pm.

Trial payment and registrations forms should have been handed back to your Team Manager by Saturday 3<sup>rd</sup> September:

[http://www.wdna.net.au/public/View\\_Page.aspx?id=37&category=11&Ddte=1&DGrd=1](http://www.wdna.net.au/public/View_Page.aspx?id=37&category=11&Ddte=1&DGrd=1)

## WEST COAST NETBALL REGION TRIALS FOR THE 2012 FALCONETTES PROGRAM

The Falconettes program is open to all players registered with either WDNA or JNA.

A squad of approximately 50 players are selected from the November 2011 trials. Phase 1 in April 2012 is a four week training program which focuses on consolidating the Core Curriculum of Skills set by Netball Australia for that age group with a strong emphasis on learning to train.

At the conclusion of Phase 1, approximately 40 athletes will be selected to form four "teams".

These teams train for 4 sessions and then attend the Inter Regional Carnival in August 2012. **The Falconettes 2012 Squad trials will be held on 13 November 2011 at WDNA from 8.30am to**

**12.00pm.** All athletes turning 13 years in 2012 and registered with either WDNA or JNA are eligible to trial. Go to the West Coast Netball Region website to download player registration form:

<http://www.westcoastnetball.com.au/>

*Lyn Pemberton*

*Hamersley Netball Club*

*Director of Coaching and Development*

*and West Coast Netball Region*

*Smarter than Smoking Regional Development Officer*



## Foundation Coaching Course

For anyone interested in coaching for the club next year or updating their coaching accreditation, forms are available through the Netball WA website: [www.netballwa.com.au](http://www.netballwa.com.au)

Cost: \$115 Netball WA Members (Inc GST)

When: Sunday 25 September 2011

Time: 9am – 5pm

Where: Craigie Leisure Centre, Whitfords Avenue, Craigie

For program queries please contact Jo Smith, Smarter than Smoking Coaching Development

Coordinator at Netball WA on (08) 9380 3700 or email [jo.smith@netballwa.com.au](mailto:jo.smith@netballwa.com.au)

# Drink Up

*“Do not wait to feel thirsty before you drink.”*

## **Dehydration and heat stress = poor performance**

- Even small degrees of dehydration will cause a decrease in performance and this will occur in the late stages of a match when performance is most important.
- Dehydration contributes to fatigue and may make you more susceptible to cramps, heat stress and heat stroke.
- Children are at greater risk of heat stress.

## **Drink plenty of water**

- Sweat is mainly water and very little salt; salt tablets are not necessary and can make dehydration worse.
- Drink cool water – it is absorbed more rapidly than warm water. If exercise is going to continue for more than one hour, use a sports drink (a carbohydrate drink of 5-10 per cent concentration with the addition of a small amount of sodium).
- Thirst is a poor indicator; it is a late signal of severe fluid loss.

## **Fluid replacement routine**

- Drink 500ml (2-3 glasses) half an hour to one hour before a game.
- Drink 200ml (1-2 glasses) every 20 minutes during a game.
- Drink 500ml – 1 litre (5-6 glasses) after a game.

## **Asses your fluid requirements**

- Assess your fluid requirements by weighing yourself before and after exercise and sport:
  - 1 kilogram lost = 1 litre of fluid lost
  - 2 kilograms lost = 1 litre of fluid lost etc
- If you have lost weight, increase the amount you drink throughout the game the next time you play.
- If you lose 5 per cent of your body weight, serious heat injury can occur (e.g. if you lose 3.5kg when your body weight is 70kg).

For further information go to [www.smartplay.net](http://www.smartplay.net)

*Reference: Smartplay, Victoria*

## **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



### Specialist Sessions

Remember that specialist sessions are coming up for all eligible teams for Finals; remember to check with your Team Manager which date you are to attend.

### Team Equipment Return

*Team Managers:* Winter Team Equipment is due back to Tom Berry by Sunday 2<sup>nd</sup> of October.

### Photo Consent

- You must check with the match office if an opposition team has given consent for photography before you video or take a photo during a game.

## FINALS

### Eligibility Reminder

All players must have played at least five (5) matches with their own club, on separate dates, before they may participate in Finals matches.

Any team playing an ineligible player during a Finals match will result in a *\$50 fine* and the team concerned shall *forfeit the match* and take no further part in the Finals series.

### Order of Play

Semi Finals - Qualifying Final – 1 v 2, Elimination Final – 3 v 4	Sat 10 Sept
Preliminary Final - Winner of Elimination Final vs Loser of Qualifying Final	Sat 17 Sept
Grand Final - Winner of Preliminary Final vs Winner of Qualifying Final	Sat 24 Sept

### Grand Final Timeslots for 2011 to be as follows:

13 & Under Competition	9.30am
17 & Under Competition	11.30am
Open Division Even	1.00pm
Open Division Odd	2.30pm
Open Division 1	2.45pm

### Tips for Finals

**WARM UP** - Is important, so do it well!

**IT'S NOT OVER TILL IT'S OVER** - Never, Never, Never Give Up!

It's OK to **FEEL** Nervous! Just don't **BE** Nervous!

The **TEAM** that makes the **LEAST ERRORS** and scores the **MOST GOALS** will win the game!

Focus on the **PROCESS** and the **RESULT** will take care of itself!

If you've given your **PERSONAL BEST**- that's all that you can ask of yourself and your team mates.

It's OK to make a mistake, **RECOVER** quickly and move on!

**UMPIRES** umpire what they see - they don't win or lose you games!

Remember, there's a **WAY TO WIN** and a **WAY TO LOSE**...be gracious no matter what!

### CLUB DINNER

Don't forget - the Hamersley Netball Club Dinner & Awards Night - Saturday 15th October 2011 at the Kingsway Sportsmen's Club 6pm – 9pm.



## HNC Player Profile

- **Name:** Aleasha Bennett
- **Age:** 13
- **DOB :** 17/3/1998
- **Nickname:** Leash
- **Occupation:** Ashdale Secondary College year 8
- **Current Team:** Hamersley under 17s team 13 division 5
- **Position:** GA GS
- **First Hamersley team played in:** 2010 under 13s division 2
- **Most memorable HNC moment:** All the good friends I have made.
- **Greatest achievement (netball or other):** Making the division 1 Falconettes team and winning this year.
- **Favourite colour:** Pink
- **Favourite food:** Spaghetti
- **Favourite movie:** Wild Child/Mean Girls
- **Favourite music/band:** Lady Gaga/Katy Perry
- **Sporting Idol:** Natalie Medhurst
- **Hobbies/Favourite pastimes:** Electric Guitar and Catching up with friends and surfing.



## HNC Player Profile

- **Name:** Rowan Ireland
- **Age:** 12
- **DOB :** 18-12-98
- **Nickname:** Rowan
- **Occupation:** Goollelal Primary School, year 7
- **Current Team:** Hamersley 14
- **Position:** C, WA
- **First Hamersley team played in:** Hamersley 14, 2011 under 13s, div 1 (first year)
- **Most memorable HNC moment:** Getting into finals this year.
- **Greatest achievement (netball or other):** Playing in the MAC Carnival for the last 2 years, School Prefect, gaining High School Scholarship.
- **Favourite colour:** Purple
- **Favourite food:** Chocolate, Hot Chocolate and more chocolate!!!
- **Favourite movie:** Burlesque
- **Favourite music/band:** Too many to mention.
- **Sporting Idol:** Quade Cooper
- **Hobbies/Favourite pastimes:** Tennis, Netball, Swimming, watching sport, beach, reading, movies.



## HNC Player Profile

- **Name:** Brooke Verburg
- **Age:** 13
- **DOB :** 04/04/1996
- **Occupation:** St Stephen's Carramar, Year 8
- **Current Team:** Hamersley 15
- **Position:** WD
- **First Hamersley team played in:** Hamersley Team 15 Division 5 2010
- **Favourite colour:** Pink
- **Favourite food:** Tacos
- **Favourite movie:** Finding Nemo
- **Favourite musical artist:** Lady Gaga
- **Favourite Shop:** Typo
- **Hobbies/Favourite pastimes:** cooking and shopping
- **Future career ambition:** Forensic Scientist



## HNC Player/Coach/Committee & Life Member Profile

- **Name:** Janine Friday...
- **Age:** 35
- **DOB :** 3 Jan 1976
- **Nickname:** Neen / Bezza
- **Occupation:** Full time Mum. Also work casually doing ticketing for events.
- **Current Team:** HNC Team 1 Open Div 1 – Player/Coach
- **Position:** GS/GA
- **First Hamersley team played in:** HNC 2 - 1994 Open Div 1 (Senior A1)
- **Most memorable HNC moment:** Being awarded Life Membership in 2008
- **Greatest achievement (netball or other):** 2001 Fairest & Best Division 2 State Netball League
- **Favourite colour:** Green
- **Favourite food:** Too hard to choose a favourite. I'm definitely a foodie!
- **Favourite music/band:** Aussie music from 80s & 90s and I love U2
- **Sporting Idol:** Adam Gilchrist
- **Hobbies/Favourite pastimes:** playing sport, attending sporting events, spending time with my beautiful family, dining out & travelling.



## 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!

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