MAY 2017

QUINNS CATCH UP

A WORD FROM OUR PRESIDENT

Finally, the Winter season has started for many of our teams. It's terrific to see all of our players looking so professional and athletic in their uniforms on court.

The first five games of the Winter season are considered grading rounds for teams 10U-17U. Following this, divisions will be finalised and the competition will start in earnest.

Now is an opportune time to remind ourselves to be supportive and encouraging toward all players. Please be respectful of the umpires and always leave coaching to the coaches.

QDNC will be holding our 2017 Trivia night on Saturday 27thMay at the Gumblossom Hall, Quinns. Tickets are available now, so why not grab a table of parents and friends from your netball team and join us all for a night of fun and laughs. Tickets have been selling fast, grab one now before they sell out!

Regards

Michelle Martin
QDNC President

NEWS

Welcome to our new committee member - Michelle Lamb who joins the QDNC committee in the role of general committee.

Michelle has also assumed the JNA role of MPIO, ensuring QDNC has a representative on the JNA committee.

SOCIAL MEDIA

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

UPCOMING EVENTS

Trivia night on Saturday 27th May 2017

Quinns Districts Netball Club Inc.

COACHES TRAINING

On Sunday 2 April Jo Smith from Netball WA ran a coaches training session for QDNC. Covered in the three-hour session were coaching concepts / behaviours, session plan ideas, basic and advanced drills. Full court systems, space awareness and transition play. Shooting technique & demonstration of training equipment. Appreciation was shown by all who attended.

Coaching Courses

Coaches are urged to complete the 'Online Foundation Coach Accreditation Course' which is targeted at beginner coaches. Course cost is $50.

This online course will take approx. 3-4 hrs and there is no longer a face to face component.

Once completed you will receive the 'Netball Australia Foundation Coach Accreditation' and Certificate of Completion.

Any coaches who are keen to complete the course please register your interest with our Coaches Coordinator, Nicki. The club is happy to cover the cost of this course for coaches who commit to coaching for a year with QDNC.

We also have 2 'FACE TO FACE DEVELOPMENT COURSES' that are being run within our Region. Details are as follows:

Coaches must have already completed the following before they can do the 'FACE TO FACE DEVELOPMENT COURSE' course:

1. *Completion of the online Development Coach Accreditation component. ($50.00 to complete)*
2. *Completion of the online Rules of Netball Theory Exam (70% pass).*

Then it is completion of the 4 hour face to face Development course ($70.00 to complete), locations and details below:

Face to Face Development Course	
WHEN:	*Sunday 7th May 2017*
WERE:	*Kingsway Indoor Stadium*
TIME:	*12-4.30*

OR

Face to Face Development Course	
WHEN:	*Sunday 21st May 2017*
WHERE:	*Warwick Stadium*
TIME:	*9.00-1.30*

Quote:

a good coach will make their players see what they can be

TO REGISTER AND COMPLETE THE ABOVE 3 COMPONENTS YOU MUST:

Log on to My netball
View the 'My Learning' section.
Then click on the 'Available Courses' tab.
You then register for any available course from this section.

FUNDRAISING

Thank you to all the players who took their chocolate fundraising boxes home over the school holidays.

Elayne is in the process of collecting all the monies, a big thank you to the members who took more than one box.

At present we only have one VIP table left for the trivia night, and a few regular ones, can managers contact me on ozroke@aol.com to arrange pick up of their raffle donations or prizes.

UNIFORMS

Well we did it, all 20 teams all dressed and looking awesome in their QDNC dresses, socks, hoodies, caps and backpacks! Smartest and well-dressed players out there ☺

Due to demand we are offering a second and final hoodie order for this season.

Junior size hoodies are $50 & adult hoodies $60. Hoodies must be paid in full at the time of ordering.

To order please email Georgina on uniforms@quinnsnetballclub.net

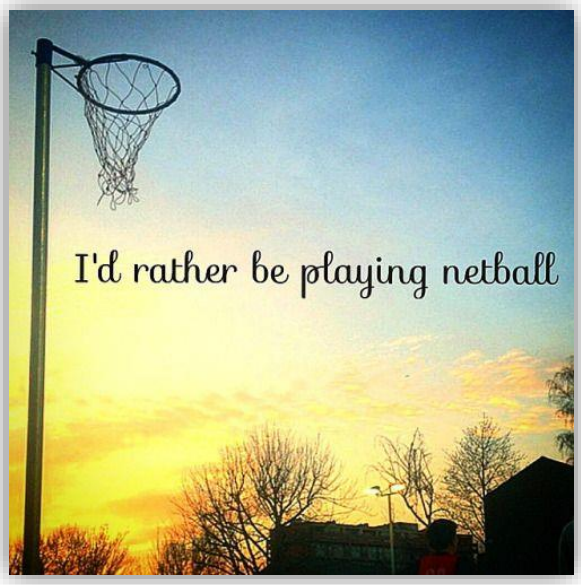
Orders close Friday 12th May 2017. No further orders will be accepted after this date. Don't miss out!

UMPIRE

"Thanks to our umpires for starting off this season with a positive attitude, as always - Grant Hicks, Chloe Kneale, Phoebe Harold, Sophie Stratford, Emma Winton and Zoe Bushell. Make sure to say hello to them and get to know them - they are really lovely and knowledgeable, and willing to explain rules after the game if you're ever confused. I am also usually at the courts until 12:30pm, so if you need to let me know. Erin Delaney – QDNC Umpire Coordinator.

UMPIRE RULE TIP

Obstruction can be difficult to understand for some, especially younger players, but the trick to remember is that the grounded foot (the foot landed on first) of the player with the ball is where the 3 foot (0.9m) distance is measured from. If a defender puts their hands up within this distance, even if they move back to a 3-foot distance, they have still obstructed ("Arms before distance"). Even if you defending behind a player with your arms up, the 3-foot distance is measured all around the player, and is still included as obstructing. It is important for players to check which foot their player landed on and moving back quickly as to defend the ball from the proper distance."



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!

CALENDAR

MAY			
1	Monday		Season Commences Week 1: Juniors, 17U & Opens
3	Monday	6pm – 8pm	STSAC Squad Training HBF Arena Courts
6	Saturday		Week 2: NSG 6'S & 7'S, NSG 8U & 9U, Juniors 10U, 11U, 12U & 13U
8			Week 2: Juniors, 17U & Opens
10	Monday	6pm – 8pm	STSAC Squad Training HBF Arena Courts
13	Saturday		Week 3: NSG 6'S & 7'S, NSG 8U & 9U, Juniors 10U, 11U, 12U & 13U Pink Sports Day for Breast Cancer – Charity Fundraiser
14		10am – 12pm	Marie Little OAM Shield WA State Team Trials Females 16 years and old with an intellectual disability Mother's Day
15	Monday		Week 3: Juniors, 17U & Opens
17	Monday	6pm – 8pm	STSAC Squad Training HBF Arena Courts
20	Saturday		Week 4: NSG 6'S & 7'S, NSG 8U & 9U, Juniors 10U, 11U, 12U & 13U
22	Monday		Week 4: Juniors, 17U & Opens
24	Monday	6pm – 8pm	STSAC Squad Training HBF Arena Courts & Team photos from 5pm
27	Saturday		Week 5: NSG 6'S & 7'S, NSG 8U & 9U, Juniors 10U, 11U, 12U & 13U QDNC Annual Trivia Night at Gumblossom Hall
29	Monday		Week 5: Juniors, 17U & Opens
31	Saturday		STSAC Squad Training TBC HBF Arena Courts Fellowship night for STSAC teams Venue TBA & Team photos from 5pm

KIDS AND SPORT IS A GREAT MIX

Kids and sport is a great mix. Playing sport helps kids build healthy minds, healthy bodies, friendships and life skills. By teaching your player how to be a good sport from early on will help them get the most out of being part of the game. Sport can give your player the chance to learn about being part of a team, winning well, bouncing back from a loss and coping with unpleasant experiences such as injury. As a parent your behaviour has a big impact on your child. Whether that impact is positive or negative depends on how you behave, speak, sound and take part from the sidelines.

You are your child's most important role model. This includes in sport. Parental behaviour and attitude towards organised sport plays a big role in making your child's sporting experience a positive one.

It's important to show good sportsmanship, respect for coaches and officials and to always be encouraging and supportive. But being a good role model goes beyond how parents behave watching their children play sport from the sidelines. Players learn much from their parent's verbal and nonverbal behaviour. If a parent is unhappy that a team lost, then that message is conveyed to the players. Players often watch for their parent's body language or listen for comments from the sidelines. If a parent feels that a game hasn't been 'good', then it is common for the player to also feel that way also.

Sport helps to teach your player about how important it is to try hard, even if this doesn't always mean winning. For example, your player might do a great job of running and passing the ball, but her team might still lose the match. It's all about how you and your player see the experience. In the end, your player's effort is the only thing that's completely within her control. The effort, not the result of the match, is what makes it a success or failure. If your player gets to the end of a game and has tried her very best, she has been successful.

Let's help build the confidence and resilience of our players. In addition, we need to encourage our players to be supportive toward each other on and off court. A team mate's supportive comments and encouragement on court will help build up players and develop team camaraderie and sportsmanship.

At the end of the day, this is a junior sport and is there for players to have fun and be healthy. Whilst it feels nice to have a win - it is more important for our players to learn to be part of a team, develop resilience, develop skills, make new friends and enjoy themselves to name a few. As parents we can help them achieve that. Be supportive and encouraging to your players and whole team. Even during the worst perceived game, there will be something positive you can take away and commend your player for. It is proven that in order for players to perform and succeed, they would prefer supportive comments about the positive aspects of their attitude, sportsmanship and effort.

Positive parent support helps to build positive sport experiences for our players.

Winter Netball
InstaMag
ready for the first game of the season

GA
WD

GK
WD

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@quinnsnetball.club.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

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
Tue: 9:00 am - 5:30 pm
Wed: 9:00 am - 5:30 pm
Thu: 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

Grill'd healthy burgers

Ocean Keys

MUZZ BUZZ

Clarkson

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