



NEWSLETTER 2019 Edition 7

Half way there!

Can you believe we are already halfway through the netball season already. During the first 7 rounds we have unfortunately had a lot of teams short players for various reasons so I just wanted to say a huge thank you to all of those players (there are many) who have played for other teams either before or after their own games and/or umpiring. Our committee, team co-ordinators and coaches are very grateful for the players in our club who demonstrate a generous club spirit.

Special shout out to Alice Collins' mum from the B1 team (2) for taking immediate action and caring for one of our senior players last Saturday, a huge thank you from ODNC!

Congratulations to Kelly Simmons who was selected to represent BHSNA over the June long weekend at the Senior State Titles and also to Kiri Bowcock and Andrea Curr for umpiring.

Good luck to all teams as you head into Round 8 of the 2019 competition and wrap up the first half of the competition.

UPCOMING EVENTS

- Kiss Goodbye to MS this week and wear red!
- 21st June 2019 - **NetSetGO Round 8**
- 22nd June 2019 - **Round 8 Winter Competition**

Club Photo Day

29th June 2019

Photo envelopes will be handed out this week together with your photo timeslot. We expect every player to make the effort to be in their team photo.

BHSNA Reminders

- All players need to show **RESPECT** for every Umpire at every single game! If an issue arises during the game locate or call an Oakhill Drive Committee Member to your court. Alternatively you may send someone to BHSNA control to explain the situation and request someone attend your court, do not let any issue get out of control.
- All teams must show/view the Team Photo Identification sheet and also for any borrowed players prior to the game commencing.
- Ensure the Game scoresheet has been collected from BHSNA control and is at your court prior to the game commencing. This is not the umpire's responsibility!
- Penalties will be imposed from Round 9 for scoresheets that have not been completed correctly.
- BHSNA reusable Coffee Cups are available to purchase from this week for \$15.

Kiss goodbye to MS – Wear red this week and donate

People living with multiple sclerosis (MS) put on their game face every single day. This year, Baulkham Hills Netball are putting on our game faces to help MS Research Australia to @kissgoodbyetoms and raise awareness for much needed MS research! So this weekend, Friday 21st and Saturday 22nd June, we are asking you all to get your red on! Red lipstick, red hair spray, red ribbons, red socks - let's show our support with a gold coin donation!

Make sure you send in photos to the BHSNA Facebook page with your team's game faces so we can share online.

[#kissgoodbyetoms](https://www.facebook.com/kissgoodbyetoms)

Round 7 Results

Team #	Grade	v s	Opposing Team	Result	Score	Current Place
21	11C2		Winston Hills	Loss	1 26	8 th
20	11B		Rams	Win	20 12	5 th
19	12D1		Baulkham Hills Sports	Win	22 6	2 nd
18	12B1		Impalas	Win	21 20	3 rd
17	13D2		Gazelles	Win	21 11	1 st
16	13B		Kellyville	Win	40 25	1 st
15	15B		Glenhaven	Win	34 23	5 th
14	17D2		Tangara	Loss	23 30	4 th
13	17C2		Model Farms	Loss	52 56	2 nd
12	Open D (Kylie K)		Oakhill Drive	Loss	33 35	5 th
11	Open D (Lilly M)		Oakhill Drive	Win	35 33	1 st
10	C4 (Jessica G)		Model Farms	Win	39 33	5 th
9	C4 (Narelle H)		Hills Grammar	Loss	10 42	7 th
8	C1 (Kati H)		Kellyville	Loss	25 35	5 th
7	C1 (Milica R)		Impalas	Win	53 33	1 st
6	B5 (Kiri B)		Kellyville	Loss (forfeit)	0 0	7 th
5	B5 (Michelle P)		Gazelles	Loss	31 48	3 rd
4	B3 (Kim D)		St Bernadettes	Win (forfeit)	0 0	4 th
3	B1 (Katelyn A)		Oakhill Drive	Loss	33 39	6 th
2	B1 (Annette S)		Oakhill Drive	Win	39 33	2 nd
1	A2 (Millie M)		St Michaels	Loss	34 40	7 th

An undefeated season so far for the 13Bs!



winning back many balls.

The defence end shone as they always do with the ever reliable and positive Miki in WD and our Jess building through the game to an impressive number of tips and deflections by the last Qtr. Our players player goes to Ava in GD who despite a challenging attitude from her opponent and spectators she dominated with the grace and maturity we all love. Miss Tash picked up the centre patch 2nd half and kept her cool in the face of another frustrated opponent to guide the back half to the win - we took out all 4 qtrs.

All in all our gals did their absent coach proud and remain undefeated and now outright leaders! Although we have had many "heart attack" games for us poor spectators, the girls have been above all so supportive of each other, we couldn't be prouder and cannot wait to see the season out.

13B's have had a steady start to the season remaining undefeated. It was with a small amount of nervous energy but the same goofy approach to our team warm up (which fails to instil any fear in our opponents) they took to the court Saturday. They were also competing with an anxious sideline as our opponents had posted on FB encouraging spectators for the match and our fearless coach was stuck (her words) at an ill-timed family wedding which left team parents to hold the fort.

The girls raced away to an amazing start dominating the first qtr. We had our pocket rocket Trin back from injury and the energy ball that is our Livvy in Centre. Em and Nada were on fire defying all logic with their freakish connection to each other. Most impressive was our attack ends defensive efforts





Photo Day - information will be distributed to all teams this Saturday. The allocated timeslots have been carefully organised around game times and umpiring commitments.

Please ensure your team is advised of the timeslot and ALL players make every effort to attend (even the NetsetGo players from Friday nights) this is our 25th year of Netball, we want every player be a part of our clubs ongoing history.

We will be taking orders for the new Oakhill Jacket (\$60 per jacket) on club photo day, adult sizes will be available to try on at the gazebo. We will also have limited sizes of Oakhill fleece hoodies @ \$45, Caps @ \$15 and socks @ \$10 each, all will be available to purchase on the day.

Before you critique the umpire, here is something to think about.....

For those of you that missed this on our club Facebook page....

Something to think about next time BEFORE you critique the umpire, still not happy, then pick up a whistle you might find you have a new found appreciation for umpires!

Think about this next time you hear someone moan about umpires.

A standard game of netball is 60 minutes.

The ball has to be passed at least every three seconds. This results in the ball being passed (at an absolute minimum) 1,200 times a match.

Every time a player catches the ball, an umpire has to check seven things involving the player with the ball and their opponent (footwork, contact, how they got the ball, obstruction, offside etc.).

Almost simultaneously, the umpire has to look down the court and check other players are in their correct areas and are not blocking each other in their attempts to move. This could involve scanning 10 different players, while keeping one eye on the player with the ball and their opponent.

So that's seven things, involving the player with the ball, plus potentially another 10 players to watch, each with three actions involved (contact, obstruction and offside).

That's 38 different actions to watch for per pass, including the held ball rule. 38 times 1,200 passes equals 45,600 decisions umpires make per match. Even if that figure is split between the two umpires, that's still 22,800 decisions each.

22,800 decisions a match! And that's assuming players take the maximum three seconds to pass the ball. The real figure is probably much higher.

[#RespectTheUmpire](#)

Text credit: Sarah Black from [Netball Scoop April 20, 2017](#)



You Grow Girl...Woolworths is here to help!



Picked for netball

Have you seen the new competition that Woolworths are running?

You can apply for the chance for Woolworths to visit your training session during the week, where you will receive a special visit from a Suncorp Super Netball player, who will provide insights into what it takes to become the best player a girl can be both on and off the court, nutritional tips on how players in the club can grow healthy and grow strong, and provide a skills and drills clinic which will get you a step closer to becoming the best player you can be.

For full details and to enter visit the Woolworths website -

<https://yougrowgirl.netball.com.au/woolworths-club-visits-and-clinics/>

GWS Fury Junior Netball Clinic in the July School Holidays. Book your spot today!



Just in time for July School Holidays! Don't miss out on your Saturday netty, register for the GWS Fury Junior Netball Clinic being held at the Blacktown Leisure Centre, Stanhope Gardens on 13 July. Three age groups ... plenty of fun ... be coached by a Fury player!!!! Register now, details below.

Saturday, July 13, 2019 at 9am – 4pm

Blacktown Leisure Centre, Stanhope, Stanhope Pkwy & Sentry Drive, Stanhope Gardens NSW 2768

7-9 years (9-11am)
10 years (11.30am – 1.30pm)
11-12 years (2pm – 4pm)

To purchase tickets visit

https://www.stickytickets.com.au/88443/gws_fury_junior_netball_clinic.aspx

Start using your re-usable hot drink cups

INTRODUCING THE BHN KEEPCUP



Original KeepCup brand, 12oz size (equivalent to our large coffee)

First coffee is free

Also receive a coffee rewards card, every 10th coffee is free*!

*coffee card only valid for BHN KeepCup refills

We now accept re-usable hot drink cups!

They need to be 12oz size with no handle – your hot drink will be charged at \$4.50

Thank you for your understanding





As one of the premier sporting organisations in Australia, Netball NSW are always on the lookout for the next generation of coaching talent. Who will be the next Julie Fitzgerald and Briony Akle?

With that in mind Netball NSW is supporting athletes between the ages of 14-18 years old who are looking to transition into the coaching pathway. Free coaching workshops, led by some of the best accredited coaches in the business, are currently being held around New South Wales.

Netball NSW had their first workshop in Coffs Harbour on Sunday 2 June where High Performance coach Gillian Lee and Nicole Cusack (Assistant Coach of South Africa) gave wonderful insights and mentored enthusiastic

participants to coach a group of young netballers.

Similarly the coaching workshop which took place in Blacktown on Sunday 16 June, and was led by former NSW State Team Assistant Coach Nardia MacDonald and High Performance Coach Moira Gaha, was met with equal acclaim.

The good news is that there are more opportunities for young, aspiring coaches to start earning their stripes.

The next workshops will take place at Hunter Sports High School on Sunday 23 June. This will see 2019 NSW 17/U Head Coach Amber Cross team up with Giants Netball star Sam Poolman

Also taking place this Sunday is a workshop in Illawarra District with Jill McIntosh (Former Diamonds Coach) and Marji Parr (Emerging Elite Coach) looking after proceedings.

The workshops will then wrap up with a final clinic being Netball Central in Sydney Olympic Park on Thursday 27 June with McIntosh again at the helm.

How can I get involved?

If you are interested in these free coaching workshops and are between the ages of 14 and 18 please contact Talor Hamilton at thamilton@netballnsw.com and start your coaching journey.

Anne Sargeant Netball Clinic



School Holiday Netball
Friday July 19 , 2019, 9am to 3pm

7 – 14 years old

Baulkham Hills Shire Netball Association, Wellgate Ave, Kellyville

- * Certificate of Achievement* Basic skills and specialist sessions
 - * Courtwork and matchplay
 - * Chance to work with some of Netball's top players
- * opportunity to receive an ASNC Chemist Warehouse Scholarship
 - * ASNC Gift Shop * loads of fun *Chemist Warehouse Gift Bag

*** Plus NETFIT for the older girls!!!!**

Cost : \$80

Register on line at www.annesargeant.com.au
(Just click on the ASNC 2019 icon, then July 19 event)

Contact ASNC: Ph 99744228

The Centre **COMING UP** HILLS NETBALL ACADEMY
Inspire • Motivate • Shine
July School Holidays

Fitness, skills, drills & fun!

For ages 6 - 14 years

17th, 18th & 19th July

Dural Indoor Sports Centre

9.00am - 12.00pm each day

\$50 per day or \$145.00 ALL 3 Days

Free gift for attendance to all 3 days!!

Please bring morning tea and a water bottle

To register please visit our website www.hillsnetballacademy.com or email
hillsnetballacademy@bigpond.com

No previous experience needed
We will divide girls up into age groups
Skill development and match practice will be based
around mini games
All skills will be aimed at FUN TO LEARN developing
into more competitive games
Mini games, skill practices
Fitness and conditioning

State Titles Happy Snaps



Kelly Simmons at State Titles. Well done Kelly!





See you in Round 8!