

The Centre Pass

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



2014 Autumn – Issue 48

Check website for association news, fixtures, results and ladders.

www.pvna.com.au

username: **netball**

password: **fun2play**

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

2013 Spring Finals Results

Here is a wrap up of the 2013 Spring season. Well done to all teams that played in the finals. Our GRAND FINAL teams were:

13&UnderA: **Superstars** by 15
13&UnderB: **AcquaJets** by 1
15&Under: **The Jets** by 14
17&U ResA: **Dynamite** by 3
17&U ResB: **RedHot Devils** by 14
17&Under: **Sublime** by 3

Best and Fairest(s)

During the season the umpires submit votes for each game. The following are the B&F for 2013 Spring Season:

9&Under:

Parissis Catherine - Cheeky Monkeys

11&Under:

Nackovski Alana - Shooting Stars 11s1

13&Under:

Firth Maggie - Phoenix

Mahar Eliza - Blazers

15&Under:

Hedger Courtney - Thunderbolts

17&Under Reserve:

Moore Monica All Starz 12

17&Under:

Hardiman Tayla - Sublime

Turco Sara - Blaze

Villani Julia - Vixens

B&F Runner Up(s) :

9&Under:

Douglas Aria - Roxy Jnr

11&Under:

Kousoulinis Deanna - Little Devils

Patsouras Susie - Mystix Jnr

Sterich Claudia - Shooting Stars 11s1

13&Under:

Hamka Myah - Awesome Angels 13s2

Watson Elly - Black Sapphires

15&Under:

Zahra Lucy - Blaze Jnr

17&Under Reserve:

Utting Rachel - Dynamite

17&Under:

Jordanovski Vanessa - Mystix

2014 Costs

In 2014 the various costs will be:

PVNA Costs:

- Saturday Game FEE \$45
- Team Registration \$55

VNA Costs:

Member Type	VNA Fee (inc.GST)
Senior (18 & Over) Born on or before 31/12/1996	\$65
Junior (11 – 17 years) Born between 01/01/1997 – 31/12/2003	\$45
NetSetGO! (10 & Under) Born on or after 01/01/2004 includes participant pack	\$45

Netball Victoria is now using a new membership system, so all VNA numbers will change to a new number in this system. Team insurance envelopes will show this new number.

PVNA Committee

Hot Conditions

Things to consider during the hot conditions:

1. Avoid dehydration and make sure you pre-hydrate: Don't wait till you feel thirsty because the body will not be able to tell you in time that you are dehydrated, here are some practical recommendations: 1 hour before exercise, drink at least 250ml. During the game, drink at least 125ml at quarter time breaks. Immediately after the game, drink at least 500ml of water or an electrolyte replacing drink. 1 hour after a game consider drinking 500ml of skim milk or chocolate milk for protein and muscle repair.
2. As a rule of thumb you should drink at least 500 ml for every 10kgs of body weight per day if playing that day.
3. Drinking carbohydrate and electrolyte fluids may be beneficial in avoiding heat trauma.
4. Wearing light breathable clothing is advised.



RMIT BNASC

Offers a Gym membership, Holiday Program and Birthday Parties!

Net-Set-Go!

Know someone who is interested in trying netball out? Or do you know of someone looking to learn netball skills to join a junior netball team? Net-Set-Go! program (also known 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 Net-Set-Go! Participants and parents).

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New Net-Set-Go! session on Wednesday's (from 5th Feb) between 4:30-5:30pm at RMIT BNASC, at the same cost of \$3 per session.
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PVNA Committee



PVNA has a face book page! Search for:
"Plenty Valley Netball Association"



Follow PVNA on:
@PVNANews, @PVCComets

2014 Autumn Fixture for round 2 and 3

Round 2 Feb-8	09:00	Court 1 - 13&Under	Phoenix	vs	Awesome Angels 13s1
	09:00	Court 2 - 15&Under	Blaze Jnr	vs	The Jets
	09:00	Court 3 - 17&Under	Angels	vs	Red Berries
	09:00	Court 4 - 11&Under	Awesome Angels 11s1	vs	Little Devils
	09:45	Court 1 - 15&Under	Force	vs	Awesome Angels 15s1
	09:45	Court 2 - 17&Under	Sublime	vs	Blue Viper
	09:45	Court 3 - 17&Under	RedHot Devils	vs	Blaze
	09:45	Court 4 - 8-10s	Storm	vs	Awesome Angels 9s
	10:30	Court 1 - 15&Under	Superstars	vs	Awesome Angels 15s2
	10:30	Court 2 - 17&Under	All Starz	vs	Mystix
	10:30	Court 3 - 17&Under	Hot Shots	vs	Dynamite
	10:30	Court 4 - 13&Under	Awesome Angels 13s2	vs	Blazers
	11:15	Court 1 - 15&Under	Thunderbolts	vs	Aqua Jets
	11:15	Court 2 - 13&Under	Shooting Stars 13s2	vs	Mystix Jnr
	11:15	Court 4 - 11&Under	Roxy	vs	Supernovas
	11:30	Court 3 - Net-Set-Go	NetSetGo!	vs	Netta
	12:00	Court 1 - 13&Under	Shooting Stars 13s1	vs	15s
	12:00	Court 1 - 15&Under	13s	vs	Black Sapphires
	12:00	Court 2 - 17&Under	CherryTops	vs	Trouble
	12:00	Court 4 - 8-10s	Lightning Bolt	vs	Purple Puppies
Round 3 Feb-15	09:00	Court 1 - 13&Under	Mystix Jnr	vs	Awesome Angels 13s1
	09:00	Court 2 - 15&Under	Force	vs	Superstars
	09:00	Court 3 - 17&Under	Angels	vs	Sublime
	09:00	Court 4 - 11&Under	Little Devils	vs	Supernovas
	09:45	Court 1 - 15&Under	Aqua Jets	vs	Awesome Angels 15s1
	09:45	Court 2 - 17&Under	Red Berries	vs	Dynamite
	09:45	Court 3 - 17&Under	Trouble	vs	Mystix
	09:45	Court 4 - 8-10s	Lightning Bolt	vs	Storm
	10:30	Court 1 - 13&Under	Blazers	vs	Shooting Stars 13s1
	10:30	Court 2 - 15&Under	Thunderbolts	vs	The Jets
	10:30	Court 3 - 17&Under	Hot Shots	vs	Blue Viper
	10:30	Court 4 - 13&Under	Phoenix	vs	15s
	10:30	Court 4 - 15&Under	13s	vs	Awesome Angels 15s2
	11:15	Court 1 - 15&Under	Blaze Jnr	vs	Black Sapphires
	11:15	Court 2 - 17&Under	CherryTops	vs	RedHot Devils
	11:15	Court 4 - 8-10s	Awesome Angels 9s	vs	Purple Puppies
	11:30	Court 3 - Net-Set-Go	Netta	vs	NetSetGo!
	12:00	Court 1 - 13&Under	Shooting Stars 13s2	vs	Awesome Angels 13s2
	12:00	Court 2 - 17&Under	All Starz	vs	Blaze
	12:00	Court 4 - 11&Under	Awesome Angels 11s1	vs	Roxy



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Netball Joke



What is the biggest problem with a Team's netball uniform?

Women are uneasy about wearing the same outfit in public.