



**NEWSLETTER
2019
Edition 8**

Bring your smile to the courts this Saturday

This weekend promises to be a busy one for many reasons. As always we will kick off with our Friday Night NetSetGo games. Although it has been bitterly cold the last few Friday nights the girls have still be laughing, smiling and enjoying their netball. Saturday will not only incorporate our normal games but we also will be holding our Club Photos. So you will no doubt see girls running from games, to photos, to umpiring, to coaching and possibly just around in circles (hopefully to warm up!).

Remember to make sure you turn up at the Oakhill Gazebo on time for your photo so we can ensure that the schedule runs smoothly. A big thanks to those Friday night teams that are making a special trip to the courts on Saturday for their photo and for those teams that are needing to arrive a little earlier than usual.

We are officially entering the second half of the competition with all teams now having played all other teams in their draw. Well done to everyone as we are seeing some great games and fantastic results. We currently have 11 teams sitting in a top four position on their ladder, with special mention to our 13D2, Open D (Team 11), and Open C1 (Team 7) who are all currently undefeated. Well done girls and good luck to everyone as we continue on towards finals.

We would also like to send good luck to the 6 Oakhill girls who are trialling for the 11 years development squad on Sunday. We hope you bring your best netball, try hard but most of all enjoy yourself.

UPCOMING EVENTS

- 28th June 2019 - **NetSetGO Round 9**
- 29th June 2019 - **Round 9 Winter Competition**
- 30th June 2019 – **11 years Development Squad Selections**

Club Photo Day

29th June 2019

Please ensure you arrive promptly at your allocated photo time.

Club Photo Day



Photo Day - information has been distributed to all teams. 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.

Umpiring News



Congratulations to Madison Bidner on being awarded her District Gold Badge for Umpiring. Well done Madison.

Round 8 Results

Team #	Grade	v s	Opposing Team	Result	Score		Current Place
21	11C2		Gazelles	Loss	1	21	8 th
20	11B		Gazelles	Win	16	11	4 th
19	12D1		Castle Hill Sports	Drew	20	20	2 nd
18	12B1		Gazelles	Loss	16	28	4 th
17	13D2		Castle Hill Sports	Win	24	14	1 st
16	13B		Castle Hill Sports	Loss	30	32	2 nd
15	15B		Winston Hills	Loss	12	32	5 th
14	17D2		Gazelles	Loss	22	41	5 th
13	17C2		Baulkham Hills Sports	Win	50	25	2 nd
12	Open D (Kylie K)		RHAC	Win	35	10	5 th
11	Open D (Lilly M)		RHAC	Win	43	39	1 st
10	C4 (Jessica G)		Oakhill Drive	Win	40	22	2 nd
9	C4 (Narelle H)		Oakhill Drive	Loss	22	40	7 th
8	C1 (Kati H)		Angels	Loss	24	33	5 th
7	C1 (Milica R)		Kellyville	Win (forfeit)	0	0	1 st
6	B5 (Kiri B)		St Pauls	Loss	39	41	8 th
5	B5 (Michelle P)		Baulkham Hills Sports	Win	46	28	3 rd
4	B3 (Kim D)		Glenwood	Win	33	28	5 th
3	B1 (Katelyn A)		Kellyville	Loss	38	46	6 th
2	B1 (Annette S)		Baulkham Hills Sports	Win	86	8	2 nd
1	A2 (Millie M)		Baulkham Hills Sports	Loss	19	52	7 th

Working hard the 11Bs are starting to take off!



The 11Bs have finally taken off after a slow start and are positioned at 4th on the ladder. This week's game was a nail biter, coming down to the 4th quarter for the win having been behind the whole game. We tried a few different things this week, Lara came out of GK for the first time and played an amazing game in WD. Halle and Kirri shared GA and C and gave us some great momentum in the early quarters. Caitlin and Emily shared GS duties and both girls were fantastic in the circle, supported beautifully as always in WA by Liv. Add a fearless Jessica in GD and there was nothing stopping our late charge. I asked for a Grand Final 4th quarter and they absolutely delivered in every way. Even with Amelia sick this week, cheering enthusiastically from the bench, the team reshuffled and worked together supporting their play. I am absolutely delighted at the way the girls have listened, practiced and really started to get a feel for the higher grade this year. All of our players come to training ready to work hard and do their best and I am so proud of the way they have worked together to achieve a brilliant result so far.

Netball Nutrition Tips and Tricks

Netball is a demanding sport requiring strength, power, speed and agility. Players can change their type of activity up to every 6 seconds, and will pivot, run numerous short sprints and land up to 60 times in a game. That's a lot to ask of our bodies, regardless of our age or ability level.

How can we ensure we bring the best of our abilities to our game every Saturday? It's all about making sure we eat the right things to fuel our bodies and minds, so that we can hit the courts every Saturday with a spring in our step, and recover on Sunday without stiff, aching muscles.

We all need complex carbohydrates for energy, protein for muscle repair and recovery, and lots of healthy fruits, vegetables, nuts and seeds for all the useful vitamins and minerals they provide. Plus of course we need to make sure we are hydrated – Saturdays can be deceptively warm in winter and it's easy to forget to drink water when we're feeling a bit cold before a game. Bring at least 1 litre of water to your games, drink some during your warm-up and have a few sips at every break. Prevent the Saturday night post-netball headache by drinking plenty of water throughout the day after your game (even more important for us adults who enjoy a glass or two of red wine on a Saturday night...).

Here are some meal and snack suggestions to support your netball career. Ensure your main meals are eaten a few hours before you play, to give you lots of time to digest your food, and stick to small snacks within 1 – 2 hours of your game.

Breakfast

- Multigrain or sourdough toast with avocado, baby spinach and a poached egg.
- Smoothie with yoghurt (Greek or coconut), fruit (bananas, berries, pineapple – choose your favourites!), milk (full-cream dairy, or non-dairy alternatives such as oat milk, coconut milk, almond milk, rice milk), chia seeds, ground flax seeds and a handful of raw nuts.
- These options both provide good quality carbs, fats and protein, giving you plenty of energy to last you through the morning.

Lunch:

- Salad sandwich (on multigrain or sourdough) with grilled chicken, turkey, lean beef, or cheese.
- Brown rice or quinoa salad with roasted vegetables and seeds (pepitas, chia seeds, sesame seeds), drizzled with extra virgin olive oil.

Snacks

- Protein balls (google some recipes and experiment making some of your own!).
- Small tub of Greek yoghurt with a handful of raw nuts and berries.
- Banana or apple with a handful of raw nuts.
- Slice of multigrain or sourdough toast with nut butter, ricotta or cottage cheese.

One of these snacks within 1-2 hours before the game will provide you with a nice energy boost if it's been a while since your last meal.

One of these within 1 -2 hours after your game will help with muscle recovery and repair, reducing that difficulty some of us have walking on Sunday morning...

Make sure you're eating plenty of fruit and vegetables throughout the week. Aim for two pieces of fruit and five serves of vegies every day (well, most days if you can!). A serve of vegies is a cup of salad or half a cup of cooked vegies. Aim for lots of colourful vegies – the more colours, the better variety of vitamins and minerals you are exposed to.

If anyone would like a one-on-one Nutrition consultation, I am currently studying for a degree in Nutrition and am seeing clients in a fully-supervised student clinic in the city, from August - November. I can help with general health issues, digestion, skin conditions, hormonal imbalances, boosting immunity and much more. Email me at katrinaharrington@outlook.com if you'd like more information. I'd love to see you!

Written by our very own Kati Harrington, currently undertaking a degree in Nutrition

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



The Centre – Hills Netball Academy Clinic



COMING UP



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

A DAY IN THE LIFE OF A
NETBALLER

 **The Athlete's Foot**



NETFIT CLINICS
SYDNEY OLYMPIC PARK
KIM GREEN & TAYLAH DAVIES

DATE:
MONDAY 15TH JULY

TIME:
9:00AM - 3:00PM

ADDRESS:
NETBALL CENTRAL
2 OLYMPIC BLVD
SYDNEY OLYMPIC PARK NSW 2570



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YEARS OLD

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Smile your on camera in Round 9!