

ISSUE NO. 1
MAY 2017

UPCOMING EVENTS

**QUEENS
BIRTHDAY
(NO GAME)**
10TH JUNE

**YCW CLUB
PHOTO DAY**
17TH JUNE

**SCHOOL
HOLIDAYS
(NO GAMES)**
1ST JULY
8TH JULY
15TH JULY

CONTACT US

Website:
www.ycwnetballfrankston.com

Email:
ycwnetballfrankston@gmail.com

Facebook:
www.facebook.com/YCWNetballClub

YCW

NETBALL CLUB

EST. 1965

BREAKING NEWS

SEASON 2017 WELCOME

Welcome back to all our returning players and a big welcome to all of our new families. In 2017 we have found ourselves with yet again another 17 fantastic teams and our first YCW Nettas team in such a long while. Its so exciting to see the youngies starting so early to love the game of netball.

We are so proud of how our club is such a big family and everyone enjoying their Saturdays together.

We especially love seeing everyone wearing the YCW uniform with such pride and hope that this will continue throughout the year.

FUNDRAISING

A few weeks back we had our fundraising BBQ at the courts.

A huge thank you goes out to all those who lent a hand and all of you who bought yummy egg & bacon rolls or sausages in bread. It was wonderful to see everyone supporting the club.



TRAINING

As you all know training is on Wednesday starting at 4.15pm. Please be prompt so you don't miss the all important warm up session.

Our warm up session incorporates a combination of cardiovascular exercise, stretching and strength drills.

The warm up gently prepares your body increasing the heart rate and circulation, this helps loosen muscles and joints and increases blood flow to the muscles.

If you are carrying an injury it is still important to come to training, you may not realise that there are other drills you can be involved in without further aggravating your injury.

CONGRATULATIONS

A massive SHOUT OUT to Ashlie Caia-Matthews on obtaining her 'C' grade umpiring badge.

Ashlie has worked extremely hard over the past 3 years and YCW are extremely proud that Ashlie has now joined our other amazing badged umpires.

At YCW we are very lucky to have such a devoted mentor in Hannah Williams. Hannah dedicates many many hours training our trainee umpires on top of all the other hats she wears around the club. So thank you Hannah from all of us.



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DO YOU HAVE THE APP YET?

The YCW Netball Club has recently created an app. There are 3 simple steps:

1. Download 'Team App' application
2. Create an account
3. Search 'YCW Netball Club Frankston'



PRESIDENTS REPORT

Jo Matthews



Thank you to all returning members and to a huge welcome to all of our new families. We have again maintained steady membership this year entering 17 teams and it should be said that some in higher grades than before. This shows the strength in the development of the club through increasing development of our

Coaching team, proactive umpiring courses and training and the players being committed to their training sessions and team mates. There is no doubt that with continued hard work YCW will see good results at seasons end.

I am excited to announce that we have gained new cupboards in the club rooms which means the end to YCW property being scattered between the committee members' garages. This means that training equipment and uniforms are readily available on training night and on Saturday, reduces loss of club property and generally makes life easier for all.

On a slightly heavier note.....

There has been quite a few instances of umpires being abused and not shown the respect required by the association over the last few weeks and although I am not aware of any YCW players being involved in this behaviour I would like to take this opportunity to remind all our members of the following:

- ◆ No umpires NO GAME
- ◆ Umpires require on the job training so be patient
- ◆ Umpires do not determine the result of the game; players determine the result of the game
- ◆ A shooter doesn't shoot every goal, a defender doesn't intercept every pass so please do not expect an umpire to be perfect.

And now for my inspiration quote:

GOOD PLAYERS INSPIRE THEMSELVES GREAT PLAYERS INSPIRE OTHERS

Thanks to everyone for a great start to the season!

CHEERS Jo xx



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UNIFORMS

Kerry Cooper

Uniforms are available for sale every Saturday & Wednesday at training between 4.15-5.15 or call myself (Kerry) on 0419516191 to make alternative arrangements.



Time to get your YCW Hoodies now that the weather is getting cooler and don't forget you can order YCW SKINS !!!!!!!!!



SOCKS HAVE ARRIVED !!!!!

TREASURER

Neil Cripps



Thanks to all of the parents & players who has paid their fees, there are still a few outstanding so it would be appreciated if these were paid.

I would like to thank everyone who helped at the recent BBQ where we raised just over \$500 to help cover the cost of our Presentation in Sept.

A huge thank you to Freemasons Foundation Victoria for the generous grant that we recently received.

COACHES

WELCOME TO OUR 2017
COACHES

U/11

Bianca, Michelle, Kendra
U/13

Kerry & Kerrie, Makalei, Isabel &
Kiera, Jaquie
U/15

Dee, Jo, Brooke & Sophie, Lyll
U/17

Jo & Michelle, Hannah
Seniors

Neil, Jeff, Molly, Jacquie

This is the first year that we haven't had to double up coaches on a lot of teams. Its great to see more parents , U/17s & Seniors getting involved

UMPIRES

Hannah Williams

We have started off the season beautifully with umpires returning with a new found confidence. We returned to the Saturday season with 5 badged umpires; Brigitte, Molly, Amber, Chelsea and myself, and 8 trainee umpires; Ashlie, Ella, Joanne, Lili, Millie, Shinaye, Caitlyn and Erin. Since the beginning of the season (which was not that long ago), we are excited to announce that Ashlie has received her C grade umpiring badge and will now take over umpiring from the other side of the court. The waiting list for umpires has been making great progress, with Sommer beginning to umpire this past week. Well done girls on continuing your improvement and confidence. Remember that umpires make over 30,000 decisions per 40-minute game so they cannot get every single decision correct. A quick side note that umpires are the not the reason we lose the game and they should not be blamed.





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TEAM REPORTS

U/11 Black

Kendra Donaldson

The girls in this team have been an amazing group of girls to coach so far even after a tough start to the season being placed in a higher grade, the girls kept their heads up and pushed through it. They have been improving and growing immensely each and every week with the results showing the improvement. We won our first game last weekend & the girls were ecstatic. Watching the change in the girls as they learn to play in different positions than they would normally play has been wonderful. I'm so proud of you girls!! Thanks to all the parents who have been an incredible support to me, especially Jess my team manager who has been an amazing help. Lets keep up the good work!!

U/11 White

Michelle Burnett

I am pleased to be coaching a great group of girls. They all seem to get along very well. In the first 4 weeks we learned not to step. We are learning every week. The girls are all very enthusiastic and eager to play and learn. Every week i can see improvement. We may not be winning but we are improving. Keep up the good work and listen at training. Well done girls
Go YCW

NETBALL
it's a way of life

U/11 Yellow

Bianca Rickard

We have a great team if 10 girls ranging from age 6 to 9 years old. Each game the girls are getting better and playing as a team. We have had a couple of wins and a couple of losses but overall they seem to be enjoying the game. The older/more experienced girls are helping guide the newer ones which is great to see and training can be a lot of fun and sometimes hard work. Looking forward to seeing all the girls find their strengths and having fun at YCW!!



U/13 Black

Isabel Grcic & Kiera Geddes

The girls have had an awesome start to season 2017. Since week one, we have been working on refining our passes, defending & shooting techniques, as well as our footwork & spacing on the court, & already we are moving better. For us as first time coaches, it has been pretty special watching the girls work together & improve individually already. They quickly pick up skills we teach them at training & are very good at applying these new skills to the way that they play. The girls always stay positive, encourage each other and are excited about netball, which is the most important part. We are definitely looking forward to the season ahead and what we can achieve this year



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TEAM REPORTS

U/13 Grey

Jacquie Scholtens

What a great start to the season, with grading done & 4 games in. It's a privilege to coach this group of enthusiastic girls. They have improved hugely from the start of the season till now. We are starting to see the skills learnt at training incorporated into game day. They are all playing as a team moving the ball down the court with ease & spacing out. Our defence is very strong stopping opponents goals. We have been working hard on getting the ball onto our goals, we just need to work on our shooting skills & being in the correct position in the goal circle. Keep up the good work girls, MY SUPERSTAR NETBALLERS. A big thanks to Craig for helping out & scoring

U/13 White

Makalei Hickey

The girls had another tough game on the weekend. We are continuing to learn how everyone plays and work better as a team on the court. Hopefully Charli has a quick recovery so she can get back onto the netball court. This season I have challenged Bonnie & Tilly to step up & become team leaders constantly encouraging all the players & doing what I ask of them. The girls continue to use training to practice skills we need to work on. Well done girls I am very proud of every single one of you, remember to have confidence in yourselves. Go YCW

U/13 Yellow

Kerry Cooper & Kerrie Oliver

The Yellow team is made up of a bunch of lovely girls who are slowly starting to work together as a team. Everyone is starting to find their positions and we are gradually making small strides in our games. We are currently concentrating and working hard on our ball handling skills & chasing down the ball. We are putting together a few drills which the girls seem to enjoy.

We are looking forward to the girls growing in confidence over the season and enjoying some wins.



U/13 Black

Brooke Low & Sophie Keon

The girls have had a great start to the season. So far we have had 2 losses and 1 win. Last week the team played with only 6 players for half a game however this didn't effect their enthusiasm or individual performance.

The girls have been great taking on board feedback and implementing this into their game play.

We are very proud of their visible improvements every single week!!!

It's great to see everyone at training and developing their skills already at such early stages



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TEAM REPORTS

U/15 Grey

Lyll Berkelmans

From the very first training session, I knew I had a great bunch of girls who were very keen & excited for the season. With a few new comers to the team, working out positions was a priority so we could move forward & focus on the skills required for individual needs. Being very attack heavy was a concern initially but i have been fortunate to have girls who are prepared to play across the court. The girls have stepped up & put pressure on the opposition and have learnt from mistakes made from previous games to come away with a win. We are focusing heavily on not crowding with free flow ball movement & direct passing to our teammates. I am looking forward to the season ahead.

U/15 White

Jo Matthews

It is great to coach such a responsive, supportive and dedicated group of girls. They have made the most of their training sessions working well to their strengths and consistently challenging themselves to improve on weaknesses. This is shown by their performances on court each week. The girls enthusiasm to team work and self analysis assists in recognising that they are only as good as their team mates and as a coach it is lovely to see how they assist each other to overcome challenges. We have found a better fit in U15BR after grading however, still have some aspects of our game which allow for improvement. I am sure that with continued work at training that the girls will continue to be a formidable force. Well done girls! WE GOT THIS!

U/15 Yellow

Dee Sacco

With blazing heat and pouring rain the girls have taken it all in their stride.. For the first 3 weeks the girls battled against the heat more so than the teams they were playing. The next few games have seen a down-pour as we have taken the court, with girls wringing out bibs from the heavy rain. We have managed to win all our games so far which is fantastic. We have held strong in defence reaping the rebounds & moving the ball down to the shooters with some fantastic ball feeds in. Training will be focusing on the crowding, flow and placement throughout the middle court as we seem to be re-tracing our steps and struggle to get the ball through the centre court easily. Practice makes perfect..... You've got this girls

U/17 Black

Hannah Williams

Wow! What a start to the season. We welcome Chanel, Makalei, Mia and Ruby to U/17 Black. Being placed in pool 2 in grading allowed the girls to play against teams majority of them played against last year, winning convincingly to the team we came up against in the grand final last year. This resulted in us being put in U/17A/AR. Playing the first round of the proper season, had us up against some great competition (Langwarrin Blue). The girls walked onto the court with confidence and played an amazing first game in the top section. We were then dropped down to B and put back up to A/AR all in one week, thankfully A/AR is where we want to be and that is where we are going to stay. We have been working on playing a slower, more controlled game and really focusing on our passing and using every option we have. Keep up the great positive work girls. I am a very proud coach!



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TEAM REPORTS

U/17 White

Jo Matthews & Michelle Burnett

I am very happy with the girls team work so far this season. The girls have adapted well to both Michelle and I co-coaching which reflects their maturity and approach to the game. It is always a challenge for U17 players to fit netball/training in around work schedules and these girls are able to adapt to fill ins and work well as a team. The girls will need to keep up the enthusiasm to come away with the wins. Keep working hard each and every week girls, supporting each other as you do so well and fingers crossed this season will be great! Remember to have fun as well!

Senior Black

Molly Farquharson

Senior Black has had a good start to the season, with 3 wins and a narrow loss. Unfortunately Erica Aistrope, one of our shooters has injured her back and is out for another 4 weeks. We hope she gets better and can come back to the team. Caitlin Tilders has had an excellent start to the season working up to playing centre for all 4 quarters. Rachel Parzybok has been excellent in goal defence and getting the ball back into our attacking half. Although most of the team has played together before, we have been able to work really well and pull off some great wins

Senior Grey

Jacque Scholtens

We have started the season with a strong start with 3 wins and 1 loss. We have quite a few new faces to the team, which has been fantastic getting to know all our new players. We have strong defence with Bianca & Mel making it extremely difficult for our opponents to score. Our shooters Mel, Rebecca and Jess have been doing a great job at getting the goals in when needed. Leslie has been practicing shooting & has been able to play GS in some games. Julie, Kerry, Kellie and myself have been working well together moving the ball through the centre court. We have had no problem keeping up with the younger teams which is a credit to all of us. I feel we have a great chance of making finals so lets keep up the great work girls

Senior White

Jeff Cooper

We have had a great start to the season, undefeated so far & playing some very consistent netball, other than some inspired moves from the coach. This team moves the ball well from defence through to shooting. Our defence has been very tight with Bec & Sophie combining well as a unit & rebounds have helped us turn around & move the ball back to our advantage. With our mid court showing some dash & flexibility from Brooke, Steph & Hannah who have matched it with the teams so far. Our shooters Jo & Gem have really stood up with the girls making most of their opportunities. We are shooting exactly 50% over the 5 games 84 goals & 84 misses (I checked Gem) but what doesn't show is how many were rebounds making the most of a 2nd shot. Sometimes we move the ball too quick & don't take the time to think it through so we will work on that but I'm loving watching you all play, Well Done Girls



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TEAM REPORTS

Senior Yellow

Neil Cripps

In the preliminary rounds the girls won all their matches and were promoted to B grade.

We have found B grade tougher and need to step up our playing skills as we have only won 1 out of the past 4 games. The girls have put a great deal of effort into the season so far, especially seeing as majority of the team has come up from U/17s. Great work girls.

TOP TIP

DEVELOP YOUR SHOOTING TECHNIQUE

Some Techniques to remember to Shooting

- Elbows & wrists are to point straight, in the direction of the goal post
- Hold the netball above your head
- The shooting hand needs to have the ball resting on the top finger pads (not the fingernails)
- As the hand drops slightly behind the head, bend the knees to power up for the release
- The ball's trajectory should first go up and then drop down into the ring. It should not be thrown flat or on a straight trajectory

Then PRACTICE, PRACTICE , PRACTICE

WHEN AT TRAINING PRACTICE YOUR STANCE, THE POSITION OF YOUR ARMS AND HOW YOU HOLD THE BALL, THESE ARE THE FINER DETAILS..

REMEMBER HAVE FUN!!!!!!

