



Quinns Districts Netball Club Inc.

QUINNS CATCH UP – Issue 1, February 2016



**THE FUTURE
IS EXCITING**



Message from our President.....

Well, it is that time again, with registration for the 2016 Winter season of netball just around the corner.

The Committee have been working diligently during the 'off' season to ensure everything is in order for another fun and successful year of netball.

During January we held two successful information days at the Ocean Keys Shopping Centre. Great days, where we were able to spread the word for netball and encourage new and existing players to come along and have fun. We are also excited to be able to offer players some new optional uniform items this year that include club hats and hair ties.

On behalf of your new Committee, we look forward to seeing you all at registration day on 6th and 13th February.

Netball is back!

Michelle Martin
President

NEWS FLASH!

GRADING INFO : 12U - 17U Players...

Grading for 12U-17U players will be held on Monday 22nd February

AND Monday 29th February 2016. Times to be confirmed.

Players must attend BOTH grading sessions.

Any queries, please contact Joscinta, our Club Registrar on 0450 741 885.

CALENDAR - FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1st	2nd	3rd	4th	5th	6th QDNC Rego Day Gumblossom Hall 1-3pm	7th
8th JNA: Umpires New Rules Info night 6.30-8.30pm Venue TBA	9th JNA AGM ASCRA Rooms 7pm	10th JNA Squads Coaches Meeting 6.30-8.00pm	11th	12th	13th QDNC Rego Day Gumblossom Hall 1-3pm	14th
15th	16th	17th JNA Squads	18th	19th	20th	21st
22nd 12U-17U Grading	23rd	24th JNA Squads	25th	26th	27th	28th
29th 12U-17U Grading. Registrars Meeting for 'MY Netball'. JNA						

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 1
- 8th JNA - Compulsory Umpires New rules info night
- 9th JNA AGM
- 13th QDNC Registration Day 2
- 22nd QDNC 12U-17U Grading 1st night
- 29th QDNC 12U-17U Grading 2nd night

March:

- TBA QDNC & JNA Coaches/Managers meeting
- 15th JNA Clubs and 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 or NSG Program due long weekend
- 6th NO games or NSG Program 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 ...



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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>



Registration Info 2016

Registration information for Winter season

Saturday 6th February 2016

AND

Saturday 13th February 2016

1-3PM

Gumblossom Hall, Tapping Way, Quinns Rock

All forms have been emailed to members. Save yourself time by printing and completing your forms at home.

All fees and uniform costs need to be paid on registration day, unless prior arrangements have been made with the Club Treasurer.

We accept cash, cheque and credit cards (MasterCard & Visa only with a surcharge for credit card payments).

QDNC accept Kidsport applications.

Any queries, please contact Joscinta, our Club Registrar on:

registrar@quinnsnetballclub.net or phone 0450 741 885

PAYMENT OPTIONS:

For your convenience, registration and uniform payments can be made via EFTPOS, Cash or Cheque. Visa and Mastercard are also accepted, however will attract a 1.75% surcharge.

Alternatively you can pay via direct transfer PRIOR to registration. Please bring a copy of your bank transfer receipt to registration.

Bank details are:

Quinns Districts Netball Club

BSB: 306 139

Account: 001 3335

Ref: Player's name

For any payment enquiries please contact Taryn, our Treasurer on: treasurer@quinnsnetballclub.net

Grading Information



For players 12U - 17U

Monday 22nd February & Monday 29th February 2016

WHY DO WE GRADE?.....

Netball is a competitive sport from age 10 years. The reason we grade is to ensure that all players, of all varying abilities get to play with, and against, players of a similar skill level. It is important to keep in mind that our teams will play against other teams and opponents that have also gone through the grading process within their own clubs.

Stronger players will always enjoy the challenge of a harder and faster competition - they do not develop to their potential if graded to a lower team just to be kept with a friend. Similarly, players who are placed in teams above their ability will also not develop to their potential when being overshadowed by stronger team mates or opponents.

Players put in this environment may become disheartened and lose self esteem. Grading helps to produce a fairer level of competition, a better fit within a team, more individual confidence and a more constructive learning experience.

Our Selectors will be sourced from experienced selectors within the club and externally from within the Association - all of whom bring knowledge and impartiality.

Players will get to trial in the two positions they feel they play best in. They will be able to nominate these positions on their registrations forms. The selectors will assess the skills of the players, taking into account (but not limited to):

1. Footwork, speed and agility
2. Ball handling skills
3. Attacking/defending skills
4. Court movement and player's spatial awareness
5. Sportsmanship and attitude

The Club understands that some players are new to netball, or have not played for some time. This is all taken into account at the time of grading.

If you are unable to attend a grading session, you will need to notify the Club Registrar prior to the day. A failure to attend all grading sessions will result in placement into a team based upon a paper grading.

Please be proud of the team you are in and give 100% at training and on game day. Be excited to make new friends and team mates. Parents please be reasonable regarding your expectations for your player. Please assist and make sure players are happy and excited about playing. The Club wants your player to participate - it is not about the division they are in. It is about being in a team sport, having fun, enjoying the game of netball and learning.

GRADING TIPS.....

Grading can be a rewarding and exciting time for players. It can also be a nervous time for players if they are not prepared. Some helpful tips for grading are:

1. Always use the correct technique for passing, shooting, catching & foot-work. This helps Selectors identify your skill level.
2. Be realistic about your skill level and what grade you hope to achieve.
3. Have a clear idea and understanding of the position/s you are nominating for.
4. Know the key strengths these positions bring to the team and what is expected of them. Be prepared to give 100% effort on the court when playing these positions.
5. As you may be with players that you wouldn't normally play with, make sure you use your voice - call for the ball and encourage your team mates, as it is also important to work well with those around you.
6. Come prepared and looking as though you are interested. Arrive on time and ready to warm up.
7. Practice in the off season and maintain your fitness levels. This is vital for a successful grading.
8. Wear the correct sports shoes and sports clothes to grading.

But most of all - enjoy yourself!

Umpires Wanted

For season 2016...

OPPORTUNITY KNOCKS....UMPIRES!

Our Club is looking for netball umpires (turning 13 years in 2016 and older) available to umpire netball games for the 2016 Winter season.

Games are played Saturday mornings & Monday evenings at the Arena in Joondalup. Saturday games start around 8.45am and Monday games start approximately 5.00pm. You will need to be available Saturdays and Mondays (excluding school holidays and long weekends) from April - September 2016.

You will need to be qualified (if you are not already) which will involve completing an online Umpire course. The Club will support you toward your qualification.

If you are interested in this exciting opportunity please contact
Ginelle, our Umpire Coordinator on:

umpirecoordinator@quinnsnetballclub.net



Netball info days

Ocean Keys Shopping Centre - 16th & 23rd January

This year the Club held two information days at the Ocean Keys Shopping Centre during the January school holidays.

The aim of the information days was to spread the word about netball opportunities for players throughout the northern districts and to introduce the Quinns Netball Club to the wider community.

Both days proved to be a big success with committee members meeting many new faces and answering questions from new and existing players alike.

Thank you to everyone that came down to say hello. Likewise, a big thank you to those that volunteered their time on the days to help out. Well done!



Is there anything particular you would like to read or see in our monthly newsletter?

Suggestions and feedback is always welcome.

If so, please email

info@quinnsnetballclub.net

If your birthday is in February, everyone at Quinns Netball Club wishes you a fun filled, 'puuuurfect' and happy birthday!

Hip, hip hooray 😊



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

If so, please contact Joscinta our Club Registrar on registrar@quinnsnetballclub.net

to update your details.



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

Please send photos via our Facebook page or email photos to:

president@quinnsnetballclub.net

COMMITTEE CONTACT DETAILS

president@quinnsnetballclub.net

registrar@quinnsnetballclub.net

0450 741 885

treasurer@quinnsnetballclub.net

umpirecoordinator@quinnsnetballclub.net

quinnsnetballclub@yahoo.com.au (fundraising)

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 – Ginelle Dobbs

Coaches Coordinator – Martena Lawson

Uniform Coordinator – Dana Graham

Equipment Coordinator –

Fundraising Coordinator – Nicki Day

General Committee – Grant Hicks

General Committee – Kate Hicks

General Committee – Tiana Raphael

JNA Representatives – TBA