



The Centre Pass

The newsletter for netballers, supporters, members and parents associated with Plenty Valley Netball Association.

2007 Autumn – Issue 5

Round 11, WOW, this season has flown! We recently had our Annual General meeting. It was great to see representatives from the majority of the association teams. A new committee was formed for 2007/2008.



President	Sue Drummond 9464 0043
Vice President	Jean Fitzpatrick 0409 960 922
Secretary	Vince Bruno 0400 276 008
Treasurer	John Ross 0438 584 409
Assistant Secretary	Angela Sims
Rep Team Manager	Wendy Castles
Committee	Brent Pace
Committee	Sarah Johnson
Committee	Mark Penn

Remember the website will keep you up to date with all fixtures, scores, ladders and news.

www.vicnet.net.au/~pvna
username: **netball**
password: **fun2play**

PVNA T-Shirts \$18 and Jackets with player name \$35. Orders being taken now! see Jean at desk.

Coaching Clinic, if you're interested in improving your skills as a team coach, put your name down for a coaching clinic. If we get a minimum of 15 people, we will have netball Victoria run it at our center.

Umpiring Clinic will also run to provide umpiring basics, especially to those young netballers who wish to do some umpiring.

Let someone on the committee or the match day desk know of you're interest in the Coaching or Umpiring clinics.

PVNA Committee

Milestones

Congratulations to...

Pandas – 13&Under

A BIG Congratulation to Chloe, Jessica and Katie for achieving 50 Games for their team.



Bluebirds – 13&Under

Well done to the players who have shown loyalty and commitment to their team and their sport – bluebirds netball team. The team was formed in September 2003, made up of players from the Netta program. 4 years later we have 4 players reaching there 100 game milestone:

- Tessa Bruno (101)
- Alicia Keighran (103)
- Roslyn Bruno (102)
- Kimberley De La Motte (109)



Any other milestone, feel free to inform the match day desk, or email through website.

Umpires&Rules

Have you noticed there is another Learner out on the court. Madison Costa has put her hand up to have a go and umpiring.

There are quite a few girls who have put their name down to learn to umpire. Once they have familiarized themselves with the Rule Book they can take to the court, whistle in hand!

Please be patient, they are like the young Netta players. Be assured they will be supervised. Thank you girls for taking up the challenge, I enjoy umpiring and I hope they also enjoy the experience.

Rules: Throw In :

The player taking the Throw In shall:

- Ensure that all players are on the court.
- Stand outside the court and place one or both feet immediately behind the point where the ball crossed the line.
- Throw within 3 seconds
- Ensure you do not step.
- Not enter the court before the ball has been thrown
- Not step into an off side area while still in possession of the ball
- Throw the ball to the nearest third.

This is a lot to remember when you are outside the court ready to throw the ball, but most players take pains to get their foot or feet as close to the line as possible. As was stated in the old rule book “toe the line”. This is no longer the case.



If the player taking the throw in ensures that they have observed the line and stand “immediately behind the point where the ball crossed the line”, you are playing within the rules.

If you require more clarification of this rule by demonstration please come up and we can chat.

Sue

If you have a team or player to be profiled for a future edition of the “Centre Pass” please fill in a profile form that can be picked up and left at the match day desk.

Rep News

Training has been going each week for the representative team players. You may have noticed them training, with gold netballs (one of our association colors), between 11:30 and 12:30 on Court 1. The first tournament is approaching, @Banyule on 17th June.

The Training schedule for the representative teams is as follows:

Training Schedule 2007	
13&Under	11&U + 15&U
12-May-07	19-May-07
26-May-07	2-Jun-07
16-Jun-07	23-Jun-07
28-Jul-07	21-Jul-07
11-Aug-07	4-Aug-07
25-Aug-07	18-Aug-07
8-Sep-07	1-Sep-07
22-Sep-07	15-Sep-07
13-Oct-07	20-Oct-07
27-Oct-07	10-Nov-07
17-Nov-07	17-Nov-07



The other big news is that there is a new Representative Team Manager, **Wendy Castles**. Thanks Wendy for putting up your hand to help organize the representative teams. You will have support from the many parents involved with the representative teams.

Updated Tournament Schedule:

Tournament Name	Date	Status
Banyule	17 th June	Confirmed
Diamond Creek FORCE	5 th Aug	Waiting
Doncaster & District	9 th Sept	Confirmed
Caulfield & District	7 th Oct	Confirmed
Geelong	11 th Nov	Confirmed

Good luck to all our representative teams in the upcoming Tournament @Banyule.

Have FUN

Netball Joke

Why is netball the friendliest game?
Because there is a lot of "contact"!

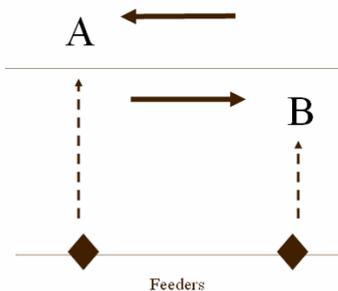
Training

Lauren Taglieri is our wednesday training coach. Training session have been going very well, and the girls that have been going have got a lot out of it.

Training for 11&Under is still at 4:30pm in Court 4 @BNASC, while 13&Under and 15&Under is at 5:45pm. It costs \$3 per person to train. *There is no charge to enter the Stadium, so advise the counter that you are there for training.*

Lauren has provided a training drill for players...

Drills are not necessarily meant to be complicated; instead they should focus on repetition of the main skill and have the potential for the coach to be able to increase difficulty if the players are finding it too easy. The following drill is very simple and emphasises the need for quick feet in changing direction, quick hands and throwing a proper pass back to the thrower and to test the physical activity of the workers. A defender can be added once the players are consistent with passing but is optional.



- Players A and B to keep running from side to side and take a pass from each side. Player B stays before the line and player stays behind the line.
- Any pass can be used but may have to adjust the length between the players.
- Change Feeders and workers after at least 30 seconds if not more.

Ladders

Current ladders as at the end of Round 11 of 2007 Autumn fixture.

11&Under

#	Team	P	W	L	D	Pts
1	Roxy Chics	11	11	0	0	44
2	Sunshine s	11	8	3	0	32
3	Sublime	10	4	5	1	18
4	St Catherine s	10	3	6	1	14
5	Penguins	10	3	7	0	12
6	Total Girls	10	1	9	0	4

13&Under

#	Team	P	W	L	D	Pts
1	Pink Panthers	11	10	1	0	40
2	Bluebirds	11	10	1	0	40
3	Swifts	11	9	2	0	36
4	Pandas	11	8	3	0	32
5	Angels2	11	6	5	0	24
6	Intense	11	5	6	0	20
7	Charmed	11	3	8	0	12
8	All Sorts	11	2	8	1	10
9	Phoenix Junior	11	1	9	1	6

15&Under

#	Team	P	W	L	D	Pts
1	The Roxys	11	11	0	0	44
2	Xtreme	11	10	1	0	40
3	Hot Chicks	11	6	4	1	26
4	Dolphins	11	6	5	0	24
5	Pink Ladies	11	5	5	1	22
6	Angels	11	3	8	0	12
7	Orcas	11	2	9	0	8

Weekly results can also be found in the Whittlesea Leader Newspaper in the sports section.

Random Photo

Who is the coach?
What team is training?
What is the drill being done?

