

Saints

Sterling Netball Club

The Saint

Issue #1 2010

Club Update

Can you believe it's pre-season time already?! It feels like only yesterday I tucked my yellow lycra away in the drawer. A big shout out to new players and returning past players! We're amped and excited for a big year of netball fun!

Even though the season itself doesn't start till May, the Committee has already reunited and started making plans for the year ahead (Check out the 'Calendar of Events' below for good times ahead)!

The Grading Committee (Donna Webb, Fiona Njirich, Poppy Mallon & Renee Cabassi) have also met to discuss how the two grading days will happen. In a nutshell, we'll have 3 outside graders and 3 club graders watching girls play over 2 courts. If you have any questions about how player grading occurs, please contact the Grading Committee.

That's all from me for now.

Renee Cabassi



Pre-Season Fitness Training!

Has it been a while since you've been on the netball court?
Lost touch with somewhat of a fitness routine this festive season?
Feeling a bit unsure about donning the yellow lycra & jumping on court again?
Never fear – Pre-Season Fitness Training is here!

It's the easy intro back into the netball season or the kick up the butt you may be needing. It's whatever you need it to be because what you get out of it is up to you! Plus, it's a great way to get back in touch with all those netty ladies you haven't seen for ages!

WHEN: Feb 17th & 24th

WHERE: Matthews

TIME: 6.30pm – 8pm

Our Trainer: Rafael Burgh, Bch Physio and elite Duathlete www.rafaelbaugh.com

Grading

- It is expected that you attend both grading sessions otherwise your selection may be affected. Please advise if you cannot attend on registration night (Wed Feb 10th from 6.30pm-8pm).
- Selection will commence with a warm-up and stretching, followed by court time. However, there will be times when you will be required to sit off court. Please be patient as grading can be very time consuming.
- Remember to bring your drink bottle, sunscreen and hat.
- We will endeavour to complete selection after two sessions; however, there may be some movement of players between teams prior to the first playing date.
- We ask that all players to please be patient during selection sessions. To ensure selection is as quick and efficient as possible, we really need your cooperation in filling out all forms, communicating your availabilities to the club and paying all required fees. If you have ANY questions, please talk to a committee member.



WHEN: Feb 21st & 28th

WHERE: Matthews

TIME: 9.30am - 11.30am

Calendar of Events

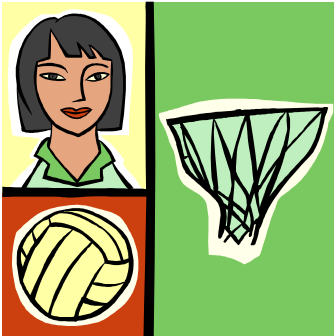
Mark the following in your Diaries!

3 Mar	Team announcements and social evening (Wembley Hotel)
7 April	AGM (TBC)
24 April	Saints in the Valley Wine Tour
1 May	First game of the Season
26 June	Saints Quiz Night
10-11 July	Saints Bunnings Sausage Sizzle (Innaloo)
21 Aug	Final game of the Season
11 Sep	Grand Final
18 Sep	Presentation Night



Coaches needed!

Are you interested in helping players get more from their game – both skill wise and enjoyment wise? Are you interested in experiencing netball in a different light? Then maybe coaching is for you. And what's better, the club will PAY you to do this.



As a coach at Sterling Saints you have the following duties: Training your team Wednesday nights >> Coaching you team on Saturdays >> Ensuring your players know about upcoming club events >> Assisting in ticket sales and money collection for club events >> Ensure your teams umpiring roster is fulfilled

We realise this can all seem a bit daunting. But rest assured, you're never expected to do it on your own! We know there is life outside of netball and sometimes you just can't do EVERYTHING at once!

If you are considering coaching, please speak to **DONNA** our **COACHING COORDINATOR**.

Umpiring Duties

Each Club in the competition MUST fulfill umpiring duties set by Perth Netball Association – this means, each Club is allocated multiple games (weekly) to umpire. Sterling Saints solve this by setting up an umpiring roster. It is up to the coach and captain of each team to ensure their umpiring roster is fulfilled. What this means is, every person in the team (except coaches) usually umpire two games a season. Players who umpire *outside* of their rostered week will be paid by the rostered player or team.

If you need training or umpiring advice, the Club will also organize this for you. We are always there to lend a helping hand.

If you are considering umpiring on a regular basis please speak to **LIBBY** our **UMPIRING COORDINATOR**.

