

FEBRUARY 2016



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# Contax Confidential

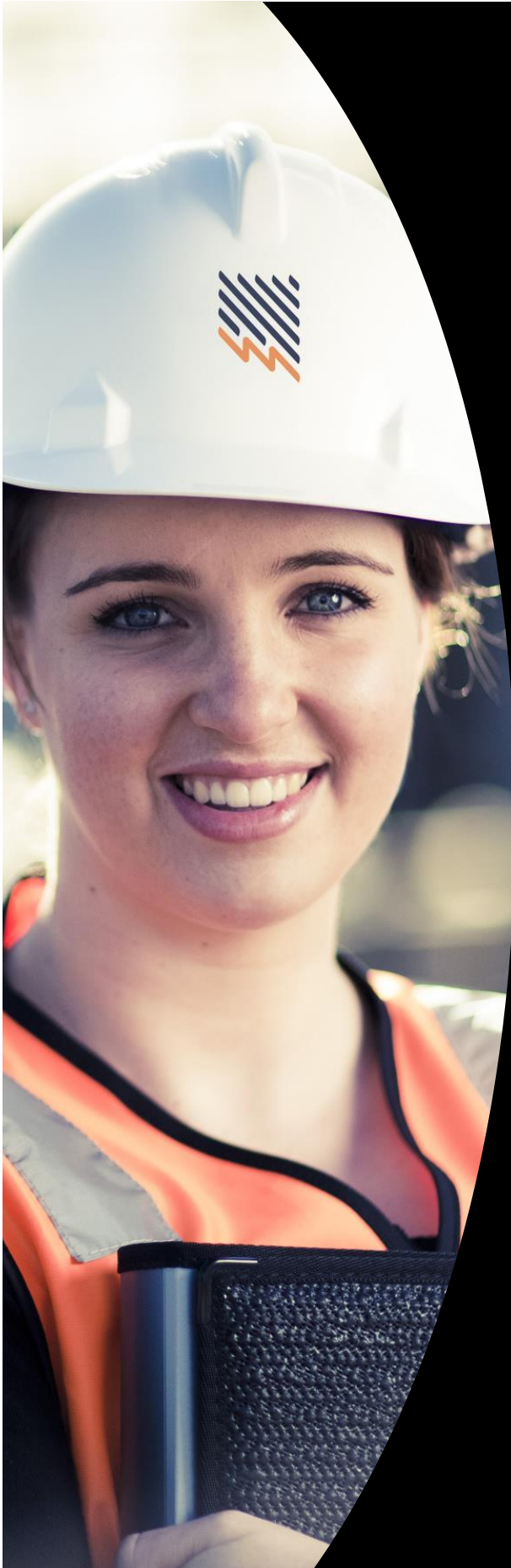


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## WELCOME ...



**Jessica Bennett**  
Editor

Welcome to Season 2016!

For those that are returning to Contax for 2016 we welcome you back and to those of you who are new to the club we extend a warm hello and welcome to Contax!

Congratulations to Premiership winning teams from 2015! You can see these teams later on in this edition of 'Contax Confidential'. Let's set the challenge to be there again this September.

At Contax we strive for excellence and premierships from all our teams, but even more important than that is to strive to be our best on and off the court.

We are keen to build a community spirit at Contax. This is your newsletter, so please feel free to contribute relevant news and events throughout the year, we would love to hear from you.

You can drop into the duty room on a Wednesday night and leave a note for me (I will be out coaching until 7:15pm) or feel free to email me at [jessica.bennett@internode.on.net](mailto:jessica.bennett@internode.on.net) with any articles of interest around netball or our members' achievements or photos from events throughout the year.

Happy Reading

Jess Bennett

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## Quotes of the Day

**Be stubborn  
about your  
goals, and  
flexible about  
your methods.**

*"The secret of getting ahead, is getting started"*

*Mark Twain*

*"The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence."*

*Confucius*

*"Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy."*

*Norman Vincent Peale*

*"I may not be the strongest, I may not be the fastest, but I'll be damned if I'm not trying my hardest"*

*Unknown*

*"Keep your eyes on the stars, and your feet on the ground."*

*Theodore Roosevelt*



## FROM THE PRESIDENT ...



**Lee-Anne Petherick  
President**

After an extremely successful finals campaign in Winter 2015, it may only feel like weeks ago yet here we are again - ready to kick off another exciting Winter Season at Contax!

With Summer Season 2015/16 wrapping up soon, I wish all of our Summer teams the best of luck as they head into the Finals rounds. To all of our players, coaches, umpires and officials, sponsors, families and supporters, thank you for your commitment to making the **Summer season** a success. You have all contributed to the on and off court success of this great club, and I thank you all for representing Contax this season so well in a proud sportsman-like way.

As a club, Contax is made up of so many dedicated people that each contribute to the club we are today. Success does not come by accident, there are many people involved at all levels of our club that give their time voluntarily to contribute to our success. Success is not only on the scoreboard, we have worked hard to develop and deliver a fully comprehensive all-age netball program that helps our players, coaches and umpires strive to be the best they can be.

A club the size of ours can only function through the support of so many wonderful volunteers. With no paid employees, we function based on the dedication of many people who continue to ensure Contax remains the strong professional club dedicated to excellence both on and off the court. **Volunteers are the backbone** of what makes our club function and to each and every one of you that has dedicated any of your time, we thank you sincerely for your commitment. I would like to use this opportunity to personally thank the tireless workers of our club, who give up their personal time week in, week out. I encourage you all to say **thank you** when you see them – let's remember to acknowledge their contributions as without them, we would be lost!

Our dedicated Management Committee have continued to work hard behind the scenes during the Summer season. There are many opportunities for you all to become involved with your club too, whether that may be as a coach, umpire, manager, or part of a sub-committee to assist in many areas – there is a job waiting for your help. If you are interested in **getting involved** please see one of the Management Committee members.

Winter 2015 was an emotion-filled season which took our club unity to new heights. This was especially evident in the week leading up to the Premier League Grand Finals. A Grand Final match which will be remembered for many years to come, Contax filled the stadium with a sea of blue supporters and deafening sounds of cheering which would rival an AFL match as our **Premier League** team closed out the season with an emotionally-charged **Premiership win**. This night brought an immense sense of pride and belonging to a club so special, and the players thoroughly enjoyed walking into the locker rooms on Grand Final night to see the wonderful display of Contax team posters which line the walls!

I encourage you to continue this support for our elite netballers and our club as we head into the 2016 season, and **mark the game dates in your diary** to come out and show your support. What a great opportunity to organise with your team to wear your blues gear and cheer them on together.

I also would like to acknowledge Margaret Angove OAM, 2016 will be her third year as our High Performance Manager. Working closely with Leanne Eichler, Marg has been instrumental in the development of our High Performance pathways and the new **High Performance Program** which is now up and running. Have a read of the Coaches report in the next few pages, it's an exciting program! We are thrilled to have Marg at our club in this role, there is no doubt Marg's blood runs Blue, and we look forward to continuing to work with Marg throughout the year.

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***Volunteers are the backbone of what makes our club function and to each and every one of you that has dedicated any of your time, we thank you sincerely for your commitment***



In Winter 2015 our Vice President Amanda Shiell was successful in obtaining a grant for Contax via ANZ Netball Nation. We are delighted to confirm that this funding will be used to bring back our **Junior Development Camp** – which Amanda tells us she can remember attending as a Junior Contax player! The camp will bring amazing netball experiences and learning opportunities to our players – along with the opportunity to rub shoulders with (and learn from) some of the best talent in Netball! Amanda is working with Marg Angove, Leanne Eichler and Jess Bennett to fine tune the program, which will be released soon. The camp will be held at Westminster College and runs from **April 17-19<sup>th</sup>**. We are looking for a **Camp Sponsor** – if you know someone who may be interested please contact Amanda Shiell via [ajshiell@gmail.com](mailto:ajshiell@gmail.com). Stay tuned for more info on the Camp very soon!

At Contax, we are indeed fortunate to have many wonderful sponsors, none more important than our Principal Sponsor – SA Power Networks, who have been our long time supporters and partners in the promotion of Netball in SA. We would like to thank them, and all of our other wonderful sponsors for their ongoing commitment. Please show your support to our sponsors by engaging with them, buying their products or using their services wherever possible. As a not for profit organisation, we are reliant upon sponsorships and fundraising to continue to provide the funds we need to run the club. If you know of someone who may be interested in becoming a **Sponsor in 2016** please email Mel Churchett at [churm89@hotmail.com](mailto:churm89@hotmail.com) or see one of your committee members for further information.

Contax also prides ourselves on a strong umpire's development program. We are fortunate to have Lynda Robinson and Jill Hunt leading the way in this program, as highly dedicated and experienced mentors of our Umpire Junior Development Program. We are looking for **new recruits! WE NEED YOU!!** Please let Jill or Lynda know if you are interested. I may sound like a broken record, however without umpires we don't have a game – so please consider stepping up to assist us. A great way to learn some new skills and earn some extra money!

We have plenty of events throughout the year, so keep your eye out. Once again the Conatx Camp in April will be an exciting new edition to our events calender, but there are plenty more. On Sunday 13<sup>th</sup> March, we will be hosting the **BBQ at Bunnings Mile End!** If you would like to volunteer, please contact Fran Buller on [fbuller@bigpond.net.au](mailto:fbuller@bigpond.net.au) or we will see on the day for a sausage and drink. Also keep an eye out for **Ladies Day, Club Day**, and plenty more events to get involved in and have some fun!

Good luck to everyone for a fun, successful and enjoyable Winter season 2016. Please make yourself known to us all and become involved with your club wherever possible! Have a great season and we look forward to seeing you out at the courts!

**Lee-Anne Petherick**  
**President**



**2016 JUNIOR DEVELOPMENT CAMP**  
**When: April 17-19<sup>th</sup>**  
**Where: Westminster College**  
**\*registration details coming soon**

SAVE THE DATE!





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## THE COACH'S CORNER ...



**Leanne Eichler**  
**Club Coach**

Welcome to Season 2016. To all our new and existing members, it is great to see you chose Contax Netball Club as your club of choice and I look forward to what I am sure will be a successful and exciting year.

Selection trials can be a very difficult time for both selectors and players. For some there is a feeling of escalation and others slight disappointment. However in every grade and at all levels our aim as a club is to provide and promote opportunities for our athletes to develop to their maximum potential. It also takes all type of players to make a club successful. It also takes the support from their loved ones around them and I certainly encourage all our parents, families and supporters to get involved this year. This can include as a sponsor, as an umpire whether on game day or assisting at training, as a coach, as a volunteer at functions or as simple as being a supporter on the sideline. We are a professional and well identified club and therefore it is imperative that at all times we act with integrity and respect. And above all, enjoy being a part of our great club and playing the sport we love.

### **PREMIER LEAGUE**

Our Premier League Squad for 2016 is:

Gia Abernethy	Imogen Abernethy
Molly Affolter	Lucy Armfield
Georgia Beaton	Rachel Bisset
Kate Campion	Liesel Dunstan
Isabelle Glasgow	Sasha Glasgow
Emma Green	Kailah Greenwell
Charlee Hodges	Tayla Johnson
Saraid Kustermann	Danni Pickett
Amehlia Schmidt	Tayla Williams

### **Extended/Train On Squad**

Sarah Chigwidden  
Olivia Clark  
Lauren Foote  
Claudia Harvey  
Emmeline Ogilvie  
Shannan Rosenzweig  
Leah Thomson

### **Thunderbirds/ANZ Championships**

Emily Beaton  
Maddy Proud  
Kate Shimmin  
Chelsea Lemke (Qld Firebirds)  
Maddy Turner (NSW Swifts)

### **Coaching & Support Staff**

Premier League Coach:	Leanne Eichler
PL Assistant Coaches:	Jane Fitzgerald and Sarah Vidmar
Reserve Coach:	Deanna Riley
Reserve Assistant Coach:	Bianca Reddy
Physios:	Lauren Bendo and Sophie Tregenza
Premier League Manager:	Jo Whelan
Reserves Manager:	Michelle Buller
Strength and Conditioning:	Claire Drummond
Player Liaison Officer:	Sheree Lewis

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*Our aim as a club is to provide and promote opportunities for our athletes to develop to their maximum potential.*



Three new players have come into our squad, all originating from the country – Isabelle Glasgow, Sasha Glasgow and Tayla Williams. In addition Rachel Bisset who played in our 2015 AMND League premiership side has returned. Albeit with an average age of 18 and 7 players only in their 2<sup>nd</sup> year at this level, we are very excited by the many challenges and opportunities that lie ahead.

*“To be SUCCESSFUL you must accept ALL CHALLENGES that come your way.*

*You can’t just accept the ones you LIKE”. Mike Gafka*

The squad commenced pre-season training on 23 November once again under our very enthusiastic and motivating strength and conditioning coach, Claire Drummond aka “mum”. Claire has previously worked with the Adelaide Thunderbirds and has a lot of knowledge and experience in preparing athletes of all sports. Their training schedule has involved 3 sessions a week of conditioning/fitness, speed endurance, agility and strength – Monday morning, Wednesday night and Friday morning. At this point in time I would personally like to thank Claire for the wonderful job and time she has invested into our group and in preparing them for the year ahead. We certainly look fitter and stronger than 2015 which is a step in the right direction in preparing for “back to back”.

The squad also continues their core strength through weekly pilates session with our club physio PhysioXtra which will ensure strong controlled bodies all over the court.

Our camp this year will be held on Friday 26 February to Sunday 28 February and we will be based at the Brighton Caravan Park. Throughout the camp we will be focussing on strengthening relationships and the mind with a focus on identifying what we stand for and our individual and group responsibilities of upholding this. This combined with our fitness and core will ensure we are ready to hit the court!

This year our games have moved to a Thursday night starting on 21 April. The move from Friday night to Thursday night is to accommodate players involved in the Australian Netball League (ANL) competition that is running concurrently with the ANZ Championships (Thunderbirds). We certainly hope to continue to see you out at our games and please come down and say hello.

We will continue to train Monday night at St Peters 6-8pm but I am pleased to say we are back at Netball SA on a Wednesday night 6-7:30pm. It will be great to be back out with the rest of our club and I certainly encourage coaches if you are ever rained out from training, certainly feel free to come and observe with your team our Premier League Squad in action.

## **STATE REPRESENTATION**

As with previous years, Contax will once again be well represented at the upcoming 17, 19 and 21 National Championships. I personally congratulate the following players and everyone at Contax wish you well:

### 17 & Under

Chelsea Blackman  
Tayla Williams  
Manager – Amanda Shiell

### 19 & Under

Sasha Glasgow  
Charlee Hodges  
Manager – Jo Whelan

### 21 & Under

Lucy Armfield  
Charlee Hodges

## **CONTAX NETBALL ACADEMY 2015/2016**

Over the summer season we launched our first Contax Netball Academy which saw a total of 81 players participate over the 4 levels. The focus of all programs were technical, tactical, physical and education for the related age level and it was fantastic to see the dedication to our program of all people involved. For further details please see our full report in this newsletter.

However, I would personally like to thank the following who assisted me in providing a high quality program:

- Head Coaches – Marg Angove, Tonia Hutton, Sheree Lewis and Deanna Riley – for not only dedicating your valuable time but imparting your knowledge and skills onto our junior players.



- Specialist Coaches – Jane Woodlands-Thompson, Jane Fitzgerald, Sarah Vidmar, Bianca Reddy, PL Squad Players and Claire Drummond
- Apprentice Coaches – Sallyanne Inglis, Julia Woolley, Kristen Schlicker, Deonne Milton, Mel Churchett, Kathy Dodd and Diane Hambly
- Coordinator – Corrina Ridley
- Lynda Robinson and your team of umpires

Thank you again for all your involvement in this program. Players, know you are indeed fortunate to have the calibre of experienced and accredited coaches available to you in the off-season and we look forward to seeing you put what you have learnt into practice this winter season.

### **COACHES**

We pride ourselves in providing all of our players the best possible coaching available – which can often be a challenge with the size of our club. As Club Coach I am extremely excited about the coming season and being involved once again with all of our coaches and coordinators – old and new. And I am delighted to again have Marg Angove OAM as our High Performance Manager who will continue to work with our coaches and coordinators. This year Marg will also be advancing her coach mentoring program with a team of highly qualified mentors on board to assist our coaches and ensuring we put best practices in place for success across the whole club.

It is an expectation that all of our coaches have some level of accreditation with a minimum of Foundation. This is now available online and along with other courses hosted by Netball SA – visit their website [www.netballsa.asn.au](http://www.netballsa.asn.au) or speak with either myself, Marg or Pauline Fielden about how the club can assist you with your coaching development. Remember it is always important to upskill and continue to develop as a coach and always remember we are a community of coaches and the power in “Sharing & Learning Together”.

I wish everyone involved at Contax – players, coaches, umpires, sponsors, supporters and friends - the very best for season 2016 and I look forward to seeing a sea of blue all around Priceline Stadium.

*“I am only ONE, BUT I am one.*

*I cannot do everything, but I can do SOMETHING.*

*And I will not let what I cannot do interfere with what I CAN DO.”*

Edward Everett Hale

**Leeanne Eichler**  
Club Coach

## **BECOME A TEAM SPONSOR**

### **MAYBE SPONSOR YOUR DAUGHTERS TEAM?**

#### **Individual team sponsorship (Senior or junior team)**

- Framed Sponsored team photo
- Photograph of sponsored team
- Recognition at all Club Events
- Opportunity to display a stand at Contax Club day
- Opportunity to advertise in newsletter
- Name on Windcheaters worn by team, coach and manager
- Opportunity to attend the Club sponsor’s night at Netball SA Stadium
- Exposure on the Contax Netball Club website



**SPONSORSHIP FORMS ARE IN YOUR BAGS ON TEAM ANNOUNCEMENT DAY  
OR COME AND SPEAK TO THE COMMITTEE**

# PREMIER LEAGUE SQUAD – PRE SEASON 2016





## CONTAX NETBALL ACADEMY 2015/2016

Contax has always been the benchmark for developing players from juniors through to the highest level including former Australian Captain and current Netball Ambassador Natalie Von Bertouch and more recently new Queensland Firebirds and NSW Swifts recruits in Chelsea Lemke and Maddy Turner respectively.

And as announced at our last Presentation Dinner, we launched the Contax Netball Academy for 2015/2016 in an aim to provide a greater netball development program for all skill and age group levels.

One of the highlights of the program was Sunday 17 January where all 4 indoor courts at Netball SA were being used for our Academy in a round robin and skills clinic. This was fantastic to see all our players and coaches working together with the one outcome of improving and “being better”.

Below are reports from all of our Head Coaches. Thank you to all involved – players, coaches, coordinators, umpires and of course parents – for your commitment and dedication.

### **“BLUE” HIGH PERFORMANCE “FUTURE TALENT”**

by Marg Angove

Players were identified by Head Coaches as having the potential to continue to develop and be long term Contax players and offered the opportunity to be part of this Future Academy TID Program. As some of our athletes are involved at a high level in other sports and could not commit to CND we wanted to keep them in the loop so that they will play for us in the main season.

The program consisted of 10 x 2 hour sessions from 4<sup>th</sup> November to 27<sup>th</sup> January with a break over Christmas. Content covered the following areas:

- 2 fitness sessions with Premier League
- 2 specialist sessions with respective Specialist Coaches Jane Fitzgerald and myself (defence), Sarah Vidmar (goals) and Leanne Eichler (midcourt)
- Round Robin
- Agility and movement
- Specialist session conducted by Jane Woodlands-Thompson
- Technical sessions including ball and passing skills plus
- Implementation of box and zone defence court strategies

14 players were selected to participate in this program with another 6 attending various sessions throughout the program.

I believe the program ran smoothly and hopefully is recognised as another pathway for our top athletes. Players worked hard when requested yet still the gap between letting the ball go early and at pace requires attention.

It is as always an honour to be involved with my beloved Contax – I enjoyed every minute of working with the players and would like to keep an eye on them during the winter with the permission of their respective coaches.

Through the Contax Academy Programs, we are doing more than our bit for our athletes as well as coaches. Our apprentice coaches were Sallyanne Inglis and Julia Woolley who will be taking our top Inter and Junior teams respectively this season and I am positive will do a fantastic job. With Lea at the helm and Tonia and Sheree also taking on board different teams we are very lucky. Deonne Milton also attended two of our trainings along with some of our club coaches who did take up my invitation to attend our sessions.

I would like to take this opportunity to say what a fantastic job Leanne Eichler does and along with so many others in our club, coaches, umpires and administrators who all are committed and eager we are on the right track.

I look forward with eagerness and excitement to the winter season.



## **“PINK” HIGH PERFORMANCE “EMERGING TALENT” - 14-16 year olds**

by Tonia Hutton

The squad this year consisted of 22 players chosen from our club and various locations across the state. 16 club girls - 13 Juniors (J1-4), 3 Inters (I1-4), 5 country girls and 1 player from another club formed the squad. The dedication of the players and parents, especially from the regional areas- Kangaroo Island, Langhorne Creek, Encounter Bay, and mid north BSR helped make this program a success.

While our focus still remains to be the ‘most skilled’ group of athletes, the purpose of the program was to expose players to a higher level of training. The 6 week program focused on basic skills, attacking, defending, specialist areas, court strategy and transition and match play (Round Robin). The specialist coaching session was very well received, and I would like to thank Marg Angove, Bianca Reddy and Deanna Riley for donating their time and knowledge. The round robin proved very useful in identifying strengths and weaknesses and how adjustments in game strategy and structure can bring about a great rate of improvement.

During the program, a small amount of sport psychology was interweaved, encouraging players to identify their strengths and play to them. Off court strategies were discussed such as pathways, goal setting, refueling and Contax ‘non negotiables’. This informed new players (and reminded club players) how the expectations, structures/strategies and key words/phrases transitioned through all grades of the club. My hope is that the girls connected with new players, enjoyed the program and will transfer their learned skill to game day.

The program ran seamlessly, which was largely due to the administrative expertise of Corinna Ridley, who sent and received many phone calls, texts and emails from players, parents and umpires- leaving coaches to just coach! The players and I appreciated the time and effort put in by apprentice coaches Kristen Schlicker and Deonne Milton. And of course, we couldn’t play without the many umpires who gave up their time for our program. I hope you all enjoyed your contribution and learned as much as I did. A big thank you to all involved.

## **“NAVY” HIGH PERFORMANCE DEVELOPING TALENT - 11-13 year olds**

by Sheree Lewis

Reserves coach in 2015 to running the 11-13 year old Developing Talent program for the Contax Academy – what a change of pace! But what a delight it was to work with the 22 young players who were selected. These players are only just beginning their netball journey and it really is a privilege to be in a position to help them develop the skills, knowledge and attitudes they need to be successful. Who knows maybe one of these players will be a future premier league player or a Thunderbird, or even the next Nat von Bertouch?

These young ladies were an absolute pleasure to work with – they were keen, eager, enthusiastic and certainly did their best to put into practice what was being taught at each session. And I can honestly say that each and every player improved over the 6 sessions. The challenge for these young players is to use the skills and knowledge gained and continue to develop during the upcoming winter season. There is still much to learn about our great game.

I had forgotten the pleasure gained from working with young players and seeing the rapid improvement that can occur. This program took me back to where it all began for me at Contax – coaching a great bunch of young ladies in sub junior 3.


To our wonderful group of club coaches, well done! Many players already have well developed skills and a good knowledge of the game. And I must say I was impressed when at our first session we were playing “Corner Ball” and a number of players were implementing some club strategies, e.g. starting together, without being prompted. This was great to see!

A special thank you to the coaches who assisted with this program – Jane Fitzgerald, Mel Churchett, Kathy Dodd and Diane Hambly. Your expertise, and of course the giving up of your time was greatly appreciated. Also a big thank you to our Premier League squad members Gia Abernethy, Georgia Beaton, Charlee Hodges, Saraid Kusterman and Emma Green who assisted with the specialist sessions. The young players loved having you out there sharing your knowledge and expertise, so many thanks for giving up your time and helping out.

I certainly look forward to watching the progress of these young players in 2016 and beyond, and of course rolling out this program again in 2016/17. The quote below sums up it!

**I AM A COACH BECAUSE**  
@staciemahoe | StacieMahoe.com

I am a coach because of the **kids** and the **passion** I have for the sport itself. There is no other feeling quite like **helping** young athletes further develop their natural **persistence**, **determination**, **discipline**, **dedication**, **resiliency**, **work ethic**, **heart**, **leadership skills**, **connection** with, and **respect** for, others, not only in competition, but in life!



### **“WHITE” SKILLS DEVELOPMENT – All Age Group and Skill Levels**

This program consisted of a 2.5 hours skills clinic on Sunday 17 January at Netball SA Stadium. Current Premier League Reserves Coach, Deanna Riley, conducted this clinic along with current club coach Kristen Schlicker. A total of 17 athletes participated who varied both in skill and age. During the clinic, players worked on ball handling, footwork and movement as well as general attacking and general defending.

It was great to see players who were unsuccessful in their original application for the above programs, to register for this session which was a commitment to our aim of providing “something for everyone”.

We hope to see this build in more numbers the following year for players looking for some specialist coaching from highly qualified coaches in preparation for the coming winter trials.

Thank you to Corrina Ridley for coordinating the players and ensuring the session ran smoothly.



## HIGH PERFORMANCE AT CONTAX ...



**Marg Angove**  
**High Performance**

With all the excitement and absolute delight after our Premier League success I would like to take this opportunity to say a big thank you to many people and athletes that make our club so special for without their support and dedication we would not be able to function as well as we do.

One of my briefs as High Performance Manager is to provide Mentoring for our coaches. With such a large number of teams I have shared the Mentoring role with suitable qualified coaches and I wish to sincerely thank them for their assistance and diligence.

For the 2016 season I intend to split the roles of Coordinators and Mentors and this will provide a more beneficial approach to everyone. A detailed description of these roles will be outlined at our Coaches Meeting on 2<sup>nd</sup> March when we have all personnel in place.

For your information the Foundation Course is now on-line so there is no excuse for any of our coaches not to gain this accreditation. I would like to encourage all coaches to upgrade their level of Accreditation to the next level. For those of you who have the Foundation Course, we as a Club will be willing to conduct the next Level which is the Development course and I will talk about this at the Coaches meeting.

At present we are in the process of selection trials which can be difficult for players and selectors. However we have provided comprehensive and suitably qualified selection committees for all our grades and I appreciate and thank them for the time and effort they put into this role.

This season we will be embracing some new rules and as a Club we are providing information on these for all coaches and umpires at the Coaches meeting.

Leanne Eichler our Club Coach will provide information on our Academy Program which was conducted over the Summer months. This has been exceptionally well attended and I sincerely thank Tonia Hutton, Sheree Lewis and Lea Eichler for overseeing the program and also providing coaching opportunities for Assistant Coaches.

Many players are involved in CND and I trust they have enjoyed the season and would like to especially thank all the Coaches, Managers and Umpires who have given their valuable time and expertise for this competition.

I am eagerly looking forward to our 2016 season. Let's set the bar higher in all aspects of our game. We all need to work together and be the best that we can be in our roles.

**Margaret Angove OAM**  
**High Performance Manager**

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*This season we will be embracing some new rules and as a Club we are providing information on these for all coaches and umpires at the coaches meeting*



## THE WHISTLE BLOWERS ...



**Lynda Robinson**  
Umpire  
Coordinator

Welcome to a new season with Contax Netball Club. We hope you enjoy your netball experiences with the Club and support your daughter's involvement in this sport. This winter will see several changes to Rules, to procedures and protocols for umpires. While these are exciting, they will also be challenging for players, coaches and umpires to adjust - patience will be appreciated while we all learn and adapt.

This year will also see most matches being umpired as home and away (Inter I and AMND will be umpired by TID squad, and Premier League and Reserves by SPNC squad), rather than having neutral umpires for SJ, J and Inter matches, as has been the practice the last few years.

Several of last year's umpires are not assisting this year and we thank them for their commitment shown to our Club through umpiring regularly -  
Maryanne Keep and her family have moved to Melbourne for her husband's work  
Paige Murphy has a teaching position in the country  
Louise Combe has different study times and unable to be available  
Ann Solly will be involved with country umpiring  
Angela Butterfield is looking forward to her daughter's wedding and unavailable for most, if not all, of the season  
Some player-umpires are unavailable due to school study

At this stage we are losing the resources for 15 matches! All named umpires above are badged, so this is quite a significant loss from our umpiring team and will be very difficult to cover, given the majority of our umpires will be players so generally only able to umpire 1 match each week. We are looking for experienced umpires to help cover this big gap -if you can help, or know anyone who can help, please advise me as soon as possible! Do you know any country umpires who will be studying at Uni?

We welcome Jacqui McConville, Madi Davies (player-umpire), and hopefully some new player-umpires. However, this will not fill the needs for umpiring all teams. If you are able to help with umpiring matches, please contact me in the duty room at team trainings. Jill and I are happy to provide upskilling training for any experienced umpires.

**Contax Coloured Shirt Program** - this is a comprehensive course provided in 2 groups for learner/beginner umpires and umpires with some experience. Sessions are held from 7.20-8.10pm on Wednesday nights, immediately following team training. Places are limited, as several participants from recent years will be continuing. Theory and practical applications of rules, procedures and protocols will be addressed. Requirements for participants are to be committed to attending each week, purchase an official rule book (\$15) and Acme Thunderer whistle for netball (\$20), sit the on-line Section 1 Theory exam (no cost), sit the on-line level 1 Umpire course (cost around \$25), and be a member of the Coaches and umpires Association (around \$27). Participants will be provided with a folder and printed resources. Further information will be forwarded on request. Participants are allocated to matches, depending both on competency and playing time/availability. Participants are to be in at least their 2nd year of Sub Junior.

*How are you  
able to help all  
the girls wear a  
blue uniform on  
Saturdays?*

**CONGRATULATIONS** to Kelly Findlay, Eleanor Beinke and Kaylan Joy, who have accepted invitations to join the NSA TID (Talent Identified Development) squad. Generally these umpires are allocated a game (AMND L or Inter I) and have a reserve commitment, meaning they are frequently unavailable for Club allocations.

**New Rules** - some of the more obvious changes players and spectators will notice -

- the signal for a goal is a raised arm (no longer a whistle) - Scorers need to be vigilant!
- when it is obvious which team will take a throw-in, there is no whistle
- the player taking a penalty for contact or obstruction makes the decision on whether to play on or wait for an infringer to stand out of play
- injury/illness and blood - the player has up to 30 seconds to be moved from the court for treatment and may be substituted or team changes made within that 30 seconds, or the position left vacant and the player return under guidelines for a "Late player"

The Rule Book Introduction (page 4) clearly states -

***"The Rules are based on the core values of equal opportunity, fair play and respect for an opponent's skill and safety."***

***"It is the responsibility of players to ensure that they are physically and technically prepared in a manner that enables them to play the Game, comply with the Rules and participate safely in a sporting and fair manner."***

Skill development and self-disciplined play are important for sportspeople, and those who progress to higher levels generally value and show these attributes. As parents of sportspeople, we have a responsibility to encourage self-disciplined play, good sportsmanship (which includes being both a gracious winner AND a gracious loser), respect for opponents and officials, and fair play within the rules of the game. As spectators, you have a responsibility to model appropriate behaviours and to respect that players, coaches and umpires are doing their best - what you do and say is what your child will see and hear.

**NEW EXPERIENCED UMPIRES NEEDED** - please offer to help if you can. Parents will be allocated a game prior to or after your child's playing time so you can also watch. Player-umpires will preferably be allocated to a game 2 time slots before their playing time so there is opportunity to re-hydrate, re-fuel, change into playing uniform and warm up with their team.

Parent help for umpiring practice matches is also an important way to support your coach in developing players. With the majority of our umpires being players, we are rarely able to provide umpires for trainings.

I look forward to hearing from anyone who is interested in umpiring on Saturdays or in attending our Coloured Shirt Program to develop the skills to umpire.

**Lynda Robinson**  
Umpire Trainer and Umpire Allocator

**Jill Hunt**  
Umpire Trainer

## REFLECTION OF 2015 SUCCESS

Winter Season 2015 culminated in 9 Premierships for Contax – what a great effort! Firstly with our Premier League, followed by AMND grand finals which saw another 8 premierships – AMND, Inter 2 (1), Inter 4 (winning in Inter 3), Junior 1, Junior 7 (winning in Junior 6), Sub Junior 1 (1), Sub Junior 4 (winning in Sub Junior 3), and Sub Junior 5 (winning in Sub Junior 4).

Contax had a total of 23 teams experiencing finals action in 2015 with 9 claiming the “holy grail”. A fantastic achievement to everyone involved and a true indication of the club’s depth and commitment to success.

For a decade Contax has been the leaders in player development in South Australian – we were once again awarded the Netball SA Club Excellence Award. A true credit to the depth of player development across all grades in our club, something to be very proud of.

## Representing Australia and South Australia in 2015

Contax Netball Club is proud of so many of our players and officials who have worn the National and State colours this season:

### Netball Australia’s Centre of Excellence

#### Program

Chelsea Lemke  
Maddy Turner

### Centre of Excellence Tour

Maddy Turner

### Australian 21 & Under

Gia Abernethy  
Chelsea Lemke

### Australian 19 & Under

Lucy Armfield

### Thunderbirds – ANZ Championship

Emily Beaton  
Madeleine Proud  
Renee Hallinan (T’Birds draft)  
Kate Shimmin

### South Australia - Australian National League

Gia Abernethy  
Charlee Hodges  
Chelsea Lemke  
Kate Shimmin (Awarded ANL Competition MVP)

### SA 21 & Under

Gia Abernethy (Captain)  
Chelsea Lemke  
Lucy Armfield  
Charlee Hodges  
Maddy Turner (San Remo MVP)  
Danni Pickett (Tasmania)

### SA 19 & Under

Lucy Armfield  
Charlee Hodges  
Kelsey Williams  
Kim Hocking (Coach)

### SA 17 & Under

Adele Demasi

### SA Secondary Schools

Chelsea Blackman  
Jessica Bell

### SA Primary Schools

Jessie Grenvold  
Hannah Sexton

### SA RUBY’S

Alex Connell  
Sophie Kneebone  
Tricia Crockford (Coach)

## 2015 Netball SA Awards

### Rookie of the Year

Charlee Hodges

### Premier League Most Valuable Player

Charlee Hodges

### Team of the Year – Nine News Cup

GD – Maddy Turner  
Reserve Goaler – Charlee Hodges  
Reserve Centre Court – Georgia Beaton



## Contax Placings in 2015

<b>Premier League</b>	PREMIERS	<b>Junior 5 (Junior 4)</b>	5th
<b>Premier Reserves</b>	2nd	<b>Junior 6 (Junior 6 (1))</b>	2 <sup>nd</sup>
<b>AMND League</b>	PREMIERS	<b>Junior 7 (Junior 6 (2))</b>	PREMIERS
<b>A Grade</b>	4th	<b>Sub Junior 1 (SJ1 (1))</b>	PREMIERS
<b>B1</b>	4th	<b>Sub Junior 2 (SJ1 (2))</b>	4th
<b>B2</b>	7th	<b>Sub Junior 3 (SJ2)</b>	5th
<b>B3</b>	9th	<b>Sub Junior 4 (SJ3)</b>	PREMIERS
<b>C6</b>	5th	<b>Sub Junior 5 (SJ4)</b>	PREMIERS
<b>Inter 1</b>	3rd	<b>Sub Junior 6</b>	3 <sup>rd</sup>
<b>Inter 2 (Inter 2(1))</b>	PREMIERS	<b>Sub Junior 7</b>	2nd
<b>Inter 3 (Inter 2 (2))</b>	3rd	<b>Primary 1</b>	5th
<b>Inter 4 (Inter 3)</b>	PREMIERS	<b>Primary 2</b>	6th
<b>Inter 5 (Inter 4)</b>	3rd	<b>Primary 3</b>	7th
<b>Junior 1</b>	PREMIERS	<b>Primary 4 (Primary 5)</b>	6th
<b>Junior 2</b>	3rd	<b>Sub Primary 1 (Primary 7)</b>	2nd
<b>Junior 3</b>	4th	<b>Sub Primary 2 (SP1)</b>	-
<b>Junior 4 (Junior 3(2))</b>	3rd		

## OUR 2015 CLUB AWARD RECIPIENTS

### Player Life Membership

Georgia Beaton  
Tayla Petherick

### 10 Year Service Badges

Angela Butterfield  
Saraid Kustermann  
Paula Malkin  
Rebecca McDonald  
Kate Pittman  
Tayla Revink  
Amanda Shiell  
Emily Simmons  
Maddy Turner

### Life Membership

Kylie Revink  
Leanne Eichler



Kylie Revink      Leanne Eichler

### Club Awards

Sarah Pisani Memorial Trophy  
Megan Price Memorial Trophy  
Elaine Sloman Club Spirit Award  
Kathryn Harby Award  
Amy Mitchell Memorial Award  
Fielden/Horner Trophy  
Senator Rosemary Crowley Award  
Margaret McGee Trophy  
Deb Aston Coaches Award  
Margaret Angove Award

- Keely Kusterman
- Krystal Anderson-Ives
- Alanah Ursino
- Jessica Hatwell
- Alana Matalone
- Renee Anderson
- Jessica Bennett
- Primary 7 – 71.73%
- Tonia Hutton
- Jo Whelan



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### Team Trophies

**League Best & Fairest** - Georgia Beaton  
**League Player of the Finals** - Kate Shimmin

**Reserves Best & Fairest** – Kailah Greenwell & Tayla Johnson

#### Seniors

AMND League Best and Fairest - Lauren Foote  
B1 – Most Improved - Taya Seagrim  
B3 – Best Team Player - Collete Ransom

A Grade – Coaches Award - Lisa Schlicker  
B2 – Coaches Award - Lara Bond  
C6 – Most Valuable Player - Tammy Brixton

#### Intermediate

Inter 1 – Encompasses Team Values - Claudia Harvey  
Inter 2 – Most Inspiring Team Player - Renee Anderson  
Inter 3 – Talent and Commitment - Jasmine Poole  
Inter 4 – Best and Fairest - Tayla Lloyd

#### Juniors

Junior 1 – Most Talented - Chelsea Blackman  
Junior 2 – Most Consistent Player - Casey Wallace  
Junior 3 – Coaches Award - Taylor Jonas  
Junior 4 – Most Valuable Player - Heidi Smith  
Junior 5 – Team Spirit Award - Olivia Allen  
Junior 6 – Quiet Achiever - Ebony Betro  
Junior 7 – Consistent High Standard - Ella Carlaw





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# LADIES DAY

**A FUN DAY WILL BE HAD BY ALL RAISING FUNDS FOR CHARITY!**

**GET YOU FRIENDS AND FAMILY INVOLVED**

**WATCH THIS SPACE FOR A DATE AND VENUE**

**LOOK WHAT'S BACK AT CONTAX!**

**Official Contax Merchandise!  
Get in quick, don't miss out!**

**NEW TRAINING SINGLETS WILL BE AVAILABLE TOO!**





## Thunderbirds Program

# 2016 Season Draw



### ROUND 1 – Saturday 2/04/2016

West Coast Fever  v  Adelaide Thunderbirds HBF Stadium, Perth

### ROUND 2 - Sunday 10/04/2016 - 11:30am

Adelaide Thunderbirds  v  Melbourne Vixens Titanium Security Arena, Adelaide

### ROUND 3 - Sunday 17/04/2016

NSW Swifts  v  Adelaide Thunderbirds Sydney Olympic Park Sports Centre, Sydney

### ROUND 4 - Saturday 23/04/2016 - 4:30pm

Adelaide Thunderbirds  v  Queensland Firebirds Priceline Stadium, Adelaide

### ROUND 5 - Monday 2/05/2016

Northern Mystics  v  Adelaide Thunderbirds The Trust Arena, Auckland

### ROUND 6 - Sunday 8/05/2016 - 1:30pm

Adelaide Thunderbirds  v  Southern Steel Priceline Stadium, Adelaide

### ROUND 7 - BYE

### ROUND 8 - Sunday 22/05/2016

Queensland Firebirds  v  Adelaide Thunderbirds Brisbane C & EC, Brisbane

### ROUND 9 - Saturday 28/05/2016

Melbourne Vixens  v  Adelaide Thunderbirds Margaret Court Arena, Melbourne

### ROUND 10 - Sunday 5/06/2016 - 11:30am

Adelaide Thunderbirds  v  West Coast Fever Priceline Stadium, Adelaide

### ROUND 11 - Sunday 12/06/2016

Mojo Pulse  v  Adelaide Thunderbirds Te Rauparaha Arena, Porirua

### ROUND 12 - Saturday 18/06/2016 - 4:30pm

Adelaide Thunderbirds  v  NSW Swifts Titanium Security Arena, Adelaide

### ROUND 13 - Sunday 26/06/2016 - 11:30am

Adelaide Thunderbirds  v  Canterbury Tactix Priceline Stadium, Adelaide

### ROUND 14 - Saturday 2/07/2016

Waikato BOP Magic  v  Adelaide Thunderbirds Claudelands Arena, Hamilton

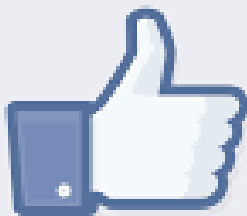
Become a member today! Visit our [website](#)





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Find us at [www.facebook.com/contaxnetballclub](http://www.facebook.com/contaxnetballclub)



Also check out our website  
[www.contax.net.au](http://www.contax.net.au)

# AWAY FROM THE GAME ...

It's been busy off the court recently at **Contax Netball Club!**

## Wedding Bells!

Congratulations to recently retired Premier League player Ellen 'Nemo' Fauser (nee Fisher) on her marriage to Sam. Doesn't she look beautiful? Here she is with her new husband and our President, Lee-Anne Petherick and PL Manager, Jo Whelan.



## .... More wedding bells!

Congratulations to long time Contax member Kylie Doecke (nee Burton) on her recent marriage to Shaun Doecke. What a gorgeous day! Here she is with her new husband and Mum, Chris and Dad, Graeme.



## Put a ring on it!

Congratulations to our very own Vice President, Amanda Shiell on her engagement to longtime partner Matt Walls. He proposed while on holiday in the Cook Islands in October 2015. Naww ... You can also check them out in the February edition of SA Life!



## They're engaged too!

Congratulations to committee member Jessica Bennett and her partner Jimmy Mader on their engagement in December 2015. He had been planning it and designing the ring for a while and surprised her just after his 30<sup>th</sup> birthday. She said yes!



## Baby News!

Congratulations to Nat Bode (nee Von Bertouch) and her husband Jace on the safe arrival of Maddison Anne Bode on 3<sup>rd</sup> January 2016. Weighing in at 3.8kg and 50cm long ...our Club President, Lee-Anne is predicting a defender. What do you think?

## We have Cheerleaders at Contax!

Congratulations to Lauren Heddle, Mikayla Heddle and Jess Sexton on their achievements in Cheerleading. 2015 was their first year at Adelaide South All Star Cheerleading where they came 2<sup>nd</sup> at the AASCF State Championships. They were also invited to compete in the AASCF Australasian Pinnacle Championship in Melbourne. Well done girls!



## Swimming Champion!

Congratulations to Emma Sleath for her achievements at the Victorian Age Swimming Championships in December 2015. Emma has also qualified to compete at the Australian Age Championship at the end of March. Good Luck Emma!

Come and Support Contax Netball Club @ your local Bunnings BBQ

**Sunday 13<sup>th</sup> March**

**Bunnings Mile End**

Come and grab a sausage and a drink to help raise funds for your club.

We love to have plenty of volunteers too. Please contact Fran Buller on 042930736 if you would like to volunteer on the day!

We hope to see you there!







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## MITCHAM

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Torrens Park  
8272 5111



## SPONSORS DIRECTORY 2016

### Principal and Naming Rights Sponsor

We are indeed fortunate to have the support of SA Power Networks as our Principal Sponsor encompassing Premier League – who are not only our Club Sponsor but our partner in the promotion of Netball in SA. We thank SA Power Networks for their ongoing support along with Mr Robert Stobbe and the tireless efforts of Russell Duncan.



SA Power Networks (previously known as ETSA Utilities) believes that their community engagement extends beyond their efficient and reliable supply of electricity throughout the state. A key part of their community engagement is their support of community groups, events and programs that contribute to the quality of life for South Australians. SA Powers' vibrant sponsorship program has a strong presence in sport, education, the arts and the general community.

Since 1995, ETSA Utilities now SA Power Networks has been a proud sponsor of the Contax Netball Club - the most successful team in the State/Premier League over the last 20 years and one which has helped nurture the spirit of sportsmanship and fitness among South Australia's youth.

---

### Major Sponsors



Contax is indeed fortunate to have the ongoing support of ASICS. Contax Netball Club endorses ASICS as the preferred netball shoe. Our members can purchase ASICS shoes at Sports Power Melrose Park and receive a 15% discount.

Contax is also fortunate to have the support of TKO Sport as a key sponsor for the Premier League and Reserves. TKO are suppliers of our new club uniforms 2013. For all enquiries contact Tania Obst on 0410 677 008.

#### Dean Withers & Associates

4 Frederick Street Frewville SA 5063

15 Fifth Street Minlaton SA 5575

Email: [admin@dwaa.com.au](mailto:admin@dwaa.com.au)

Ph: 8338 4100

Ph: 8853 2080

Website: [www.dwaa.com.au](http://www.dwaa.com.au)



Dean Withers & Associates Pty Ltd, Chartered Accountants, has offices in Frewville and Minlaton on the Yorke Peninsula. With over 20 years' experience in public practice we have the expertise to provide you with sound business advice throughout the year to help you achieve your goals.

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## Platinum Sponsors



**Cremorne Hotel**  
207 Unley Road, Unley  
Ph: 8272 9746  
[www.thecremorne.com.au](http://www.thecremorne.com.au)

Located in the Unley Road shopping precinct, the Cremorne Restaurant offers friendly service, extensive wine selection and some of the best meals this side of town! The Cremorne is a great place to catch up with friends and family. Make sure you show your Contax Membership card to obtain your Schnitzel meal deal in the Sports Bar - great food and top service!

## Diamond Sponsors



**SportsPower Melrose Park**  
Shop 11, 1031 South Road, Melrose Park SA 5000 (*For all Club Uniforms*)  
Ph: 8277 1211

**SportsPower Mitcham**  
Shop 26, 119 Belair Road, Torrens Park SA 5062 (*For all Club Uniforms*)  
Ph: 8272 5111

SportsPower Melrose Park provide Contax Netball Club Members 15% discount on all purchases within their store – so please utilise SportsPower for all your sporting needs. The Melrose Park Store is where Contax Uniforms are purchased including the new Contax/ASICS Socks. Make sure you present your SportsPower Membership card to take advantage of your 15% discount and support our club so they know you have been in store. SportsPower Melrose Park stock ASICS – we endorse ASICS as the preferred Netball Shoe.

## Sapphire Sponsors



[myPodPodiatry.com.au](http://myPodPodiatry.com.au)

**myPod Podiatry** No matter what your age, myPod will diagnose your foot, leg or postural problem and provide a comprehensive treatment plan. We will get you back to your best for your sport, work, school or home life. With a special interest in Sports Orthotic Therapy, Your myPod Podiatrist will help you overcome common complaints like Shin splints and Plantar Fasciitis. myPod Podiatry uses the Orthema Scanning and Milling system for in-house manufacture of custom made Orthotics. It uses a quick and easy scan to produce an exceptionally accurate 3 D scan of the foot. With no messy plaster and no external Orthotic Lab involved, our Podiatrists are in complete control of the manufacture of your Orthotic device from start to finish. Our team of Podiatrists offer consultations at a wide variety of locations including the heart of Adelaide, Marion, Mount Gambier, Naracoorte, North Adelaide and Portland- see our website for all sites.

[www.mypodpodiatry.com.au](http://www.mypodpodiatry.com.au)

## Premier League Sponsors



### **PhysioXtra**

724 Marion Road, Marion SA 5043  
Ph: 8357 4988

PhysioXtra is an organisation that prides itself on being the “Centre of Excellence” for physiotherapy, here in South Australia. Director Kathryn Chigwidden has had 7 years extensive experience in elite netball with the Thunderbirds, and is delighted to be now involved with Contax. We have five locations - Marion, Beulah Park, Pirie St, Adelaide, Port Elliot and Hallett Cove. We are able to give all players & support staff discount at all location.



### **Queens Court Press**

53 Beulah Road, Norwood SA 5067  
Ph: 8363 3003 Fax: 8363 3004

Queens Court Press offers a broad range of multifunctional imaging solutions. From multi-colour printing services to comprehensive bindery and the ability to manage and produce a wide range of printed material. Based in Norwood makes Queens court press ideally located for tight schedules that need to be produced and delivered in the Metro area.



### **La Tombola Italian Restaurant**

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For your next special event relax in elegant surroundings and experience the difference of our modern Italian cuisine and comprehensive wine list. A selection of Private Rooms available. Fully licensed and BYO.

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Mon – Sat Dinner  
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## Individual Sponsors – Premier League and Reserves



### **Metricon**

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Email: mikaylabennett@metricon.com.au  
www.metricon.com.au

Metricon is an innovator in home design and construction. We provide housing solutions which celebrate family life in all its wonderful variety. Thoughtful pioneering designs all delivered at surprisingly affordable prices. Our benchmark in all things is excellence, as it has been for over 36 years. This is why, in South Australia, we have been awarded HIA Professional Builder of the year for the 3rd time in succession.

**Rachel Bisset**



### **Sawley Lock**

176 Prospect Road, Prospect, SA, 5082  
Ph: (08) 8344 1522

Sawley Lock O'Callaghan is a company dedicated to providing our clients with the highest calibre of service from a broad base of skills and expertise in land surveying and spatial information. We investigate new opportunities aimed toward promoting the growth of the firm as a leading force in the delivery of Spatial Information consulting services. The Management Team is committed to ensuring that the firm remains at the leading edge of technological advancements in the Spatial Information Industry. Our management system focuses on ensuring that we meet or exceed our clients' expectations in completing their project. We offer specialist professional services in the fields of;

- \* Land Surveying - Boundary and Engineering Surveys
- \* Project Management - Estate Development
- \* Civil Engineering - Design and Construction Management
- \* Planning - Land Division Design and Development Applications
- \* Spatial Information - Geographic Modelling

We maintain a reliable and efficient service that allows all sectors our client base to be confident in the reputation of Sawley Lock O'Callaghan.

**Rachel Bisset**



### **GC & J Constructions**

4 Tenth Street, Gawler, SA, 5118  
Ph: (08) 8522 1455

[www.gcj.com.au](http://www.gcj.com.au)

GC&J Constructions are a commercial building business located in Gawler, who have been part of the construction industry for over 50 years. We pride ourselves on our professional approach and construction expertise, specializing in the aged care, education, hospitality and health care sectors. Our projects can be located all over the state, mostly in the country areas, including the Yorke Peninsula, Iron Triangle and south coast areas.

We would like to wish the Contax Netball Club all the very best for the 2016 season.

**Liesel Dunstan**

### **AH Electrical & Solar**

34 Hills Road, Moonta, SA, 5558  
Ph: 0417 873 664

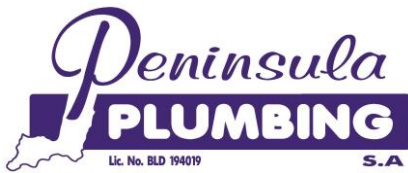
AH Electrical & Solar owned & operated by Gavin & Melissa Appleton of Moonta is a local Yorke Peninsula business that has been operating for more than 20 years. We specialise in all your electrical & solar needs from residential, business and commercial properties.

We wish the Contax Netball Club all the success in the 2016 season.

**Isabelle Glasgow**







**Peninsula Plumbing**  
14 Ferguson Road, Moonta, SA, 5558  
(08) 8825 1762

**Sasha Glasgow**

Peninsula Plumbing, Located in Moonta on the Yorke Peninsula, specializes in plumbing and gas fitting for all residential and commercial requirements.



**Discovery Parks**

**Tayla Johnson**

**Ramsey Bros**  
3 Camacs Road, Riverton, SA, 5142  
Ph (08) 88472804

**Tayla Williams**

Ramsey Brothers is a third generation agricultural machinery retailer and the largest CASEIH dealer in South Australia. The company was founded in Cleve on the West Coast of SA in 1950, and has expanded from that base to dealerships in Cummins, Wudinna and Kimba on Eyre Peninsula, Riverton in the Mid North of SA and Murray Bridge in the Murray Mallee. Ramsey Bros are passionate about forming lasting relationships with their customer base and are strong supporters of their local communities.



## EXTENDED SQUAD



**Physio Xtra**  
724 Marion Road, Marion, SA, 5043  
Ph: (08) 8357 4988

**Sarah Chigwidden**

**At PhysioXtra we are committed to providing a high standard of hands-on service**

All of our physiotherapists use a manual treatment approach which may include joint mobilisation and manipulation, muscle stretches, neural mobilisation, massage and ultrasound. Our clinics have fully equipped treatment rooms and Pilates studios. Treatment combines manipulative physiotherapy, exercised based rehabilitation programs, soft tissue work, acupuncture and advice to produce the best clinical results and patient satisfaction. With 30 minute consults PhysioXtra prides itself on providing a higher level of patient care.



**Guidera O'Connor**  
31 Holland Street, Thebarton, SA, 5031  
Ph: (08) 8238 9999

**Emmeline Ogilvie**

Guidera O'Connor is an Adelaide based water engineering company specializing in the design and construction of water treatment plants, pump stations and water reuse schemes. They have offices in Adelaide and Perth and deliver projects for water authorities and councils throughout Australia.



7 METRO  
LOCATIONS



Kirsty



Winston



Laura

Erindale ..... PH 7122 59 99    Pirie St.....PH 7221 91 10  
 Flagstaff Hill.....PH 8270 11 94    Port Elliot.....PH 8554 25 30  
 Marion.....PH 8357 49 88    South Tce.....PH 8211 80 02  
 North Adelaide.....PH 8361 81 82

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## 2016 COMMITTEE MEMBERS & CLUB OFFICIALS

### Committee

 <p>Lee-Anne Petherick <b>PRESIDENT</b> PL Sub Committee</p>	 <p>Amanda Shiell <b>VICE PRESIDENT</b></p>	 <p>Kylie Revink <b>SECRETARY</b></p>	 <p>Virginia Reddy <b>TREASURER</b> Team Sponsorship</p>
 <p>Leanne Eichler <b>CLUB COACH</b> Premier League Coach</p>	 <p>Jo Whelan <b>REGISTRAR</b></p>	 <p>Mel Churchett <b>SPONSORSHIP</b></p>	 <p>Jessica Bennett <b>COMMUNICATION</b> Player Liaison</p>
 <p>Pauline Fielden <b>COACH &amp; UMPIRES REP</b></p>	 <p>Howard Griffiths <b>AMND REP</b> Summer Coordinator</p>	 <p>Neil Turner <b>EQUIPMENT</b></p>	 <p>Nanette Miller <b>AMND REP</b> Child Protection Officer</p>
 <p>Fran Buller <b>LIBRARIAN</b> Fundraising &amp; Events Child Protection Officer</p>	<p>Michelle Skybyneckyj <b>NEW TO COMMITTEE!</b></p>	<p>Please contact one of our Committee if you are interested in providing support or assistance throughout the season</p>	

### Club Officers

Marg Angove  
**High Performance Manager**

Lynda Robinson  
**Umpire Coach/Coordinator**  
Jill Hunt  
**Umpire Coach**

Rosemary Crowley  
**Patron**  
Sarah Sutter  
**No 1 Ticket Holder**

## Life Members

Joan Horner (deceased)	1979	Kathryn Harby-Williams	2003
Pauline Fielden	1979	Rod Hook	2003
Wendy Boundy	1985	Tania Obst	2004
Jan Noel	1986	Nanette Miller	2009
Margaret Angove	1990	Lee-Anne Petherick	2010
Helen Ward	1991	Virginia Reddy	2011
Wendy Deayton	1995	Russell Duncan	2012
Pam Brown	1996	Kylie Revink	2015
Lorraine Obst	2001	Leanne Eichler	2015
Marlene Staker	2002		

## OUR HISTORY

### Club Coaches

Lena Pomeroy	1952 - 55
Fay Dumont	1958
Mavis Buckingham	1961
Merle Oldham	1962 - 63
Joan Horner	1964 - 72
Pauline Fielden	1973 - 76
Daphne Axford	1977
Jenny Bonnett	1978 - 79
Margaret Angove	1980 - 96
Barney Williams	1997 - 00
Tania Obst	2001 - 06
Fay Walsh	2007
Tania Obst	2008 - 10
Margaret Angove	2010 - 11
Leanne Eichler	2012 -
present	

### Club Captains

Margaret Rankine	1952 - 54
Gaynor Flanagan	1955 - 58
Jenny Badman	1959 - 62
Moira Clarke	1963 - 67
Margaret Edwards	1968
Rosemary Cobby	1969
Gerry Freer	1970
Margaret Van der Linden	1971
Gerry Freer	1973
Kay Smerdon	1974 - 76
Lyn Mulroney	1978
Jill Dolan	1980
Ros Natt	1981 - 82
Kay Jessen	1983 - 84
Rhonda Kraft	1985 - 87
Karen Schulz	1988 - 92
Kathryn Harby	1993 - 96
Tania Obst	1997 - 98
Vicki Neale	1999
Leanne Oats (Eichler)	2000 - 07
Jane Fitzgerald	2008 - 13
Lauren Hyde	2014 - 2015

### Australian Captains

Gaynor Flanagan	1956
Kathryn Harby	2000-03
Natalie von Bertouch	2008-09/2011-13

### Australian Team Members

Margaret Rankine	1948
Gaynor Flanagan	1952
Betty Rowe	1953
Lorraine Wright	1954
Kay Jessen	1980
Michelle Den Dekker	1985
Kathryn Harby	1990
Sarah Sutter	1994
Audine Cobb	1996
Jacqui Delaney	1997
Rebecca Sanders	1998
Jane Altschwager	2001
Natalie von Bertouch	2004 -13
Laura von Bertouch	2006
Lauren Nourse	2007



## Player Life Members (200+ games)

Sue Glover	1990	Anthea Hagar	2006
Sue Noel	1990	Kim Smith	2006
Karen Schulz	1992	Carlie Hopkins	2007
Kathryn Harby	1992	Kylie Burton	2007
Tracey Fielden	1993	Lisa Ellemor	2007
Sarah Angove	1993	Jayne Howard	2008
Tanya Hibell	1993	Kirby Mutton	2008
Vicki Neale	1994	Ellen Fisher	2009
Rosie Burton	1995	Amy Ford	2009
Sharon Purser	1995	Amanda Martin	2010
Julia Angove	1997	Lisa Clegg	2010
Sarah Sutter	1998	Brittany Ross	2010
Kelli Hook	2001	Jane Fitzgerald	2010
Amy Phillips	2001	Christie Nash	2011
Anna Elliott	2002	Leah Thomson	2011
Lauren Tosetti	2003	Jessica Beaton	2011
Laura von Bertouch	2003	Kirsty Lea	2011
Kylie Revink	2004	Kate Champion	2012
Kate Storer	2004	Melissa Caruso	2012
Natalie von Bertouch	2004	Ashleigh Ebert	2012
Leanne Eichler	2004	April Gladigau	2012
Michaela Pisters	2005	Alanna Pyman	2012
Verity Oxley	2005	Kristen Schlicker	2012
Natalie Carrangas	2006	Jessica Bennett	2013
Jessica Reynolds	2006	Katherine Harris	2014
		Rachel Murray	2014
		Georgia Beaton	2015
		Tayla Petherick	2015

## CONTAX NET-SET-GO IS BACK!!!



**Wednesday nights**  
**from 4<sup>th</sup> May – Wednesday 6<sup>th</sup> July**  
**5:30pm – 6:30pm @ Netball SA Stadium**  
**Register at MyNetball**

If you know any young players that may be interested, this is a fantastic program run by our club targeted at 5-8 year olds. Please contact Pauline Fielden on 0409690759



PhysioXtra offers all Contax members 50% off the health fund gap payment. Please mention this when booking.



## ***Thank You Sponsors!***

Thank you to all our Sponsors who have already committed for 2016. Contax would not be as successful without you.

If you are interested in becoming a sponsor of Contax, whether it be a Club, Player or team Sponsorship, we would love to hear from you. What better way to advertise than with fit healthy South Australian Sports Women. There is opportunity for you to obtain courtside signage, attend Club Day, in addition to the Newsletter and Website advertising. Don't forget Sponsors Night – it is always a great night on the club calendar.

We are looking forward to hearing from you as a new or existing sponsor in season 2016.

Please Contact – Virginia Reddy – Team Sponsorship – 0402 105 671 or  
Mel Churchett on 0401 872 097.

A full-page advertisement for ASICS featuring netball player Laura Geitz. She is captured in mid-air, wearing a yellow netball uniform with green trim and the slogan "BE THE INFLUENCE". She is reaching up with her right hand towards a white netball. The background is a blurred indoor arena with a basketball hoop visible in the top left corner. The ASICS logo is positioned in the lower right, and social media information is in the bottom left. A blue banner at the bottom contains the slogan "BETTER YOUR BEST with myasics.com".

LAURA GEITZ

**I AM MADE OF  
KNOWING THAT ONE BLOCK  
CAN TURN A MATCH.**

**asics.**

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