

The Centre Pass

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



2015 Spring – Issue 54

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.



Ray White®

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PVNA has a face book page!

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"Plenty Valley Netball Association"

Items for Newsletter?

Have interesting netball news, event, joke, game, book or other information... let us know via email:

newsletter@pvna.com.au



PVNA Events – at BNASC Stadium, RMIT

Foundation Coaching Course has been organized on 25th October, if you are interested in becoming an accredited coach please register her:

<http://www.trybooking.com/Booking/BookingEventSummary.aspx?eid=153492>

Free School Holiday Netball Event has been organized on Wednesday 23rd September 2015 between 10am-12.00pm. Learn Netball fundamentals motor skills with fun music dance and games. This is open to girls & boys Age 5-7 years. It will be run by Accredited facilitators of Netball Victoria NetSetGO program me. Free Giveaways to all participants

Comets 2016 Selections

Interested in participating in netball at a higher level? Being selected for the PV



Comets representative teams provides the opportunity to participate in:

- Regular weekly training
- Attend netball tournaments around Melbourne
- Play in the Parkville competition at State Netball Hockey Center
- Play in our Bundoora Comets teams in the Friday night NFL competition.

Other opportunities exist, like being selected for NE Blaze academy, opportunity to attend our regional selection (i.e. JIKA) and attend the championship tournaments for state squad selections.

How do you get selected for the PV Comets teams?

- Fill in and submit a selection form, you can download from the website or get from match desk on Saturday mornings.
- Attend selection session for your age group.

All selection will be at RMIT BNASC indoor stadium, details of 2016 Selection sessions to be confirmed are:

Sunday 25th October

11&Under: 2:30pm-4pm

13&Under: 2:30pm-4pm

15&Under: 4:30pm-6pm

Sun 18th Oct & Sat 24th Oct

OPEN: 2:30pm-4pm

17&Under: 4:30pm-6pm

Sunday ?? February – NFL

OPEN: To be Confirmed

All PVNA players welcome.

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 5-11 on SATURDAY 11:30am to 12:30 and WEDNESDAY 4:30-5:30, on RMIT BNASC court 3, at a cost of \$3 per session (no Stadium entry payable for Net-Set-Go! participants and parents).

Team Coaches

Scoresheets

Game scoresheets provide various types of information. The main bit of information the association needs is the final scores AND a tick on all the players that played in that game. If the player is not on the scoresheet then please add them (first and last name).

Heart Foundation

Last weekend PVNA members raised \$324.35 for the heart foundation. Well done and thankyou to all those that contributed.

Netball Jokes



Q: How did the netball court end up as triangle?

A: Somebody took a corner!.



Bundoora Comets Team 4 win Section 9 Premiership in the NNL. Well done ladies!

PVNA players successful at Men's Netball Trials for 2016 Australian Championships

Trials for the 2016 Men's Victorian Cyclones netball team were held over two weekends at Banyule Netball Stadium.

Men's netball is one of the fastest growing sports in Australia. This years turn out of players was exceptional with 20 players trialing, for the u17 and u20 state teams which included two young players from PVNA Brodie from Aqua Jets, 15 & Under team and Matthew from Northern Blues Lions 18 & Under team.

Brodie was selected to represent Victoria in the Under17 age group and Matthew was selected in the Under20. The two will train for six months leading up to the 2016 Australian Men's and Mixed netball championships held on the 27th March over 7 days till 2nd of April at the State Basketball centre in Melbourne.



We at PVNA congratulate these two talented young men and this wonderful achievement and wish them all the success within men's netball.

Michael Davis (Secretary)

PVNA Modified Netball Rules for 8-10 year olds.

The 8-10 players are still learning their netball skills (Tier 2 NetSetGO) and PVNA are encouraging them in their learning process and the umpires are there to coach and assist the players as well as control the game and where necessary the umpires will enter the court to clarify the infringement for which the whistle has been blown.



Obstruction, contact, offside and over a third are controlled in line with the official rules.

However, we like to see the players have the opportunity to throw the ball so we allow up to 5 seconds for the player to release the ball and footwork, "shuffling on the spot to regain balance is permitted, as long as the player does not move down the court".

Remember these games are for fun within a learning environment so encourage all our young ones; we want to keep them playing our great sport of netball.

Sue Drummond (Umpire Supervisor)

PVNA Proposed New Junior Competition 2016 Wednesday's 4.30pm – 7.00pm BNASC

Registration forms for the Wednesday competition will be available from October 17th 2015. Please we are looking for 11 & Under, 13 & Under and 15 & Under depending on the number of teams. Spread the word. Please register your team and help get the competition started.

PVNA Committee

The Knee Program

Knees and ankles are the most commonly injured body parts of netballers and most of these injuries occur when landing.

Netball Australia's KNEE Program is designed to prevent them occurring.... Checkout the website for more information: <http://knee.netball.com.au/>



18&Under team name	G	W	L	D	Pts
Sublime	9	9	0	0	36
N.Blues Tigers	9	7	2	0	28
Mystix	9	6	3	0	24
V.S.Connected18s	9	6	3	0	24
Bullets	9	4	5	0	16
The Jets	9	2	7	0	8
Dynamite	9	2	7	0	8
Trouble	9	1	8	0	4

18&U Res team name	G	W	L	D	Pts
Blaze Jnr	9	6	2	1	26
N.Blues Lions	9	5	4	0	20
Hot Shots	9	4	4	1	18
Black Sapphires	9	4	5	0	16
Blue Viper	9	3	5	1	14
All Starz	9	3	5	1	14

Ladders at end of round 9

8-10s team name	G	W	L	D
All Starz Jnr	9	8	1	0
Aqua Mermaids	9	8	1	0
Bluebirds	9	1	7	1
N.Blues Chicks	9	5	4	0
Pink Panthers	9	2	6	1
Shooting Stars Rainbow	9	6	3	0
V.S.Connected9s	7	3	4	0

11&Under team name	G	W	L	D
Awesome Angels 11s1	9	9	0	0
Dangerous Divas	9	5	4	0
Dolphins	9	5	3	1
Dominators	9	2	7	0
N.Blues Cubs	9	3	6	0
Power	9	5	3	1
Royal Sapphires	9	8	1	0
Storm	9	1	8	0
Strikers	9	6	3	0

13&Under team name	G	W	L	D	Pts
Shooting Stars Magic	9	9	0	0	36
N.Blues Kangas	9	8	1	0	32
N.Blues Koalas	9	7	2	0	28
Little Devils	9	5	4	0	20
Mystix Jnr	9	4	5	0	16
Shooting Stars Sparks	9	3	6	0	12
V.S.Connected13s	9	3	6	0	12

13&U Res team name	G	W	L	D	Pts
Roxy	9	9	0	0	36
Lightning Bolt	9	6	3	0	24
N.Blues Wallabies	9	2	7	0	8
Awesome Angels 13s1	2	1	1	0	4
N.Blues Joeys	2	1	1	0	4
Rockettes	9	1	8	0	4
V.S.Connected13s	0	0	0	0	0

15&U Res team name	G	W	L	D	Pts
Aqua Jets	9	8	1	0	32
Awesome Angels 15s2	9	6	3	0	24
Blazers	9	4	4	1	18
Fireflyz	9	4	4	1	18
N.Blues Leopards	3	3	0	0	12
Force	3	3	0	0	12
Shooting Stars Lightning	9	1	8	0	4
Awesome Angels 15s1	9	0	9	0	0

15&Under team name	G	W	L	D	Pts
V.S.Connected15s	9	8	1	0	32
Superstars	9	7	2	0	28
Phoenix	9	4	5	0	16
Thunderbolts	9	3	6	0	12