



NEWSLETTER 2019 Edition 1

The 2019 Netball Season has kicked off!

The 2019 Netball Season has begun for Oakhill Drive Netball Club with great success. Round 1 was for those teams that only have 6 teams in their grade which meant that we had only four teams play on Saturday. Congratulations to our two 12s teams and two 17s teams who all played competitive, fun and enjoyable games. The first quarter for each team was spent getting rid of the cob webs and by the fourth quarter every team was well and truly back into the swing of things. In the end we came away with 3 wins and 1 lose but every girl should be very proud of their efforts. It looks like it will be a great season ahead for each of those teams.

Every other team will hit the courts for the first time this weekend. NetSetGo launches on Friday night with the NetSetGO fun night, including a jumping castle, hair braiding and more. It promises to be a fun night for our little players! All our Junior and Senior teams will play on Saturday so make sure you know exactly what time you are playing, when and where you are meeting your coach and what court you are on.

Let's make 2019 a fun, enjoyable, competitive and successful netball season for Oakhill!

UPCOMING EVENTS

- 3rd May 2019 - **NetSetGO Fun Night**
- 4th May 2019 - **Round 2 Winter Competition**

PLAYERS STILL NEEDED

We urgently need players for the following teams –

- 12D1
- 13D2
- 17D2

More information on these teams, training times etc can be found in this newsletter. Help us find these additional players we need!

Umpiring News



Round 1 for the new season saw Oakhill's Team White cover four games.

Team "K" - Kim, Kati and Karen made up our Round 1 umpiring roster for 2 x 12 yr old teams and 2 x 17 yr old teams. All teams are to be congratulated on their sportsmanship towards their opponents and towards the umpires.

This weeks " RULE IN REVIEW " and one of my personal favourites : PLAYING THE BALL

9.4 PLAYING THE BALL (Page 48) of the latest Rule book

9.4.1 Methods of Playing the Ball

(i) to gain possession a player MAY:

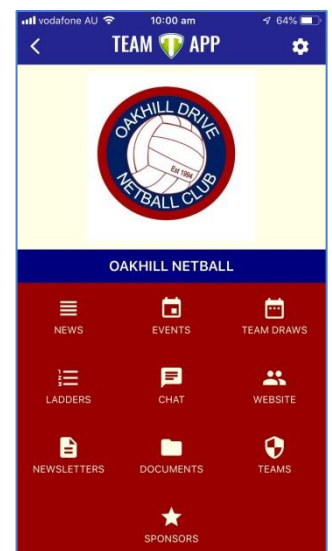
- Catch the ball with one or both hands
- Roll the ball to oneself
- Catch the ball if it rebounds from the goalpost.

(ii) A player who has POSSESSION of the ball may throw or bounce it in any direction to another player with one or both hands. The player with the ball :

- May not throw it deliberately at another player
- May not roll it to another player

TEAM APP

1. Download Team App from the Apple or Google Play app store.
2. Register, then Log in and search for "Oakhill Netball".
3. Choose your applicable access group(s).



(c) Must release the ball within 3 seconds

(d) After releasing the ball, may not replay the ball until it has been touched by another PLAYER or it rebounds from the GOALPOST.

(iii) Without having POSSESSION of the ball a player **MAY**:

(a) bat or bounce the ball to another player but may not bat it deliberately at another player

(b) Tip the ball in an uncontrolled manner once or more than once, then either catch the ball or bat or bounce it to another player

(c) Bat the ball once before either catching the ball or battling or bouncing it to another player

(d) Bounce the ball once before either catching the ball or battling or bouncing it to another player

The highlighted points are the ones that a lot of umpires readily get wrong, largely because they feel it looks deliberate or they had "control" - which according to the rules is quite within a player's rights when they HAVE NOT had prior POSSESSION. If you would like a practical demonstration of this rule please first speak with your coach and or ask any of Oakhill's umpires to demonstrate for you.



At Oakhill we feel strongly about protecting our umpires from sideline chatter, please help to protect our umpires who give up their time each week so that teams can play. NO UMPIRE = NO GAME.

URGENTLY REQUIRE: Afternoon UMPIRES to cover 17's, through to Opens. Our 1:00pm slot requires 6 umpires. I urge those teams in the 2:15pm and the 3:30pm slots who can umpire to please join our roster. All enquiries can come through to odnc.umpiring@gmail.com - Kim Davis.

Round 1 Results

Team #	Grade	vs	Opposing Team	Result	Score	Current Place
19	12D1		St Bernadettes	Win	22 13	2nd
18	12B1		Glenwood	Loss	16 22	4th
14	17D2		RHAC	Win	27 21	3rd
13	17C2		Rams	Win	58 19	2nd

NetSetGO Fun Night – 3rd May



Our NetSetGO! Fun Night is here again this Friday 3rd May and we want you to come along!

From 5:00PM, join us at the courts for a jumping castle, hair braiding, face painting, Suncorp Super Netball activities and a special visit from Channel 9's Lego Masters mascot!

Activities will be happening from 5:00PM until 8:30PM so join in the fun before or after your game.

ODNC Grades and Game Times

Team #	Grade	Game Time	Coach/Coordinator
25	Under 7s	6:30pm	Julie Wallace
24	9 Navy	7:20pm	Blair Rorani
23	9 Navy	7:20pm	Caroline Jarocki
22	9 Gold	7:20pm	Kim Pattison
21	11C2	10:00am	Carol Pease
20	11B	9:00am	Kirsty Newbury
19	12D1	12:00pm	Isabella McCallum
18	12B1	11:00am	Kim Davis
17	13D2	11:00am	Liz Davidson
16	13B	12:00pm	Kiri Bowcock
15	15B	10:00am	Katarina Grubisic
14	17D2	2:15pm	Karen Lacey
13	17C2	3:30pm	Taryn Eccles
Team #	Team	Game Time	Team Coordinator
12	Open D	1:00pm	Kylie Kardel
11	Open D	1:00pm	Lilly Morris
10	C4	3:30pm	Jessica Geale
9	C4	3:30pm	Narelle Hurworth
8	C1	2:15pm	Katrina Harrington
7	C1	2:15pm	Milica Ross
6	B5	1:00pm	Kiri Bowcock
5	B5	1:00pm	Michelle Palaci
4	B3	3:30pm	Kim Davis
3	B1	1:00pm	Katelyn Aldacour
2	B1	1:00pm	Annette Scarfone
1	A2	2:15pm	Millie McChlery

Congratulations to Team 12 – Open Ds, Kylie Kardel



Team 12, Open Ds have been awarded a prize for being the most organised team in relation to registrations. This team were the only team to have all players registered including all players' photos uploaded with no issues by our Registration deadline. Needless to say this team is our Registrars favourite! Team 12 has won a Holey Moley voucher for each member of the team.

Thank you to Strike Bowling and Holey Moley Golf Club, located at Castle Towers, for their kind donation of these vouchers.

12D1s come away with a win for their first game together.



My 12D1's had a spectacular start to the season winning their first game 22-13 against St Bernadettes. This is the first time that the team had played together and they did exceptionally well in both defence and attack. Despite our excellent player Leila injuring her ankle the girls still managed to play beautifully with only 6 players on the court.

Written by Isabella McCallum, 12D1s Coach



12B1s – The girls had a smile until the end



Oakhill 18 v Glenwood 38
Lost 21 - 16

A gorgeous day for our first round of Netball. The 12B1 team has a new look this season with 3 new players making up the squad of 8. Regardless of the end result, the girls, who have never played a game together before, overall did a good job of passing, catching, moving & chasing down lose balls. Always things to work on, but these are not big things and I am excited to see you all gel as a team over the coming weeks.

The girls had a smile to the end and didn't stop chasing . Well done girls, as a coach I can only ask for your best effort, and I believe that's what I got so thank you - This is definitely a team to watch as the season goes on.

Quick shout out also to our sideline - thank you for staying positive and encouraging the girls, it's always daunting for new players on their first game in a new team - great job by all.

Written by Kim Davis, 12B1s Coach

17D2 – This new team have started the season with a win!



The 17D2's had a great start to the season. This is a brand new team that has come together really quickly. The team worked really well together during their first game, with some of the team only meeting for the first time on Saturday. A big thanks to Emma for filling in for us. The team tried really hard against tough opponents coming out with a Round 1 win. Keep up the good work ladies...

Written by Karen Lacey, 17D2s Coach

17C2 have an exciting season ahead



What a wonderful start to our season. We were missing Jess M and Tessa today so we were fortunate to have Sarah fill in for us. Thanks Sarah! Charlotte has joined our team and fitted in beautifully. She worked well with Sophie and together they managed to shoot 58 goals. Our centre court players, Alicia, Yoko and Sarah ran all game and did a fantastic job. Caitlin and Jess were marvellous in defence and made it very difficult for the opposition to score. A great first game and we can certainly look forward to an exciting season.

Written by Kylie Meikle, 17C2 Team Manager



IMPORTANT - Players still needed for 3 teams!

We still require additional players for three of our teams, as each of these teams only has 7 registered players. Ideally we would like to find at least one more if not two more for each of these teams.

12D1

- Players must be turning either 11 or 12 years in 2019
- Training is Wednesday 4:15pm to 5:15pm at Oakhill Drive Public School
- Coach is Isabella McCallum
- Games are on Saturday at 12pm

13D2

- Players must be turning either 12 or 13 years in 2019
- Training is Thursday 4:15pm to 5:15pm at Oakhill Drive Public School
- Coach is Liz Davidson
- Games are on Saturday at 11am

17D2

- Players must be turning either 15, 16 or 17 years in 2019
- Training is Tuesday 6:30pm to 7:30pm at Greenway Netball Courts, Cherrybrook
- Coach is Karen Lacey
- Games are on Saturday at 2:15pm

Anybody interested should contact Zoe Nicholls ASAP on odnc_enquiries@yahoo.com.au or 0407 226 426.

Uniforms

Everybody should have their uniforms ready to wear for Fridays or Saturdays game! We have very limited second hand stock with only a handful of small girl's uniforms available and no women's sizes. Therefore please ensure that your dress fits and there are no surprises when you try and put it on for the first time this year. If you require a new dress you will need to contact the Sydney Netball Shop on (02) 9894 8250.

We have new Club Jackets!

The new Oakhill Club jackets are ready for ordering. If you would like to order one the cost is \$60 payable at delivery.

1. Size (X Small - Small - Medium - Large - X Large) - sizing is quite generous. Zoe Nicholls will have a sample available on Saturday which you are welcome to try on.
2. Preference of white cotton interlock or navy polar fleece lining.
3. Name under front logo - Yes/No

Other uniform items for sale –

- Hoodies: now available in kids and womens sizes, \$45 each.
- Caps: \$15 each
- Socks: \$10 a pair
- Beanies: available soon, ideal for the cold Friday nights and early Saturday morning! \$10 each.

Contact Kati on odnc_uniforms@yahoo.com



Coach the Coach with Nardia MacDonald



Want to expand your coaching skills - No accreditation necessary.
Come and listen, learn and expand your coaching knowledge. Beginners to Experienced Coaches welcome.
Free to BHSNA members

When: Tuesday 7th May 2019, 6pm to 9pm
Where: Kellyville Netball Complex
Tickets/Registration: available from bhsna.nsw.netball.com.au

This Coaching Clinic is highly recommended to all of our Oakhill Drive Netball Coaches.

It's important to wear the right shoes

Information provided by the NSW Institute of Sport –



Despite being one of Australia's highest female participated sport, with over 625,000 involved with netball each week, an extraordinary 76% of netballers aren't wearing the correct shoes for the sport.

The vast majority play in running shoes or generic 'trainers' which don't provide the necessary grip and support for the quick, dynamic movements needed in the game.

In addition to improving performance on court, the grip and support provided by specialist netball shoes can also help reduce the risk of ankle and knee injuries. Their durability also reduces the need to replace shoes on such a regular basis.

The image above highlights the key differences between a netball shoe and a running shoe when completing a "change of direction" movement on court.

More information: <https://www.nswis.com.au/nswis-news/mizuno-netball-shoe-maketheswap-campaign-launches/>

Thank you to Winston Hills Mall



Thanks to one of our wonderful sponsors, Winston Hills Mall, we had two tickets to the Swifts versus Giants, Suncorp Netball Game at Qudos Bank Arena to give away. Kylie Kardel was the lucky recipient of these tickets (given away via our facebook page so make sure you have liked the Oakhill Drive Netball Club page!) Kylie Kardel had a fabulous time at the game on Sunday and apparently the seats were awesome. Congratulations to the Swifts who came away with an amazing win on the day.



SP Netball Academy – Galston



Saturday 11 May 2019

Galston Netball Clinic

Galston Netball Courts

Time: 2.00pm–5.00pm

Age: 6-14 year olds

Cost: \$60 per person (Inc. GST)

(includes coaching and a goodies bag)

Bring: Water bottle, snack and comfortable clothes

For registration, please go to www.spnetball.com/clinics
Registration closes 9th May 2019.
Places are limited so get in quick!

Former Australian Diamond and Giants Netballer Susan Pettitt will be running a 3 hr skills and drills clinic at the Galston Netball Courts on Saturday 11th of May from 2pm to 5pm. This is open to everyone so please feel free to invite your players.

This is a great opportunity for our players to get some tips and drills for the start of the 2019 netball season and even for new players keen to give netball a go to learn some skills.

We know that our netballers will take any chance they can get to train with the best so don't miss this opportunity to train with Susan at the start of the 2019 netball season! These clinics are open to everyone so invite your friends!

Clinic 1: 3hr netball skills and drills

Date: Saturday 11th May

Time: 2pm to 5pm

Cost: \$60 per player (includes an SP Netball gift)

Ages: Open to ages 6 to 14

Places are limited so please register ASAP on the link below:

<https://www.spnetball.com/event/galston/>

 SP Netball

BROUGHT TO YOU BY
AUSTRALIAN NETBALLER
SUSAN PETTITT

Happy Snaps – Round 1



We wish Leila a quick recovery after her sprained ankle and hope to see her back on court soon.



Let's get moving in Round 2! GO OAKHILL