



HAMLET

1st Edition

May 6th, 2014

One game down and the season is underway!

What a great start to the season! We had some fantastic results from the first game. Just a friendly reminder to do a proper warm down after your games to try and minimise any Sunday soreness. Make sure you are ready to go each week by bringing plenty of water, snacks, sunscreen, wet weather gear and a positive attitude!

Hamersley is committed to your development, no matter what your aspirations may be. As we try to accommodate all our members there can be lots of news to absorb, which is why we have a number of

outlets to help you find what you need quickly:

- The **website** is best for up-to-date & timely news;
- **Facebook** gives regular updates, reminders, & photos; and
- Monthly **Hamlet newsletters** cover everything & anything to do with netball and our members!

If what you're looking for isn't available through these sources, please don't hesitate to contact your manager or a committee member.

Aisling Fontanini
Media and Publicity Officer



In this edition

Specialist Night: Training session for the juniors

ASADA: Contact details

Results: Scores from the first game

Congratulations: Australian squad selections

Development: WDNA programs start in June

Coaching: The Good, the Bad, the Ugly

It's back: Player profile

Special offer: Health Central Occupational Therapy



Specialist Session with Andrea Gilmore & Sue Gaudion

Our junior club members were treated to a specialist training session on April 8th. We are very grateful to Adelaide Thunderbird Andrea Gilmore (former HNC player), international high performance coach Sue Gaudion, and our very own director of club development Lyn Pemberton for sharing their time and expertise with our younger players.



Thank you MediChill!

Andrea's sponsors MediChill generously supplied each player with a recovery pack. MediChill provides innovative, people friendly products, that promote improved wellbeing and pain relief for all ages of people while minimising the need for medications. We'd also like to thank Gary from MediChill for his photography on the night.

Like their facebook page for more information.



Upcoming Events

Games

Saturday 3rd May
Saturday 10th May
Saturday 17th May
Saturday 24th May

Committee Meeting

Thursday 8th May

ANZ Championship Fever Home Games

Monday 12th May
6.48pm vs NSW Swifts

Training Gear

It has been noted that some athletes are wearing denim shorts for training. This is not considered appropriate clothing, neither will boardies or shoe string singlets be acceptable.

Training bottoms can be: leggings, sport shorts, sports skirt. Training top can be: HNC Training shirt, training singlet, preferably white, navy, red or black shirt.

Remember; Training singlet's and shirts are not compulsory clothing items.

We recommend that players purchase proper netball shoes. Nike Free Runners are for exactly that; straight line running. There is very little support structure in them and poor tread for netball.

Sports Anti-Doping Authority



Australian Government

Australian Sports Anti-Doping Authority

Drug testing is generally reserved for the higher levels; from State Netball League to Australian team level; as a club we have a number of State Netball League players and a few State representatives who must be fully aware of the ASADA prohibited substances.

The committee thought it would be appropriate for parents of younger athletes to still have this information if they wish to check any medications and start educating themselves about how to use the ASADA website and call centre.

THIS IS NOT ADVOCATING CHANGING ANY MEDICATIONS

PRESCRIBED BY A MEDICAL PROVIDER. It is to start developing an awareness about ASADA prohibited substances.

Parents and players this email is not meant to scare anyone; it is sent to inform and educate our club.

There is a permanent link with ASADA's contact details on our **Downloads** page under "Player and Parent Resources".

ASADA CONTACT DETAILS:

ASADA's telephone advice service (13 000 ASADA (27232)) and 'Check your substances' online tool available at **www.asada.gov.au** helps Australian athletes, doctors, coaches and support personnel to anonymously and immediately find out the status of their medications, substances and methods in sport.

Through the online tool and telephone advice service, ASADA provides athletes and support personnel with a reference number to document when they are advised that a substance or product is permitted in sport.

The 'Check Your Substances' tool will be updated to reflect the 2014 changes on 20 December 2013. The full List, and a summary of all modifications are available on the **WADA website**.

Please note on the ASADA website there are a number of very helpful information and education sites to investigate.

Hamersley Game Results

Saturday 3rd May

Hamersley 1 defeated Hamersley 2 (53 - 32)
Hamersley 3 drew with Prelates 1 (33 a piece)
Hamersley 4 defeated Nga Iwi Katoa 1 (47 - 30)
Hamersley 5 went down to Rangers 1 (21 - 38)
Hamersley 6 went down to Padbury 1 (33 - 54)
Hamersley 7 defeated Prelates 2 (48 - 36)
Hamersley 8 defeated Westcoasters 9 (53 - 41)
Hamersley 9 defeated Venetians 13 (41 - 31)
Hamersley 10 defeated Westcoasters 10 (37 - 35)

Hamersley 11 defeated Venetians 14 (45 - 25)
Hamersley 12 defeated Saints 7 (19 - 16)
Hamersley 13 went down to Rebels 8 (29 - 47)
Hamersley 14 defeated Titans 8 (32 - 19)
Hamersley 15 went down to Saints 14 (30 - 35)
Hamersley 16 defeated Carine 14 (45 - 23)
Hamersley 17 defeated Padbury Catholic (75 - 6)
Hamersley 18 defeated W. Rebels 11 (22 - 13)
Hamersley 19 defeated Seagulls 2 (50 - 2)
Hamersley 20 defeated Dalmain 5

Australian Squad Selections

Congratulations to Kimberly Shepherd Hamersley 1 Open shooter; Kim made her first State team in 2012 when she was selected in the 17&U WA State Team as a two year player. In 2012, Kim was again successful in being selected in the 17&U team, however she was promoted to the 19&U due to a shooter being unavailable to travel. This year Kim was selected in the 19s again and played herself into selection for the Australian 19&U Squad.

Again Kim congratulations on a tremendous achievement and we hope you thoroughly enjoy your national camp at the AIS. Kim joined HNC last year when we were desperate for a shooter for the first team and we welcome Kim back again for her 2nd year with the club. Kim plays state league for Perth Lions open division.



Kim Shepherd

Aleasha Bennett

Congratulations to Aleasha Bennett Hamersley 2 Open shooter; Aleasha was selected into the WA State School Girls in 2013 and had a great week at Nationals and was named as a reserve in the Australian Squad. In 2014 Aleasha was a train-on for the WA State 17&U and with a week to go before nationals got the call up to replace an injured shooter. Whilst at the 17&U Nationals Aleasha then received a call from the Australian School Girls and was invited into the Australian 15&U team to replace an injured shooter. Aleasha will now play in a tournament for Australia later in the year, best of luck and we hope you have a wonderful experience. Aleasha has come through our sub junior, junior and now senior ranks this being her 4th year with the club. Aleasha suits up for the Wheatbelt Flames in the state league 18&U.



Club Coach

Janine Birkett provides support to coaches when necessary, however she is also available to speak to parents that aren't comfortable approaching their coach with any concerns.

We ask that parents contact Janine via **email** if they have any queries or issues to raise. This can also be done through the **website**.

Junior Warrior Development Programme

The West Coast Netball Region is pleased to offer talented young athletes from both Wanneroo Districts and Joondalup Netball Associations the opportunity to participate in a skills-based development program.

In 2014, The West Coast Netball Region will be running the Junior Warriors Development Programme (previously

Falconettes), as well as the Academy/Cadets programme (see below).

The programme is available to athletes turning 12 or 13 as of the 31st December 2014. In 2014 this will be run later in the year than Falconettes has been run in the past. At this stage trials will be in June and will run at the same time as the Academy/Cadets

programme. Dates have now been confirmed and application forms are available from the West Coast Netball **website**.

Trials will take place on Sunday the 8th and Sunday the 15th of June at WDNA Kingsway.

Registrations and payments to WCNR are due on Wednesday the 21st of May.

Academy/Cadet Programme

The Academy/Cadet programme is a Netball Australia programme that is run in Western Australia by Netball WA. It is for athletes turning 14, 15 or 16 as of the 31st December 2014, and is part of the Netball Australia pathway.

This programme is for talented athletes that have come through

the Associations Development programmes, and it is where athletes get TID'ed (talent identified) for State Teams, as well as being the pathway into the West Coast Warriors Smarter than Smoking State League Netball team.

Dates have now been confirmed

and application forms are available from the West Coast Netball **website**.

Trials will take place on Sunday the 8th, Sunday the 15th, and Sunday the 22nd of June at WDNA Kingsway. Registrations to WCNR are due the 21st of May with payment.



Coaching Workshop/Seminar

High performance coach Sue Gaudion & our very own club development officer Lyn Pemberton have joined forces to bring you 'The good, the bad and the ugly of coaching'!

Sue and Lyn offer a 1 day workshop to coaches of ALL levels which not only teaches coaching skills, but more importantly how to apply them to a game situation.

With over 60 years of coaching experience between them you will struggle to find a more interactive and insightful workshop.

The first session will be held on Sunday 29th June. Registrations are compulsory and payment is in cash on the day. Please visit their **website** to register and for more information.

Taylor Jade Lawler

Taylor was awarded the **2013 Monica Holton Sportsmanship Award**. She was unfortunate enough to suffer an injury early last year, however she continued to support her team and the club wherever she could, despite any personal disappointment. It is clear that Taylor tries to live by the principles of her favourite saying: *'it's hard to beat a person that never gives up'*.

Player Profile:

Nickname: Tay

Age: 15

Born in: Australia

School: Sacred Heart College (Year 10)

Hamersley Stats

Team: 8

Positions: GA & GS

Memorable moment: Monica Holton Sportsmanship Award

First year: 2012

First coach: Lyn Pemberton

Highest level played: Division 1, 16&U

Greatest achievement: 1st game back after ACL reconstruction (22nd June 2013)

Favourite

Holiday destination: USA

Book: Paper Towns, Looking for Alaska

Movie: Hunger Games

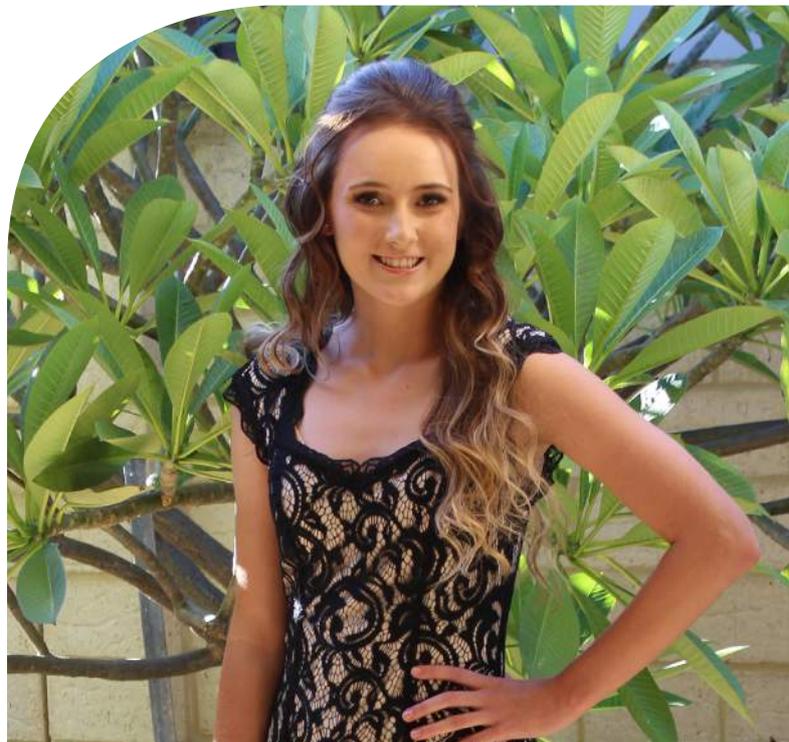
Hobbies: Exercise, shopping, reading, and listening to music

Role Model: My mum

Preferred Job: Lawyer in New York City

We need your help!

This year at our annual dinner we will again be running a photo slideshow of all our teams. If your team would like to be featured in this, please remember to take some snaps during the season (highest quality possible). Don't forget anyone wishing to take photos must first check both team's photography consent with WDNA and get a photography permission sticker.



***'It's hard to beat
a person that
never gives up'***





Special Offer for Hamersley Players

Georgia Arcidiacono from Health Central Occupational Therapy is offering Hamersley players 25% off all treatments. This includes a free initial consultation and assessment and you are able to use health cover on top of this discount.

Georgia has a background in basketball with experience at a national and state level. She can provide mentoring to young players who sometimes need a bit of advice when it comes to trials, training camps or issues with their game and confidence. Occupational Therapy (OT) can also assist in preventing injuries and enhancing performances on and off the court.

Regular treatments can prevent these common netball injuries:

- Ankle injuries
- Shoulder pain
- Back pain
- Knee injuries
- Shin splints
- Osgood schlatters

You could also benefit from OT if you experience any of the following:

- Headaches/migraines
- Reduced movement
- Mid/upper back pain
- Sprains and strains
- Low back pain
- Asthma and allergies
- Joint ache/pain
- Fatigue
- Tight/weak muscles
- Medical conditions (e.g. Fibromyalgia)

Team managers and coaches have been supplied with vouchers for you to access this wonderful offer. They also have information brochures on the services available, however if you would like more information please head to the [Health Central website](#) or contact Georgia on 9201 0888 or by email at georgiaarcidiacono@healthcentral.com.au.

WDNA Codes of Behaviour

As a club that plays at the Wanneroo Districts Netball Association all players, coaches and spectators must abide by **WDNA's Codes of Behaviour**. To ensure that everyone is aware of these codes, players, parents, and coaches are required to sign off to confirm you have read them.

If you cannot recall signing this form, please speak with your coach or manager as soon as possible.

Signed Codes of Behaviour forms are due on Saturday the 10th of May. However, we need to hand them in as a club so the committee are asking that **ALL** teams have their completed paperwork with them at training on Tuesday the 6th of May.

Please hand them to either Vickie Carstairs or Sue Rawlings who will get them to WDNA by the weekend.



Sports Medicine Australia WA Branch

Club Workshops

Sports Medicine Australia provides a range of courses for sports professionals, amateur associations, clubs and health professionals. If you are interested in any of the following courses, please contact a club committee member. Course costs range from \$15 - \$20 per person.

Injury Prevention & Management

Up skill your club members in the prevention and immediate management of injuries to make your club safer for all members. We offer a 2-hour and now a 1-hour course.

Sports Taping

Excellent follow on from the Injury Prevention and Management, this course allows clubs to explore the benefits of preventative taping of either ankle, knee or shoulder. These practical courses require 1 hour per joint and are always a lot of fun for members.

Sports Nutrition

Ever wanted to know the best foods to eat pre, during and post event? This one hour workshop can provide club's with this information as well as educate members on hydration and the science behind eating for optimal performance.

Drugs in Sport

Do your members have an understanding of the issues surrounding drugs in sport and the effects on athletes? This workshop looks at current cases of doping, the ethical issues of drugs in sport as well as information provided by ASADA and WADA for athletes.

Club Injury Management Officer

This 3-hour course gives participants an in depth look at injury prevention & management along with transport & preventative sports taping.

Thank you to the sponsors of Hamersley Netball Club



TELSTRA
FOUNDATION



And our supporters

Better Print

United Trophies & Badges

Health Central OT

Graphic & Web Design

Alistair Kennedy

MediChill

Call to action

Hamersley Netball Club supports the development of players, coaches and umpires, however we also want to recognize and support club members that are making a difference in their communities. If you are aware of any club member's achievements or initiatives, please contact me at aislingfontanini@hotmail.com to acknowledge them.