

THE CENTRE PASS

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

2010 Spring – Issue 28



Please read newsletter, there are some important and interesting bits of information.

www.vicnet.net.au/~pvna

username: **netball**

password: **fun2play**

If you have anything to contribute to the newsletter please contact someone on the committee.

AGM ANNUAL GENERAL MEETING

2010 AGM

The Annual General Meeting is your opportunity to get involved in the running of the association. We are looking for some new parents to get involved with fresh ideas and enthusiasm!

The PVNA AGM will be held:

Venue: **BNASC Meeting Room**

Time: **1pm-2pm**

Date: **Saturday 8th May**

EVERY TEAM MUST HAVE A REPRESENTATIVE AT THE AGM. If no representative attends for a team, 4 ladder points will be lost.

Committee position nomination forms can be obtained from the match day desk.

PVNA Committee

Netball Joke



Why is netball such a violent sports?

Because of all the contact, defending and shooting that goes on!

Hydration

Lack of fluid consumption during physical activity can lead to dehydration.

Dehydration reduces

performance

and increases heart rate, body temperature and how hard you perceive exercise to be. You may become very tired and may get stiches, cramps, heat stress or heat stroke.

To avoid dehydration, drink plenty of fluids before, during and after physical activity. Drink at least 500ml (2 cups) 1 hour before exercise, at least 150ml every 15 minutes during exercise and enough to fully re-hydrate after activity.

For more on hydration download the Drink Up fact sheet at

www.smartplay.com.au

Above snippet reproduced from the "Sports Club News - Issue 49, January 2010 MONASH SPORTSCENE"



Ladder

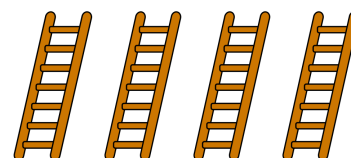
The Saturday morning PVNA competition ladders for Round 5:

11&Under team name	P	W	L	D
Black Sapphires	5	3	2	0
Black Stars	3	2	1	0
Dynamite	5	5	0	0
Girl Majik	5	3	2	0
Phoenix	5	0	5	0
Purple Diamonds	5	0	5	0
Thunderbolts	5	5	0	0

13&Under team name	P	W	L	D	
Sublime	5	5	0	0	20
Sunshine	5	4	1	0	16
Red Berries	5	4	1	0	16
Blue Viper	5	3	1	1	14
All Starz	5	3	2	0	12
Hot Shots	5	2	2	1	10
Trouble	5	2	3	0	8
Bullets	5	1	4	0	4
Superstars	5	0	5	0	0

15&Under team name	P	W	L	D	
Vixens	5	5	0	0	20
Power Of One	5	4	1	0	16
All Sorts	5	4	1	0	16
Orcas Jnr	5	4	1	0	16
Firebirds	5	1	4	0	4
WyldKatz	5	1	4	0	4
Swift Jnr	5	1	4	0	4
Smurfs	5	0	5	0	0

17&Under team name	P	W	L	D	
Bluebirds	5	5	0	0	20
Xtreme	5	4	1	0	16
Karma	5	4	1	0	16
Falcons	5	4	1	0	16
Roxy	5	3	2	0	12
Swifts	5	3	2	0	12
Angels	5	3	2	0	12
Orcas Snr	5	2	3	0	8
Black Ice	5	2	3	0	8
Angels2	5	1	4	0	4
Storm	5	0	5	0	0
Ladybirds	1	0	1	0	0



PV Comets

Our association representative teams, PVComets, have been setup for 2010 and are participating in various netball competitions and tournaments outside our Saturday morning competition. For a wrap on what is happening read on.....



Senior Teams:

Premier Open Divisions on Tuesday Nights at State Netball Hockey Center (Parkville competition):

- PV Comets 1 – Division 1 – Sarah Davies (captain), Kate Butler (vice) and Ciara Thompson (coach)
- PV Comets 2 – Division 5 – Kendall Fitzpatrick (captain), Jess Williams (vice) and Leigh Middlin (coach)
- PV Comets 3 – Division 6 – Nicole Emery (captain), Kate Benson (vice) and Cassy Hoggins (coach)



Junior Teams:

17&U Teams on Tuesday nights at State Netball Hockey Center (Parkville competition):

- PV Comets 4 – Division 2 – Lauren Grimes (captain), Emily Hayman (vice) and Nicole Meade (coach)
- PV Comets 5 – Division 5 – Roslyn Bruno (captain), Nellie Wilson (vice), and Sarina Ferraro (coach)

15&U Teams on Thursday nights at State Netball Hockey Center (Parkville competition):

- PV Comets 6 – Division B – Co-Captains Hollie Wilson and Rebecca Shepherd, Tegan Boyd (vice) and Bill Wilson (coach)
- PV Comets 7 – Division C – Cassandra Baldi (captain), Anthea Karantzoulis (vice) and Ebony Knight (coach)

13&U Team participating in various tournaments around Melbourne in 2010 –Nicole Meade (coach)

11&U Team participating in various tournaments around Melbourne in 2010 - Julie Darley (coach)

Check out the PVComets(Jnr) link on the PVNA website for more details about Junior teams, www.vicnet.net.au/~pvna/pvcomets (username: netball, password: fun2play)

OR

Check out the PVComets website, www.pvcomets.com.au

Net-Set-Go!

Know someone who is interested in trying netball out? Or you know someone looking to learn netball skills to join a junior netball team? Net-Set-Go! program (also know as Netta) is available to anyone between the ages of 5 and 11 on SATURDAY morning 11:30am-12:30 on court 3, at a cost of \$3 per session (no Stadium entry payable for NetSetGo! participants).



Sporting Girls “do better”

” Girls who play team sports at school are more likely to do well in their studies, be successful in the workplace and healthier in adult life, two studies reveal.”

This quote is from an article in the Sunday Herald Sun newspaper (on 21st February 2010). It describes two pieces of research, that highlighted a significant pattern in the female population, from an academic and workforce perspective. This simple confirms something that the parent at Plenty Valley Netball suspected, otherwise why else would we encourage our daughters to participate in a team sport like Netball!!



Skills Training

Available WEDNESDAY nights before each Saturday game from 4:30-5:45 on Court 4. No stadium entry fee payable.

Cost \$3.00

Our Accredited Trainer will help and train our young netballers.

All 11&Under and 13&Under welcome to attend.

Team Training by team coaches can be done during other association bookings on Wednesday and Friday, see match day desk to query time and court availability.