



# Quinns Districts Netball Club Inc.

## QUINNS CATCH UP – Issue 6, July 2016

**I am a youth athlete.**

I am brave and strong and talented.

But I'm still just a kid. I am not perfect. I am a work in progress. I need you to be patient while

I test the limits of my body and work through the emotions that come with success and failure.

When I make a mistake, I wonder if you'll be disappointed. When I reach my goals, I look to

see if you are watching. I am a youth athlete.

I love my sport. You call it competition. I call it playing the game. I want to win and have fun.

I am a youth athlete. I am YOUR youth athlete.

Winning feels great, but your praise feels infinitely better. Please remember these things,

and I promise to do my best to make you proud.

### *Message from our President.....*

The 2016 Winter season of netball is racing by with 'round 9' this weekend for most teams. Our NetSetGo skills program will conclude this week for all of our 6-7U players. From all accounts it has been a great first half of the season for all involved.

Due to school holidays there will be no games for 8U-13U teams on Saturday 9th and 16th July. There will be no 17U-Opens games on Monday 4th and 11th July. Games resume Monday 18th and Saturday 23rd July.

Saturday 30th July is our club 'Trivia Night'. Tables are selling fast. To make sure you don't miss out, please contact Nicki our fundraising extraordinaire on 0412 179 057. The night guarantees to be loads of fun with prizes galore.

With the July school holidays just around the corner, on behalf of QDNC have a wonderful and safe holiday and I look forward to seeing everyone soon.

Thank you and "see you on the courts".

*Michelle Martin*

*President*

## **IMPORTANT ANNOUNCEMENT**

**Please refer to game time changes for all 11U, 12U and 13U games on Saturday 23rd July 2016.**

**Full details in this newsletter.....**

# CALENDAR - JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1st	2nd Round 9 8U-13U	3rd
4th School Holidays	5th School Holidays	6th School Holidays	7th School Holidays	8th School Holidays	9th School Holidays	10th
11th School Holidays	12th School Holidays	13th School Holidays	14th School Holidays	15th School Holidays	16th School Holidays	17th Dare to Develop a Diamond Coaches Education Session
18th Round 9 17U-Opens	19th	20th Deter, Detect, Protect, Working with Childrens Check Information Session	21st	22nd	23rd Round 10 8U-13U	24th Warriors Cup
25th Round 10 17U-Opens	26th	27th	28th	29th	30th Round 110 8U-13U. QDNC Trivia night	31st KDNA 8U-12U Carnival

Please check dates and events carefully. Whilst all care is taken to ensure this calendar is correct at the time of publication, event dates and times can and do change. Members need to take this into consideration when viewing this calendar and check details accordingly.

Thank you for your cooperation.

# Important dates - 2016

## February:

- 6th QDNC Registration Day
- 8th JNA - Compulsory Umpires New rules info night
- 9th JNA AGM
- 13th QDNC Registration Day
- 22nd QDNC 12U-17U Grading
- 29th QDNC 12U-17U Grading

## March:

- TBA QDNC & JNA Coaches/Managers meeting
- 15th JNA Team Registration night

## April:

- 4th JNA - Compulsory Umpires information night
- 5th JNA - Compulsory Umpires information night
- 30th Winter season, Game 1, 8U-13U (8U/9U Dev. Round 1)
- 30th NSG Program 6-7yrs, Week 1

## May:

- 2nd Winter Season, Game 1, 17U-Opens
- 7th Winter season, Game 2, 8U-13U (8U/9U Dev, Round 2)
- 7th NSG Program 6-7yrs, Week 2
- 9th Winter Season, Game 2, 17U-Opens
- 14th Winter season, Game 3, 8U-13U
- 14th NSG Program 6-7yrs, Week 3
- 16th Winter Season, Game 3, 17U-Opens
- 21st Winter season, Game 4, 8U-13U
- 21st NSG Program 6-7yrs, Week 4
- 23rd Winter Season, Game 4, 17U-Opens
- 24th QDNC Club Photos (TBC)
- 28th Winter season, Game 5, 8U-13U
- 28th NSG Program 6-7yrs, Week 5
- 30th Winter Season, Game 5, 17U-Opens

## June:

- 4th No games due long weekend
- 6th No games due long weekend
- 11th Winter season, Game 6, 8U-13U
- 11th NSG Program 6-7yrs, Week 6
- 13th Winter Season, Game 6, 17U-Opens
- 16th QDNC Mid season Coaches Meeting
- 18th Winter season, Game 7, 8U-13U
- 18th NSG Program 6-7yrs, Week 7
- 20th Winter Season, Game 7, 17U-Opens
- 25th Winter season, Game 8, 8U-13U
- 25th NSG Program 6-7yrs, Week 8
- 27th Winter Season, Game 8, 17U-Opens

## July:

- 2nd Winter season, Game 9, 8U-13U
- 18th Winter Season, Game 9, 17U-Opens
- 23rd Winter season, Game 10, 8U-13U
- 25th Winter Season, Game 10, 17U-Opens
- 30th Winter season, Game 11, 8U-13U

*Dates to put in your diary ...*



*Dates to put in your diary ...*

### **August:**

1st Winter Season, Game 11, 17U-Opens  
6th Winter season, Game 12, 8U-13U  
8th Winter Season, Game 12, 17U-Opens  
13th Winter season, Game 13, 8U-13U  
15th Winter Season, Game 13, 17U-Opens  
20th Winter season, Game 14, 8U-13U  
22nd Winter Season, Game 14, 17U-Opens  
27th Winter season, Game 15, 8U-13U  
29th Winter Season, Game 15, 17U-Opens

### **September:**

3rd 12U-13U Semi Finals  
5th 17U-Opens Semi Finals  
10th 12U-13U Prelim Finals  
12th 17U-Opens Prelim Finals  
17th 12U-13U Grand Finals  
17th QDNC Trophy Day (TBC)  
19th 17U-Opens Grand Finals

### **October**

10th Spring season week 1, 13U- Opens  
11th Spring season week 1, 8U-12U  
11th Spring season - NSG 7 Development Session  
17th Spring season week 2, 13U- Opens  
18th Spring season week 2, 8U-12U  
18th Spring Season week 1, NSG 7  
24th Spring season week 3, 13U- Opens  
25th Spring season week 3, 8U-12U  
25th Spring Season week 2, NSG 7  
26th QDNC AGM  
30th Spring season week 4, 13U- Opens

### **November:**

1st Spring season week 4, 8U - 12U  
1st Spring Season week 3, NSG 7  
7th Spring season week 5, 13U- Opens  
8th Spring season week 5, 8U-12U  
8th Spring Season week 4, NSG 7  
14th Spring season week 6, 13U- Opens  
15th Spring season week 6, 8U-12U  
15th Spring Season week 5, NSG 7  
21st Spring season week 7, 13U- Opens  
22nd Spring season week 7, 8U-12U  
22nd Spring Season week 6, NSG 7 (final game)  
23rd JNA Club Conference  
28th Spring season week 8 - Finals 13- Opens  
29th Spring season week 8 - Finals 8U-12U

### **December:**

5th International Volunteers Day

### **JNA 2016 Calendar:**

<http://joondalupnetballassociation.wa.netball.com.au/files/39647/files/Forms/2016%20JNA%20FULL%20YEAR%20CALENDAR%20OF%20EVENTS.pdf>





# STSAC 2016

4th - 6th June 2016

Congratulations to our QDNC athletes that were selected to participate in the annual '*Smarter than Smoking Association Championship*' held 4th-6th June at the State Netball Centre.

The long weekend was jam packed with games with hundreds of teams from associations throughout Western Australia and overseas taking part.

It was a fabulous weekend and wonderful experience for all. Thank you to our players, coaches, managers, umpires and families that took part.



4 June 2016 - 6 June 2016

# QDNC Trivia night

***TICKETS SELLING FAST...DON'T MISS OUT!***

QDNC is hosting our fun filled trivia night fundraiser.

**When: Saturday, 30 July 2016 @ 7pm (doors open 6.30pm)**

**Where: Gumblossom Community Centre, Tapping Way, Quinns Rock**

**Tables of 8 - \$80 per table**

**BYO supper**

**Beer, wine & soft drink will be for sale on the night – 18+ ONLY**

**Lots of prizes, games and fun to be had.**

**Grab a table with your netball team, family or friends for a terrific night.**

**Come along and support your club. All funds raised go directly back into supporting our players and building the club for all members involved.**

**See you there !**



For further details please contact  
Nicki our Fundraising Coordinator  
on

[quinnsnetballclub@yahoo.com.au](mailto:quinnsnetballclub@yahoo.com.au)

**Interested in a VIP table for the  
Trivia night? VIP tables include:**

- ◆ Table service
- ◆ Priority seating
- ◆ Bottle of red and white wine
- ◆ Platter of nibbles for 8 people

**Contact Nicki for further details!**





# Carnival time

It has been a big month for carnivals.

Three QDNC teams took part in the South Midlands Districts Netball Association carnival held in Gin Gin on Sunday 19th June. A great day was had by our 10s, 12s and 13s team that took part. Congratulations to our 10s and 13s team that both ended up top of the ladder, taking home premiers for their divisions. A fabulous job by our 12s team who also had a super day to be proud of.

Sunday 26th June was the Kalamunda Carnival (for teams 13U-Opens) which our 13U Gems team took part in. Sunshine was aplenty and the team had a great time together bonding and enjoying new team mates for the day.



Top left: 12s Team, Gin Gin Carnival

Top right: 10s Team, Gin Gin Carnival

Bottom left: 13s Team, Gin Gin Carnival

Bottom right: 13U Gems, Kalamunda Carnival



# The season has begun..

*2016 Winter season ...do you have any photos you would like to share?*



Top left:  
12U Pearls

Top right:  
13U Gems

Bottom left:  
11U Dragons

Bottom right:  
12U Warriors







**GK** **GD** **WD** **C** **WA** **GA** **GS**

Top: 13U Gems & Magic

Bottom left : Kate & Joscinta

Bottom right: 9U Ravens





Top: 11U Sharks  
Centre left: 9U Ravens  
Centre right: 12U Pearls  
Bottom right: Erin and players

Do you have any photos from games that you would like to share with us? It can be either team or individual photos. We'd love to share a photo of your 'star' with everyone. Please send any photos to our Facebook page. We hope to include photos from our remaining teams in next month's newsletter.





# Umpire of the Month

Congratulations to our club umpire Sophie Stratfold who won 'QDNC Umpire of the Month' for the month of June.

Any QDNC member, parent, coach or manager is permitted to vote.

To nominate an 'umpire of the month', email [umpirecoordinator@quinnsnetballclub.net](mailto: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 ☺



# 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.

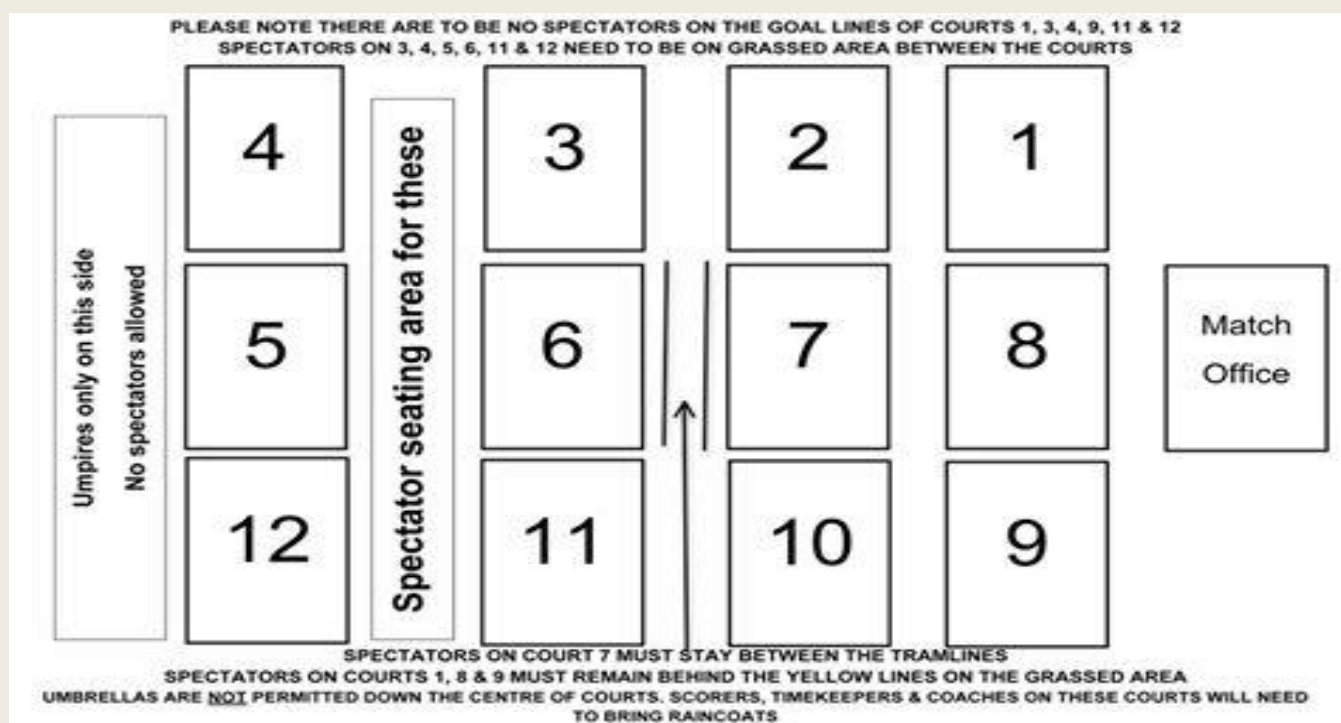
The gates should be closed and clipped on your departure from the courts.

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](mailto:info@quinnsnetballclub.net).

Thank you for your cooperation.



# Did you know?



The JNA webpage contains information regarding: game fixtures, scores, game times and court numbers. Club policies and guidelines. Forms. Important dates. Links and resources.

<http://joondalupnetballassociation.wa.netball.com.au/home.aspx?>

## *JNA Policies and Procedures – Scorer and Timekeeper*

- (1) The Timekeeper and Scorer are officials of the game and as such shall refrain from coaching, directing play or commenting from their allocated area on the side of the court. They shall sit together and check both the time and score with each other. The Timekeeper and Scorer cannot be substituted during a game (except for injury or illness and a JNA Convener must be advised).
- (2) The first named team shall supply a scorer and the second named team shall provide a timekeeper.
- (3) Both the Scorer and the Timekeeper are equally responsible to ensure that the scorecard is completed with the player's names of their respective teams, prior to the commencement of the scheduled match, ready for the umpires whistle. Incomplete scorecards may receive a financial penalty.

Full policy and procedure:

<http://joondalupnetballassociation.wa.netball.com.au/files/39647/files/Policies/SCORER%20AND%20TIMEKEEPER%20DUTIES%202016.pdf>





## Take the Next Step with Caitlin Bassett

Do you want to be a Diamond one day? I want to help YOU take the next step! My 2 hour clinic includes specialist coaching as well as a workshop to teach you what you need to know to take your game to the next level. Caitlin will be getting help from her West Coast Fever team mates, so if you want to learn from the best then sign up now places are limited!

**When** - Wednesday August 10th

**Who** - Ages 8-11 years 4-6pm / Ages 12-17 years 6:30-8:30pm

**Where** - Joondalup Netball Association

**How much?** - \$50 (inc GST)

**What to bring?** - Water bottle, hat, a snack & a smile!

So what are you waiting for? To register email  
[caitlinbassett@hotmail.com](mailto:caitlinbassett@hotmail.com)



### **IMPORTANT FIXTURE CHANGES**

On Saturday 23rd July Joondalup Netball Association will be holding the Official Opening Ceremony for the new Match Office & the 3 new courts.

To fit in the formal opening ceremony we will be required to change some game times (for this day only) and as per below:-

11U's - 11.30am to a 12.00pm start for all games. (To arrive at courts at normal time; refer to information below)

12U's - 1.00pm to a 1.30pm start for all games.

13U's - 2.30pm to a 3.00pm start for all games.

Note: The 8U's - 10U's game start times will be as normal.

The opening ceremony will be held immediately after the 10U's games (approximate start time of 11.15am followed by a parade at about 11.25am). JNA will be asking that all teams in the 11U divisions be at the courts at the usual time (or a little earlier) as we are looking at these teams being involved in the parade, but further information regarding this and the day's events will be forwarded as soon as possible.

*Regards, JNA*

If your birthday is in July, everyone at Quinns Netball Club wishes you a fun filled, special and awesome birthday!

Hip, hip hooray ☺

**HAPPY  
BIRTHDAY**

**UPDATE  
YOUR  
DETAILS!**



Have you changed your phone number, email or address since netball registration?

If so, please contact Joscinta our Club Registrar on [registrar@quinnsnetballclub.net](mailto:registrar@quinnsnetballclub.net)

to update your details.



We would love to receive some photos of your team or player to share in the newsletter or on our Facebook page.

Please email photos to:

[president@quinnsnetballclub.net](mailto:president@quinnsnetballclub.net)

### **COMMITTEE CONTACT DETAILS**

[president@quinnsnetballclub.net](mailto:president@quinnsnetballclub.net)

[registrar@quinnsnetballclub.net](mailto:registrar@quinnsnetballclub.net)

0450 741 885

[treasurer@quinnsnetballclub.net](mailto:treasurer@quinnsnetballclub.net)

[umpirecoordinator@quinnsnetballclub.net](mailto:umpirecoordinator@quinnsnetballclub.net)

[quinnsnetballclub@yahoo.com.au](mailto:quinnsnetballclub@yahoo.com.au) (fundraising)

[info@quinnsnetballclub.net](mailto:info@quinnsnetballclub.net) (general enquiries)

<http://www.quinnsnetballclub.net/>

### **YOUR 2016 QDNC COMMITTEE**

*President – Michelle Martin*

*Vice President – Tracey Heffernan*

*Registrar – Joscinta Cole*

*Secretary – Janine Buckingham*

*Treasurer – Taryn Teeuwissen*

*Umpire Coordinator – Erin Delaney*

*Coaches Coordinator – Martena Lawson*

*Uniform Coordinator –*

*Equipment Coordinator –*

*Fundraising Coordinator – Nicki Day*

*General Committee – Grant Hicks*

*General Committee – Kate Hicks*

*General Committee – Tiana Raphael*

*JNA Representatives – Michelle Martin & Vynca Dorrington*



# Thank you to our Sponsors and supporters

*Please support the following local businesses*



**OCEAN KEYS**



**CLARKSON**



**Athletes Foot Joondalup**

**Shop T94, Lakeside  
Joondalup Shopping City,  
420 Joondalup Drive,  
Joondalup, WA 6027**

**Phone: 9301 2226**

**Mon: 9:00 am - 5:30 pm  
Tues: 9:00 am - 5:30 pm  
Wed: 9:00 am - 5:30 pm  
Thur: 9:00 am - 9:00 pm  
Fri: 9:00 am - 5:30 pm  
Sat: 9:00 am - 5:00 pm  
Sun: 11:00 am - 5:00 pm**

**Would you like to become a sponsor? If so, please contact Nicki our Fundraising Coordinator on :**

**[quinnsnetballclub@yahoo.com.au](mailto:quinnsnetballclub@yahoo.com.au)**