JUNE 2017

QUINNS CATCH UP

A WORD FROM OUR PRESIDENT

Last week saw the completion of grading rounds for all teams 10U-Opens. In the coming week JNA will regrade all teams into the appropriate division within age groups. Following regrading, competition rounds will commence in earnest.

Good luck to our Quinns athletes that are representing JNA and taking part in the annual 'Smarter than Smoking Association Championships' this long weekend at the State Netball Centre. Congratulations on your selection and enjoy this opportunity and weekend of netball.

- *Charlotte Mohasi*
- *Ella Wilkinson*
- *Kate Winton*
- *Mia Wilkinson*
- *Tafadzwa Nyirenda*
- *Madeleine Hopkins*

Last weekend QDNC had our major fundraiser for the year, the 2017 Trivia Night. Much fun, laughter and shenanigans was had by all. We'd like to sincerely thank our fabulous local businesses that supported the evening. We encourage all members to please support those businesses that in turn support our club and ultimately our members. Together we can be fantastic!

Remember there will be no Net SetGo session or games over the long weekend of Saturday 3rd June or Monday 5th June. Thank you and "see you on the courts".

Regards
Michelle Martin
QDNC President

SOCIAL MEDIA

Don't forget to follow us for all things Quinns!

NEWS

There will be NO JNA games on the June long weekend. All teams will have a BYE on Saturday 3rd June and Monday 5th June. There will be no skills program for 6U-7U NetSetGo players on Saturday 3rd June. Games and NetSetGo will resume Saturday 10th June 2017.

Quinns Districts Netball Club Inc.

TRAINING REMINDER

Please remember that the Gumblossom courts are for netball training. No animals (this includes dogs), bikes, scooters, skateboards, roller-skates or similar are permitted on the netball courts at any time. Players are not permitted to climb over fences nor swing on the netball poles (this includes any siblings at the courts). As well as damaging Council property this can also result in injury to our players. We ask that you take home any rubbish with you at the completion of training. This ensures the courts are kept clean for the next team to train. The gates should be closed and clipped on your departure from the courts. Should you find any damage to the courts or property please let the club know as soon as possible via email to info@quinnsnetballclub.net. Thank you for your cooperation.

SAFETY REMINDER

JNA have recently advised.... Parents/Guardians/Clubs: please supervise your children (whether athletes or siblings) at ALL times (whether at games or training).

We have recently been advised by a member of Little Athletics that a man was seen in the bushes during the week taking photos.

Do not let your children play in or behind the bushes and report any suspicious activity immediately.

We have also had a sibling injure themselves quite badly whilst climbing in the bushes, so please DO NOT let them play there."

A reminder that parents must collect players from the courts following training and games. Thank you for your cooperation and assistance in keeping our most precious members safe and sound.

www.quinnsdistrictsnetballclub.net

40 YEARS
2018

UNIFORMS

Due to popular demand a second hoodie order was placed and we hope to have delivery in a couple of weeks if not sooner. A message will be placed on the Quinns Districts Netball Club Facebook page when they arrive.
Please remember that match play uniform is the QDNC dress, black netball shorts and QDNC socks or white socks that cover above the ankle bone.
Did you know? If a player is not wearing the correct uniform IT will result in points being awarded to the other team.
Good luck with your next game. Go Quinns!

JEWELLERY REMINDER

A reminder that jewellery is not permitted to be worn during a game. No taping is allowed (unless a medic alert bracelet, which must be taped). Please refer to JNA Policies and Procedures - Jewellery: - 1. As per the Official Rules of Netball 2007, Rule 1.4.3, no jewellery, pierced adornments (including pierced ears) or other sharp objects may be worn. All piercings (including, but not exclusive to, ears, nose, lips, face, body etc.) must be removed for the game. There were several players in the first two weeks of games that had to be asked to remove piercings. Please ensure all jewellery is removed prior to the game.

A WORD FROM THE COACH'S COORDINATOR

Great coaches are a lot of things – they're patient, firm, insightful and they love their game and team. They find a way to make every practice stimulating and impactful, and each child returns home with a newfound love for the sport.

***Create A Routine** - First, if you can develop a routine from the very beginning, your team will likely know who is in charge and that you're serious about your commitment to coaching and playing a great season. Make sure the lines of communication are open. Find out what your team loves about the sport, where they feel like they need work and where they excel.*

***Be Attentive** - By attentive, I mean noticing where there are issues within the sport itself, as well as between individuals. One of the most important things you can do as a coach is making sure that none of your players feels excluded. You can counteract and help wedge the gap with gestures like calling your players by name. Camaraderie is a fundamental part of netball. Without it your team won't respect each other and that will show on the court.*

***Mixing Work and Fun** - A good coach manages to tip-toe on the boundary between being a friend and being an authority figure, and by doing that you have to create an equal amount of fun and discipline. Even though you've created a schedule of how your practices are to be carried out, which depicts who's in charge, make sure to surprise your team with a little fun every now and then.*

***Parental Interaction** - Getting parents on board is one of the hardest, but most structurally vital strategies of becoming a good coach. Take some time to meet and introduce yourself to each parent. The gesture goes a long way.*

UMPIRE OF THE MONTH

A QDNC initiative is to acknowledge our club umpires and the job they do for our club and players. Each month we reward an 'Umpire of the month' for their hard work. Umpires can be nominated by any QDNC member, parent, coach or manager.
To nominate an 'umpire of the month', email umpirecoordinator@quinnsnetballclub.net
If you are unsure of an umpire's name - simply let us know your team name, game date & time, and we will do the rest.
Our first umpire of the month award to be announced in the June newsletter (for games umpired May 2017). Have your say - nominate a club umpire for recognition! ***Our umpire of the month for May is Erin Delaney. Thank you to everyone for their nominations.***

UMPIRE RULE TIP

Contact is one of the major infringements in netball, the other being obstruction. It's all in the name: any contact with a player that inhibits their ability to pass the ball/remain grounded causes a penalty pass for the team of the contacted player.
If the player is still able to pass the ball effectively, despite a contact, it will be called as 'advantage', mostly in the older games. Advantage says to the contacting player that the umpire has witnessed the contact, but the player who had the ball managed to continue playing uninhibited by it, therefore it would be detrimental to the team with the ball to bring it back as a penalty."

CALENDAR

JUNE			
3	Saturday		STSAC weekend at Wembley Sports Centre No games or NSG sessions
4	Sunday		STSAC weekend at Wembley Sports Centre
5	Monday		Western Australia Day (WA) PUBLIC HOLIDAY STSAC weekend at Wembley Sports Centre
7	Wednesday		STSAC Presentation Night Time & Venue TBA
10	Saturday		WEEK 6: NSG 6'S & 7'S NSG 8U & 9U JUNIORS 10U, 11U, 12U & 13U
12	Monday		WEEK 6: JUNIORS 17U & OPENS
14	Wednesday	6.30-8PM	COMPULSORY UMPIRE INFORMATION SESSION – VENUE TBA
17	Saturday		WEEK 7: NSG 6'S & 7'S NSG 8U & 9U JUNIORS 10U, 11U, 12U & 13U
18	Sunday		GIN GIN NETBALL CARNIVAL ALL AGES
19	Monday		WEEK 7: JUNIORS 17U & OPENS
24	Saturday		WEEK 8: NSG 6'S & 7'S (final session) NSG 8U & 9U JUNIORS 10U, 11U, 12U & 13U
25	Sunday		KALAMUNDA DISTRICTS CARNIVAL 13U-17U
26	Monday		WEEK 8: JUNIORS 17U & OPENS

KIDS AND SPORT IS A GREAT MIX

One of my friends asked "Why do you pay so much money for your kids to do all their sports"? Well I have a confession to make; I don't pay for my kids to do sports. Personally, I don't mind what sport they do.

So, if I am not paying for sports what am I paying for? - I pay for those moments when my kids become so tired they want to quit but don't.

- *I pay for those days when my kids come home from school and are "too tired" to go to their training but they go anyway.*
- *I pay for my kids to learn to be disciplined, focused and dedicated.*
- *I pay for my kids to learn to take care of their body and equipment.*
- *I pay for my kids to learn to work with others and to be good team mates, gracious in defeat and humble in success.*
- *I pay for my kids to learn to deal with disappointment, when they don't get that placing or title they'd hoped for, but still they go back week after week giving it their best shot.*
- *I pay for my kids to learn to make and accomplish goals.*
- *I pay for my kids to respect, not only themselves, but other athletes, officials and coaches.*
- *I pay for my kids to learn that it takes hours and hours, years and years of hard work and practice to create a champion and that success does not happen overnight.*
- *I pay for my kids to be proud of small achievements, and to work towards long term goals.*
- *I pay for the opportunity my kids have and will have to make life-long friendships, create lifelong memories, to be as proud of their achievements as I am.*
- *I pay so that my kids can be out on the field or in the gym instead of in front of a screen...*

...I could go on but, to be short, I don't pay for sports; I pay for the opportunities that sports provide my kids with to develop attributes that will serve them well throughout their lives and give them the opportunity to bless the lives of others. From what I have seen so far I think it is a great investment!

~Unknown

QDNC 2017 TRIVIA NIGHT

Do you know your QDNC committee? This is the team that work tirelessly behind the scenes to support QDNC and its members. Next time you see us around the courts why not come and say hello.
President: Michelle Martin, Vice President: Nicki Day, Registrar: Joscinta Cole, Treasurer: Taryn Teeuwissen
Secretary: Norae Fisher, Uniforms: Georgina Wilkinson, Equipment: Louise Mann, Umpires: Erin Delaney
Fundraising: Elayne Roke, Coach Coordinator: Nicki Day, General: Janine Buckingham, General: Narelle Gregory
General: Michelle Lamb

TRIVIA
NiGHT
2017

Quinns Districts
Netball Club

PUMA

An ENORMOUS thank you to the very generous and wonderful local businesses that helped make our Trivia night the success that it was. So next time you need to shop or a service, let's all support our local businesses who in turn support our club. Together we are fantastic

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YOUR 2017 ODNC COMMITTEE

President *- Michelle Martin - president@quinnsnetballclub.net*

Vice President *– Nicki Day*

Registrar *– Joscinta Cole - registrar@quinnsnetballclub.net – 0405 741 885*

Secretary *- Norae Fisher*

Treasurer *– Taryn Teeuwissen - treasurer@quinnsnetballclub.net*

Umpire Coordinator *- Erin Delaney - umpirecoordinator@quinnsnetballclub.net*

Coaches Coordinator – Nicki Day

Uniform Coordinator *- Georgina Wilkinson – uniforms@quinnsnetballclub.net*

Equipment Coordinator *- Louise Mann -*

Fundraising Coordinator *- Elayne Roke – info@quinnsnetballclub.net*

General Committee *- Narelle Gregory*

General Committee *- Janine Buckingham*

General Committee *- Michelle Lamb*

JNA Representatives *– Nicki Day & Michelle Lamb*

http://www.quinnsnetballclub.net/

Have you changed your phone number? email or address recently? If so, please contact our Club Registrar on registrar@quinnsnetballclub.net to update your details.

THANKYOU TO OUR SPONSORS AND SUPPORTERS

the athlete's foot

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Sun: 11:00 am - 5:00 pm

Grill'd healthy burgers

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MUZZ BUZZ

Clarkson

Would you like to become a club sponsor? If so, please contact our Fundraising Coordinator info@quinnsnetballclub.net