

The Centre Pass

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



2007 Spring – Issue 8

Money! We must thank the Victorian Government for providing us with \$1,000 for purchase of Association representative uniforms. We have updated the “skirts” used by some of our rep-teams from the old pleated gold skirts to more modern looking lycra gold skirts. Look out for them on Saturdays at about 11:30! See photo on this page.

Welcome to our newest 13&Under team, the “Stunnerz”! Have FUN.

Please read the newsletter carefully, there are quite a few things happening around the Association. If you wish to support the Association in any way please feel free to talk to a committee person about it!

WEBSITE

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 Committee


www.netballvic.com.au

Section changes

We (the committee) have not received much feedback about the proposal for the following sections: 16&Under, 14&Under, 12&Under and 10&Under.

The Committee will meet soon about this. Regardless, we have already OK'd the 15&Under section changing to 16&Under for next year (2008). Based on the number of teams in a section there maybe an Open and Reserve grade.

PVNA Committee

Net-Set-Go Junior Netball Program

Looking for new girls or boys interested in learning and developing the skills of netball to join the Net-Set-Go (Netta) Program. If you know someone that may be interested, please let them know about our Saturday morning 11:30-12:30 session run by Danni and Kendall. The Cost is \$3 per session.

We would like to get the message to kindergartens and primary schools in our area. If anyone can help, please approach Jean during Netta sessions.

Volunteer Grant

Our Association applied for a \$3,000 volunteer grant a month ago. We have been recently notified of being successful. We have asked for various items.

- A new set of training items
- Updated first aid kits
- Another secure cupboard
- Outdoor marquee

Team Coaches: We want you!

Inviting all team coaches and team managers to attend a forum, to discuss various issues and eat some PIZZA! The main issue is how the Association can better service and support its members in order to target appropriate support from government, Council and/or sponsors.



If you have any items that you wish covered (put on agenda) please inform Vince. In order to get an idea of the number of attendees (for catering purposes), can you please RSVP by 13 October. An attendance list will be on wall near match desk.

Event Details:

- Date: Friday 19 October
- Time: 6pm
- Place: BNASC Meeting Room

You can touch base with Vince on match day or by email vince@brunoplace.com or mobile 0400 276 008.



Rep Team Tournament

The tournament at Doncaster went well; It was a bright sunny day, conditions were very warm for players and the wind picked up at times.

Good luck to all rep-teams at the next tournament at Caulfield.

Date: Sunday 14 October

Time: 8.30am till approx 3pm.

Where: Cnr Murrumbeena & North Rds, Murrumbeena

Transport: We are arranging a bus to transport players and parents to and from the tournament. A small fee will be required to cover costs. Team managers will have more details closer to the tournament.

Training Schedule 2007

Saturdays – 11.30am

13&U	11&U + 15&U
22-Sep-07	15-Sep-07
13-Oct-07	20-Oct-07
27-Oct-07	10-Nov-07
17-Nov-07	17-Nov-07

Wendy

(Rep-team manager)

Representative Team Try-Outs

Interested in representing PVNA at tournaments? If you want to play netball at a different level, then trying out for the representative teams may give you this opportunity.

Tryouts for 2008 teams are scheduled for **SATURDAY 17 NOVEMBER** - put this date in your diary now!

The representative teams' sub-committee will be meeting shortly to review policies and guidelines that govern the PVNA rep teams. As the Association's involvement in tournaments and dealing with rep teams develops, changes are required to procedures and policies to meet the needs and requirements of all involved.

Netball Rules

Rule: 17: Contact

The rule states that no player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.



The word that governs that rule is interferes. Contact occurs when an opposing player knocks or bumps an opponent in a manner that interferes with that player's play. Players can touch without contact.

When contact does occur it is a penalty pass or a penalty pass or shot to the non-offending team.

Sue



'Go for your life' is a Victorian Government initiative which aims to promote

healthy eating and increase levels of physical activity.

www.goforyourlife.vic.gov.au

Warming UP!

Stretches, important part of warm up and prevent injuries:

Shoulder – Pull elbow across to opposite shoulder

Triceps - Hand behind head, pull elbow behind head with opposite hand

Biceps – Hold onto wall at arms length, turn body away from arm.

Abdominals – Lie on stomach, use hands to push shoulders off ground, hips remain on floor

Netball Joke



Why is Cinderella so bad at netball?

Because she has a pumpkin for a coach and she runs away from the ball

Ladders

Ladders as at the end of Round 9 for 2007 Spring season fixture.

11&Under	P	W	L	D	Pts
Roxy Chix	9	9	0	0	36
Sunshine_s	9	7	2	0	28
Penguins	9	7	2	0	28
St Katherine_s	9	6	3	0	24
Sublime	9	6	3	0	24
Red Berries	9	3	5	1	14
Total Girls	9	3	6	0	12
Scorpions	9	2	6	1	10
Magic Mermaids	9	1	8	0	4

13&Under	P	W	L	D	Pts
Pandas	9	9	0	0	36
Swifts	9	8	1	0	32
Intense	9	7	2	0	28
Angels2	9	6	3	0	24
Charmed	9	5	4	0	20
All Sorts	9	4	5	0	16
Phoenix Junior	9	4	5	0	16
Orcas 13	9	3	6	0	12
Stunnerz	3	1	2	0	4
Hardcore	9	1	8	0	4
Diamonds	5	0	5	0	0

15&Under	P	W	L	D	Pts
The Roxys	9	9	0	0	36
Xtreme	9	7	1	1	30
Panthers	9	6	2	1	26
Bluebirds	9	6	3	0	24
Dolphins	9	5	4	0	20
Pink Ladies	9	4	5	0	16
Hot Chicks	9	3	6	0	12
Angels	9	3	6	0	12
Orcas 15	9	1	8	0	4

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

Random Photo

