

HAMLET

AUGUST EDITION

Pointy End of the Season

We are at the pointy end of the season now with only two games to go! Remember to **be the best you can be** and play your best netball regardless of where you are sitting on the ladder.

The 2015 Netball World Cup wrapped up last week with the Australian Diamonds defeating New Zealand to be crowned the World Champions! A few Hamersley members went across to Sydney for the games and all really enjoyed the competition. We're looking forward to hearing all about it at the courts this Saturday and check out our very own Lyn Pemberton holding the World Cup on *page 10!*

We love to hear from our members about what's happening in and outside the club. There is currently an opportunity to undertake a **club culture survey** (link on *page 3*) and it's also a good time to be thinking about nominating members for various awards. Please bear in mind award **nominations close 31st August.**

In this edition of the Hamlet, we have lots of information about upcoming events and plenty of achievements from our Hamersley members. Our resident nutritionist and senior player Kat McKenzie has once again offered some nutritional advice and recipes for game day!



Netball World Cup: Our past president Shelagh Newham, secretary Vickie Carstairs and her sister and adopted Hamersley member Deb Atkinson did the Sydney Harbour Bridge climb whilst in Sydney for the Netball World Cup this month. Great photo ladies!

Upcoming Events

Committee Meeting

Thursday 3rd September at 7.30pm

Upcoming Games

13: Saturday 22nd August

14: Saturday 29th August

End of Season Meeting (see below)

Tuesday 25th August at 6:00^{PM}

Belt Up Balls Presentation

Tuesday 25th August at 6:50^{PM}

WDNA Workshops

Procedures and Protocols

Wednesday 19th August

Discipline

Wednesday 26th August

WDNA Club Day

Friday 28th August

Netball WA Mental Health Workshop

Monday 24th August at 6^{PM}

Mental Health Workshop

Netball WA is conducting a Workshop at **WDNA on Monday 24th August from 6 - 7.30^{PM}** on Mental Health.

The course is **free!** Being part of HNC means we have involvement with young players in the vulnerable age group and so this is something that we could all up-skill our knowledge in.

This is **not** a HNC compulsory course but we encourage as many as possible to attend if you can fit it into your calendar. This helps create a greater understanding within our club and more knowledge on this sometimes-tragic illness.

For more information please visit the website <http://wa.netball.com.au/coach-education/>

Celebrating 40 Years

Next year will be the **40th Anniversary** of our wonderful club. We are so lucky to be part of this amazing club with 40 years of fun, laughter and the joy of netball - it doesn't get any better than that!

2016 will be a year of celebration for all our current and past members and we would love for you all to be involved. The committee have organised a sub-committee that are planning a function to honour our clubs longevity and 40 years of achievements! **We**

are looking for current playing members to come on board to assist with ideas. Don't be shy! This is a great opportunity for anyone that is passionate about Hamersley and would like to gain some experience (or anyone that has experience) organising events.

If you are interested please contact **Aimee Pense**, our Club Social Co-Ordinator via **email**.

End-of-Season Meeting

There is an end-of-season meeting on **Tuesday 25th August at 6^{PM}** in the WDNA Club Rooms for all 10&U, 11&U & 12&U teams and parents. Please contact managers or **Janine** for more info.

Reminder: Presentation Dinner Date

This is just a reminder that in early February there was a change of date for the presentation night due to the grand final being played later this year. The date has previously been listed as Saturday the 10th October, however it has been pushed back one week.

The dinner will be held at **6^{PM} on Saturday the 17th October.**

Online learning available to improve your netball portfolio

There are lots of **free online courses** netball members can do through the **Australian Sports Commission Website**. If you follow the links in this article you will find lots of different things you can do in “Your Spare Time” to self educate and build your netball portfolio. As you are a HNC member you are a member also of WDNA, WCNR, NWA and NA, and therefore have access to these courses.

On MyNetball if you (athlete or coach) log into your name and click on the **E-Learning tab**, all the online learning courses come up and you can do them at your leisure. Once a course is completed it logs it as competent against your name on your e-learning record.

You will need to print out the certificates for any courses on the ASC/AIS website and save the certificate of competency to your computer for future reference.

Seeking assistance: Top-Club Culture Questionnaire

The HNC Committee with the assistance of Netball WA and the West Australian Sports Federation are currently undertaking a **club culture review** that will assist our planning for the remainder of 2015 and into 2016.

We believe it is very important for all club members to have input into this process so we ask that you complete a 5-minute anonymous questionnaire by clicking on the following link:

http://topclub.com.au/questionnaires/new?club_id=487

If you have any feedback or questions regarding this, please contact club VP **Alexis Stevens**.

Belt Up Balls Presentation and Photo

Paul Miles MLA, state member for Wanneroo is visiting Hamersley Netball Club Inc. on **Tuesday 25th August at 7^{PM}** for a presentation regarding the **Belt Up balls** we receive each year. The Belt Up balls are a State Government initiative between the Insurance Commission of WA and Netball WA as part of a three year collaboration, where each senior netball team in WA receive 5 netballs.

We ask that all senior teams please **wear their game-day uniform**, including dress, socks, shoes etc. to training on Tuesday 25th August. We also ask that anyone that can come to training earlier, please arrive at **6:50^{PM}** as there will be a presentation and photo with the senior group.

We appreciate everyone's cooperation and understand that it is very close to finals time. All formalities will be wrapped up by 7:25^{PM}, which will allow you to get back to your regular training sessions on time. You may bring warmer clothes to change into after the photo and presentation. We do ask you to wear your Hamersley dresses **even if you are planning on arriving at your usual training times** as we may use this opportunity to take a few photos during your training sessions.

**SENIORS: Please wear game-day uniform to training
Tuesday 25th August.**

Celebrating outstanding contributions within the club

Each year we award members who have shown outstanding dedication and commitment to our club during the season and over years of service. Details of all awards are available in the member's handbook. We encourage our members to nominate themselves and others for various awards at any time during the season by contacting the club secretary, Vickie Carstairs or another committee member.

The **Lyn Pemberton Medal** is awarded to a club member who has shown commitment to the Hamersley Netball Club beyond what is expected. The current Club President selects the recipient of this award. The President's Award Criteria to be considered:

- Committee Member – performing duties above and beyond their Duty Statement;
- Coaching;
- Managing;
- Umpiring; and/or
- Association, Regional or Netball WA duties.

The 2014 recipient of this award was Sue Rawlings. Sue has been club registrar since 2011, however the amount of work she undertook on behalf of the club in 2014 was outstanding. Sue was entering information into MyNetball on registration day, helped at trials, assisted with ordering uniforms, processed refunds, researched items for awards and continually worked to keep all player records up-to-date. Sue is always thinking ahead and makes everyone's jobs so much easier.



2014 Lyn Pemberton Medal: Lyn Pemberton (left) presents the President's award to Sue Rawlings (right).

Photos for the End of Season Slideshow

This is a friendly reminder that some teams are running out of opportunities to take their game day photos for the end of year slideshow that is shown at the annual presentation dinner. We are always looking for photographs of our teams so please send through the highest quality images you have to your manager or **Sally** at pjsj@inet.net.au.

Please ensure you follow correct protocol and check with WDNA's game office, that it is okay to take photos of your game. They will give you a sticker if the game can be photographed.

Achievements!

JUNIOUR WARRIORS CUP CHAMPIONS

HNC 17 entered in the Junior Warriors Cup on Sunday 28th June in the 11 & Under competition and went through the carnival undefeated! Congratulations girls that's a fantastic effort.



Junior Warrior Cup Champs: (left to right, back to front): Amy Holliday (warrior) Thea Murphy, Nancy Coleman, Sophie Stray, Alyssa Bester, Emma Baker, Tayler MacLeod (HNC & warrior), Richelle Newberry (warrior), Anzel Jansen, Tiana Forrestal, Ava Aden, Amy Harrison, and Cara Gerber.

PHASE TWO: FEVER IN TIME TRIALS

Congratulations to the following players who were selected to move through to Phase 2 of the State Trials on Sunday 23rd August:

17 under

Olivia Fowler, Meg Gibson, Drew Hancy, Chloe Hodkinson, Aimee Littlejohn, Georgia Morgan, Lily Pepper, Sydney Rafferty, Olivia Richardson, Ellie Sanzone, and Sanneyrah Sauni.

19 under

Lauren Anderson, Aleasha Bennett, Emma Buggins, Tayler Macleod, and Taylah Johnson.

We'd also like to acknowledge the following girls that participated in phase 1 trials:

Nicole Smith, Brittany Wood, Maddie Hunter, Maddie Vanzetti, Giorgia Kuljjs, and Georgia Burden.

UMPIRING C BADGE

Well done to Nicole Smith and Toni-Marie Smith who recently achieved their C badge in umpiring.

Achievements Cont...

150 GAMES

Issy Rawlings has had a busy few months (see engagements below) as she played her **150TH game** with Hamersley Netball Club Inc. on Saturday 18th July alongside teammates from HNC 4.

You may think you've seen this photo before as Issy and her sister Maddie shared a photo together for Maddie's 150 just a few months ago ([see June Hamlet](#)). Issy has always been a fantastic team member so we are so happy to have celebrated your dedication to our club! Well done!



150 Games: Left photo - Maddie, Issy, and Connor Rawlings (left to right). Right photo - Annie McKendry, Sophie Contarino, Lydia Hagendoorn, Olivia Bell, Beth Harvey, Sophie Ridley, Tahlia Ellis, and Issy Rawlings (left to right).

GOLD COAST TOURNAMENT

Aimee Littlejohn (HNC 3), **Laquala Tuhua** (HNC 11) and **Chloe Hodgkinson** (HNC 8) travelled to Queensland's Gold Coast in July with their schools, Ashdale Secondary College (Aimee & Laquala) and Mercedes College (Chloe), to play in a tournament together against other schools from around Australia and New Zealand.

Aimee and Laquala's team played their semi final against Warwick Senior High School and won 22 to 6. They then played Killarney heights high school from NSW in the grand final and won 23 to 8, bringing home the Intermediate Shield. Aimee also won MVP for her team.

Well done girls! Great to see strong representation from Hamersley.



Gold Coast School Netball Competition: Laquala Tuhua (left) & Aimee Littlejohn (right).



Tri-Nation Winners: Charlie Preston (QLD) and Georgia Morgan (right).

Achievements Cont...

JUNIOR WORLD TRI-NATIONS

Georgia Morgan (HNC 8) competed in the Junior World Tri-nations Series on the 12th - 18th July. Georgia and the Australian Under 14's team competed against New Zealand and South Africa during this series and won the grand final against South Africa by 49 goals (73 - 24)!

Georgia had great support from family and some Hamersley teammates. Congratulations on bringing home the gold!



Hamersley support for Tri-Nation Series: Charley Rafferty, Grace Moran, Georgia Morgan, Meg Gibson, Sydney Rafferty, Alex Morgan and Maddie Hunter (left to right, back to front).

Dare to Develop a Diamond

The Dare to Develop a Diamond Program is a Netball Australia initiative for coaches for the development of 11 - 16 year old netball athletes. **Taryn Smith** (HNC 6) presented this program to a group of coaches with the assistance of some Hamersley players who were the athletes:

'The girls were great and did quite well with most of the testing, they were all wonderful examples for the coaches and participated fully in everything that was asked of them.' - Taryn.

Thank you to the following girls for representing the club so well: Hally Beard (HNC 12), Madalyn Vanzetti (HNC 10), Olivia Fowler (HNC 8), Toni-Marie Smith (HNC 8), Evie Wilson (HNC 16), Evie Corcoran (HNC 16), Ella Birch (HNC 16), Chloe Harrison (HNC 9), and Elicia Petreski (HNC 10).



Volunteering in Cambodia: Emma Buggins playing with local village kids near Siem Reap (above) and with rescued elephants at a wildlife sanctuary (below).

Giving Back: Emma Buggins

REACH OUT VOLUNTEERS IN CAMBODIA

Emma Buggins (HNC 1) recently participated in a programme called Reach Out Volunteers in Cambodia. In the first week she worked in a small village just outside Siem Reap. Her work included digging holes, helping build toilet facilities at the local orphanage, playing with the kids and teaching English. Each day she was immersed in the culture as she had lunch with the locals and worked side-by-side with the villagers who became her friends.

In the second week she was living on a wildlife sanctuary, spending bath time with elephants that had been rescued from terrible conditions. She was feeding, walking and caring for the elephants rescued from performing tricks for tourists or simply abandoned as work in the forestry industry has declined.

Emma tells us it was the most amazing experience and she fell in love with Cambodia and the kids. Thank you for sharing your experience and photos with us!

We love to see our Hamersley members giving back to the community, whether local or global.

Congratulations on your efforts and being a great representative of Hamersley and its members.



Congratulations!

ENGAGEMENTS

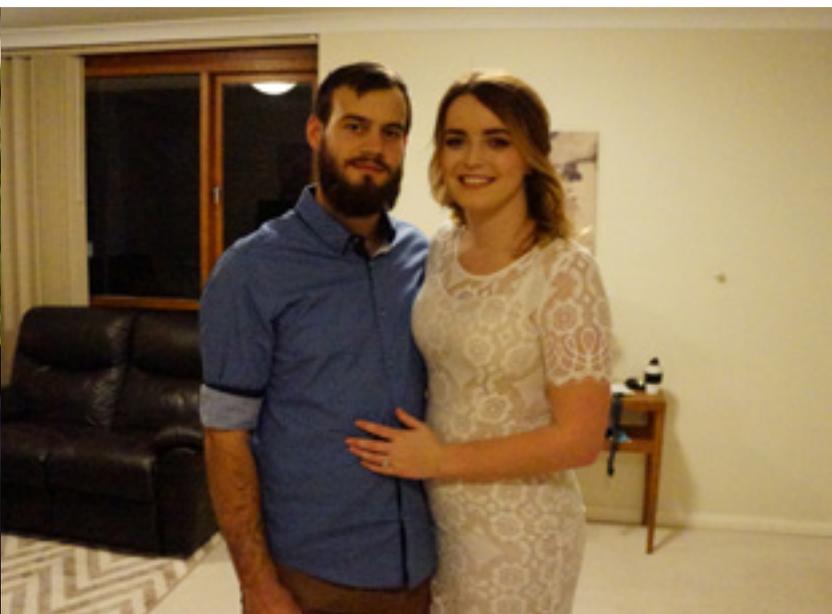
It has been an exciting few months for HNC Team 4 with two of their defenders getting engaged in as many months!

Congratulations to **Lydia Hagendoorn** and her fiancé **David Wong** who became engaged on Friday, June 19th. David set up a candle-lit picnic in Hyde Park and proposed to Lydia after 4 years together.



Engagement: Left photo - David Wong and Lydia Hagendoorn became engaged! Right photo - David waiting for Lydia in Hyde Park the night he proposed.

Congratulations also to **Issy Rawlings** and **Trent Quesnel** who became engaged on Thursday, August 13th, which also happened to be Issy's 21st birthday! They later surprised friends and family at Issy's birthday party/surprise engagement party. Trent proposed to Issy in Kings Park after spoiling her with birthday gifts and surprises all day.



Engagement: Issy Rawlings and Trent Quesnel celebrated their engagements with friends and family.



Relay for Life Fundraiser

Rachel Bennett, one of our uniform coordinators, is doing the 2016 Relay for Life. Rachel and her team have organised a movie fundraiser for **Thursday 24th September** to see Pan at **Grand Cinemas Warwick** at **6PM**.

Tickets are \$15 with all net proceeds going to Relay for Life. Please contact Rachel on 0431 334 787 if you're interested or for more information.

A moment with the World Cup! Hamersley's Athlete Welfare Officer Lyn Pemberton steals the Cup from Aussie Diamond Caitlin Bassett (GS) for a moment. Lyn first coached Caity as an 11 year old until she was 19 in development squads, state teams and when she made the Orioles and Fever teams! Caitlin shot 48/51 in the World Cup Grand Final last week!



Kat's Health Tips

It can be a hard task in deciding what to fuel your body with prior to training or a game. The recipes below will naturally improve energy levels, increase stamina and aid in recovery. Always remember to eat at least 2 - 3 hours before a game or training and have a snack about half an hour beforehand if necessary.

Below are a few of my favourite recipes to make before I have training or a game. Just to give you an idea I eat around 3 - 4 times a day if I have a game at 2:30^{PM} and 4 - 5 times if its a 4^{PM} game.

Please feel free to email me at katherine-mckenzie@live.com.au if you have any questions about nutrition. Also check out my Instagram page 'katshealthtips' if you're interested in learning about food, health and overall well-being.

Banana Berry Smoothie

Makes 2 large or 4 small smoothies

- 1 frozen sliced banana
- ½ cup hilo milk or non-dairy milk such as almond or soy
- 1 cup frozen berries
- 1 ¾ cups Greek or plain natural yogurt
- 1 tablespoon honey
- 1 tablespoon chia seeds

Place all ingredients in the blender and blend until smooth. Simple and delicious!

Power Porridge

Serves 1

- 30g porridge oats
- 200ml milk of your choice
- 1 tbsp honey
- Dash of cinnamon
- ½ cup frozen blueberries
- 1 banana sliced
- 2 tbsp chopped nuts e.g. almonds or pecans

Place oats and milk in a microwave safe bowl and cook for 5 minutes. Top with remaining ingredients and serve.

Food for thought: Which 'Genie Card' are you?

Information taken from Mr Greg C Barnes - Australian Management Group and the Centre for Leadership and Quality.

THE ANALYSER

Left brain thinkers: Analytical and logical

You feel natural and comfortable with technical, scientific, statistical problems, solving problems for others, achieving 'bottom line' results, providing logical explanations for everything, making the 'tough' decisions, analysing the 'best' solution, and like to take time to make a measured decision.

You are not comfortable when it comes to intuitive ideas/decisions, dealing with emotional people, giving personal and sensitive positive feedback, making decisions without proper analysis, discussing issues of the heart, being subordinate to a boss whose mental prowess does not 'command; respect, doing anything impulsive, and taking uncalculated risks.

THE SAFEKEEPER

Left brain thinkers: Practical and organised

You feel natural and comfortable when you are organised, you're on time for everything, like to have everything in its proper place, spend hours delving into detailed facts and figures, plan everything 'step-by-step' with checklists as a backup, enjoy practical (hands-on) jobs, like to get things done, and manage and reduce risk.

You are uncomfortable dealing with disorganised people, taking risks without good reason for doing so, having to look at 'big picture views', making last minute changes, being surprised about anything, trying new things just for the sake of it, and having to think outside the box.

THE CARER

Right brain thinkers: Sensitive and emotional

You are comfortable listening to other people, building relationships, working as a team member, counseling, teaching and care giving, having in-depth discussions about art, spirituality etc., helping others, expressing emotions, discussing matters of the heart and lean towards non profit and voluntary organisations.

You're uncomfortable dealing with unemotional people, giving critical feedback, being treated as a 'human resource' vs. a person, having to put the 'bottom line' ahead of workmates and customers, doing things which might hurt people, analytical problem solving, working with data, working with non-team players, and don't enjoy profit 'first above all' organisations.

THE PLAYER

Right brain thinkers: Curious and playful

You feel comfortable taking risks, enjoy surprises, variety, new toys and change, visualising 'grand' schemes and selling them to others, being the centre of attention, brainstorming ideas, leading teams on 'expeditions', being creative, testing the edge, and experimenting with new ways of doing things.

You're uncomfortable dealing with details, having too many rules and boundaries, being asked to explain your reasoning in depth, being just another number, being locked into a day-to-day routine, with analysis paralysis, following step-by-step instructions and the status quo.

More than just Netball

Hamersley supports the development of players, coaches, umpires and other club members. If you are aware of a member's achievements or initiatives that deserve acknowledgement, please contact the media and publicity officer.



HNC 9 celebrate National Netball Day as they 'Dare to Dream' (left to right, back to front): Natasha Forgan, Michelle Cairney (Coach), Olivia Richardson, Drew Hancy, Abigail Doorey, Jennifer Herbst, Chloe Harrison, Ashlee Ryan, Grace Moran, and Maddie Hunter.

Thank you to the sponsors of Hamersley Netball Club Inc.



And our supporters

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Alistair Kennedy
Linda Firth Photography**

Sponsorship

Hamersley Netball Club has been extremely fortunate in the past to receive sponsorship from Toyota Genuine Parts over a 30-year period from 1982 - 2012. This sponsorship has enabled our coaches and umpires to be up skilled. It has provided specialists coaching for our athletes to allow them to present at trials in the best form. The equipment the club owns is a direct gift from Toyota through their sponsorship.

The club is open to offers of sponsorship. If you can assist in any way you are encourage to contact Lyn Pemberton at pem_6022@yahoo.com.