

AUGUST 2016



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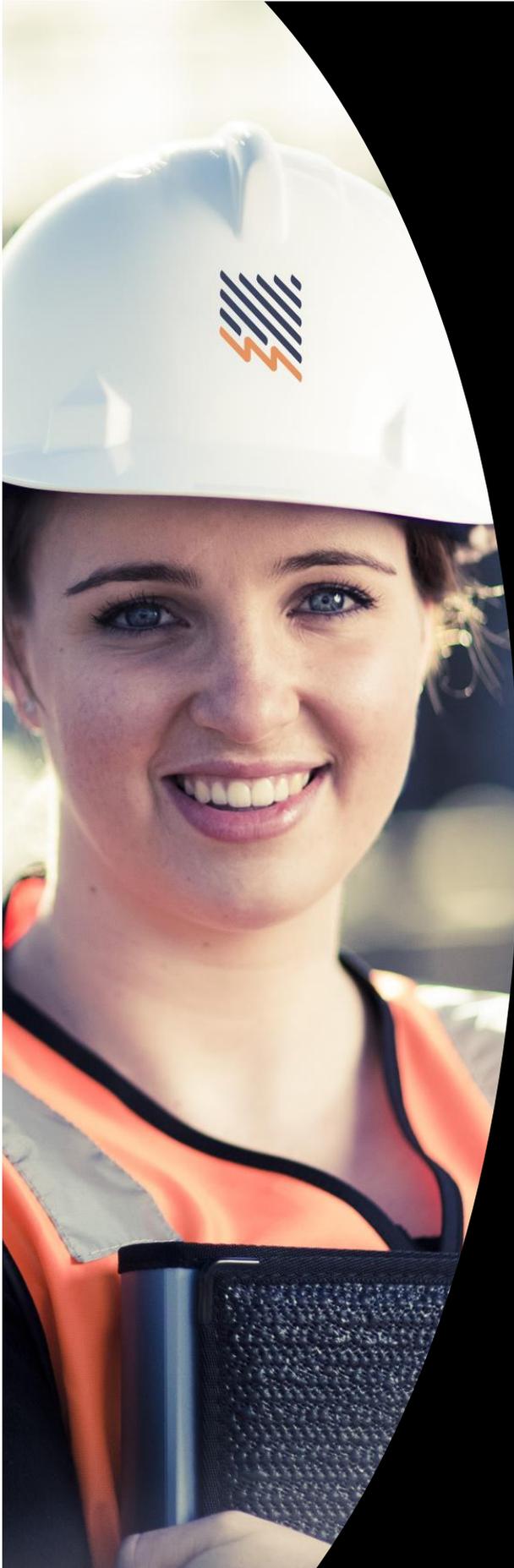


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WELCOME ...



Jessica Bennett
Editor

What a year it has been so far! 2016 has been jam-packed full of netball, plus plenty of events of the courts including, Contax Junior Development Camp, Premier Division and Reserves wrapping up their seasons, Net Set Go, Premier Division and Reserves Presentation Night and Club Day.

We still have a few weeks left of the AMND season, then finals and presentation dinner at Donato Centre.

Enjoy every moment! Train hard, listen to your coaches, take in every moment and remember finals are what we strive for but ultimately it's still just netball. Remember that you have been working hard all season and all you need to do is keep working hard, developing the skills your coaches are teaching you and work as a team. You have done the hard work already, keep it up!

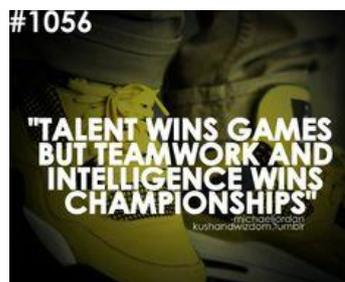
We are keen to build a community spirit at Contax and this is your newsletter, so please feel free to contribute relevant news and events throughout the year, we would love to hear from you.

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 contaxnewsletter@gmail.com with any articles of interest around netball or our members' achievements or photos from events throughout the year.

Happy Reading

Jess Bennett

Quotes of the Day



FROM THE PRESIDENT



Lee-Anne Petherick
President

Winter Season is now heading into the pointy end of the season with finals not too far away. I hope are all enjoying your season so far.

This is the time of the year we look forward to, it is what we aim to achieve as finals appearance and at this time we know the pressure starts to mount for players and coaches and parents along with supporters also start to feel the sense of urgency and need to perform as the finals approach. This is what we work for all season – to participate in finals and we know that sometimes there is a bit of additional pressure, which can cause some unsettling times for both players, coaches and parents. Things do not change, now is the time that we step up to the plate as proud members of Contax Netball Club and put out onto the court all that we have learned and trained for all season. Success is not always measured by the amount of wins, it is also about progressing your game and skills learned during the season.

As I walk around the courts either on a Saturday, at training or watching our Premier League and Reserves, there is one thing that never changes for me personally and that this is just how proud I am of our club. I feel honored to be the President of this amazing club and all of those involved. Whether that be as a player, coach, umpire, manager, parents, committee – regardless of who you are in our membership, this club continues to be a united group of people, striving to be the best they can in each and every role within the club. We are dedicated and united in this common goal to produce excellence in netball whilst playing fairly and within the rules; we continue to develop players, umpires and coaches at all different levels of ability whilst being truly passionate supporters of our club. I hope you all experience that same sense of pride in the blue uniform. I would like to thank you all, our players, coaches, managers, umpires and administrators on the way you conduct yourselves.

Not every player will make it to the top of our fantastic sport, but we hope that you enjoy the season and get the most out of your Netball with Contax. We encourage you to play by the rules to the best of your ability, increase your skill level and most of all – enjoy your Netball!!

I would like to remind everyone, whilst winning is important to us all, and our sport drives passion in players and our supporters; good sportsmanship, playing within the framework of the rules and respect of your coaches, umpires, team-mates and opposition is what we stand for at Contax.

We know that the game can be very competitive particularly as we approach and participate in Finals. Contax strongly supports the “Fair Enough” campaign and as such, whilst we know sport inspires passion in most of us, please remember that our passion and support should never be to the games detriment and that of the players, it should always be “Positive Support”. It is our intention that everyone enjoys the game. Please show your coaches, team members, umpires and opposition that Contax are skilled players that always play in the true “spirit of the game” and that our officials and supporters act accordingly at all times.

At the time of this article it is less than a week from the State Premier League and Reserves Grand finals where both of our teams participated in their respective Grand Final appearances. Whilst it was not the result we were all hoping for with a fairytale finish, both of our teams can be very proud of what they achieved in season 2016.

Success is not always measured by the amount of wins, it is also about progressing your game and skills learned during the season.

We have brought several young players up through the ranks into the squad and still produced two grand final appearances. Our Reserves finished the end of the minor round top and the League second. Both teams lost the Semi finals however won their Prelims to set the stage for their biggest games of the year. Thank you to the club and our young supporters who embraced the blue spirit and to everyone who came out to support our teams last Thursday night in the Grand Final – I was so very proud of you all for the enthusiasm of the crowd – it was very much appreciated by our players on the night.

I do not think we have ever seen NSA stadium so full, both stands were full to the top – a sea of Blue and Pink with the atmosphere was simply amazing. The sea of blue was a sight to behold and the PL Players thank you all for your amazing support – the crowd definitely makes a difference in big games such as this! How great did our guard of honor look and the ball girls also did a fantastic job. As special thank you to Amanda Shiell and Jess Bennett who did another great job in their blue and pink wigs on the night coordinating all activities along with the committee who rallied around to support the PL and communicate with the club to make this a great night. Also, a big thank you to everyone who entered into the “Messages of support Poster Competition” for the change rooms – they all looked so amazing – Congratulations to Primary 4 and Lilly Braddy who was the winner of the Poster competition – they will be having some of the Premier League players joining them for a team dinner for their efforts.

To our Premier League and Reserves teams, you should be very proud of all you achieved this year, it was two amazing performances, the League went down in an absolute nail biter, goal for goal finally losing by only two goals. The Reserves also put on a great show – we know you are both feeling the pain of finishing second, however we know you will come back next year and be stronger for the experience. Congratulations to Deana Riley on taking the Reserves to the Grand Final in your first year as Reserves coach and to Leanne Eichler, you never cease to amaze us all with your attention to detail and ability to get the most out of your team and squad and continue to ensure they are there at the end of the year. We are indeed proud of you and the whole squad on your season – very few clubs could lose players into the National League like we have and continue to be a dominant force in State Premier League – well done!

On a sad note, since our last newsletter we lost one of our club champions of the game Tuesday 4th July, 2016 - Karen Whelan (nee Schulz), past Club Captain from 1988 to 1992. Karen was only 50 years old and her legacy to our club and netball besides being an outstanding player was, she had the foresight to develop the netball bodysuit. She was not only a talented and passionate player but also responsible for Contax being the leading club and trendsetters of our sport by developing the first netball bodysuit. We were playing in the light blue wrap around pleated skirts with light blue matching polo tops at the time and she believed we needed to have a uniform that allowed the players flexibility and comfort on the court (and to look good too). She developed the first version of the bodysuit and presented it to our committee, which resulted in the whole club moving to a bodysuit in following years. This was controversial at the time and indeed her legacy to our club and netball quickly adopted this across the world. Gone too soon but never forgotten by our club – “Schulzie” as we all knew her. An absolute legend and character who led by example. She was our captain in an era which brought Contax back into the dominant club we are now – so many memories. We extend our sincere condolences to Karen’s family, Emily her daughter has been a player of our club, her son Tomas and partner Darin. Sad times again for our club, and again, times like this remind us all just how fragile life can be. We extend our condolences also to our past players of the era, Karen’s team mates along with Marg Angove who was her coach for many years. Together we again feel the deep sadness of the loss of a champion of our club.

Our AMND teams at the time of this article have 3 minor rounds to go – of our 31 teams that are eligible to play finals (2 Sub Primary teams do not play finals) – 25 team are in the 4 for the lead up to finals – this is a great achievement and you are all to be congratulated. Many only just out of the 4 so good luck to you all in your finals campaigns. Remember, you are all an important part of each team whether or not you take to the court during the finals. We do support the coaches to field the team they select each week of the finals based on positions to provide the team the best chance of a Premiership – we do hope that all players have a chance to participate however there are times where team balance can make this difficult. We ask that parents please understand and support the players as they are all important to us as a club and an important part of their team. We know this can be a bit disappointing for some but rest assured, this is part of life experience and some of our best players in this club have experienced at some stage during their careers.

We are looking forward to our Club Day next Saturday 13th August – we thank you all in advance for your help to make this a successful day and appreciate the assistance with your teams BBQ roster.

We acknowledge our Adelaide Thunderbirds – Maddy Proud winning Club Champion for 2016, Emily Beaton Winning the Players award, and Kate Shimmin the Tanya Denver medal. We acknowledge the retirement of Emily Beaton from National League Netball and the Thunderbirds, we are very proud of you Em and look forward to seeing you out on Club day with your new venture “Clever Hand”.

Congratulations to our Premier League squad players recognized at the Nine News Netball Club Presentation Dinner Friday 28th July – Rookie of the Year – Sasha Glasgow, Reserves MVP – Molly Affolter, Team of the Year – GS – Sasha Glasgow, GA – Charlee Hodges and C – Gia Abernethy – well done ladies – well deserved recognition by the competition for 2016.

We also acknowledge two of our own players on their debut years in the Trans Tasman competition – they faced off in opposing teams in an epic Grand Final – Maddy Turner – Sydney Swifts V Chelsea Lemke – Qld Firebirds. We are very proud of these girls who were both part of our Premiership team in 2015.

A special thank you to Amanda Shiell for her efforts on firstly winning the ANZ Netball Nation grant to enable the return of our successful Club Camp 2016. We had 70 young girls involved, some new to our club in a camp that was a memorable experience to all. Held at Westminster over 3 days, it was jam packed with the most amazing netball experience for these players. With visits from our Premier League, our Adelaide Thunderbirds, Nat von Bertouch the camp touched on every area of our game. Thanks to our umpires for helping out and Leanne Eichler and Marg Angove for providing the technical content. If you missed out this year, watch this space for next year as numbers will be limited to ensure a great experience will be had by all again. Thanks also to Jess Bennett and our wonderful camp leaders.

We thank all our sponsors for their support in season 2016 and thank you for being associated with Contax Netball Club. At Contax, we pride ourselves on the promotion of netball along with developing players at all levels and age groups. It is great to see many new team Sponsors this year – it was fantastic to meet many of you at our Sponsor Night recently at the Cremorne. Please support our Sponsors where possible – make sure you let them know you are from Contax, they are listed in our Sponsor Directory and on our website.

Our Contax Umpire coaches, Jill Hunt and Lynda Robinson have again been running our highly successful Junior Umpire program this year. Well done ladies and great work to all of our Juniors who have participated in these sessions – we look forward to seeing you develop and take control of the whistle and game in the near future. We encourage both players and parents to get involved with the umpiring at Contax – it is a great way to improve your game with a better knowledge and new appreciation for the umpires. Please consider getting involved with umpiring for our club, Jill and Lynda will be pleased to hear from you!

Summer netball season will be upon us soon, registrations are now open via our website link. Trials are Sundays 18th and 25th September, get in quick as registrations close soon. We are looking for assistance with umpires and coaches, please let Pauline Fielden know asap if you would like to be involved as a coach and Lynda Robinson if you can umpire in Summer. Forms are available on the internet, we are often restricted with the number of teams we can field based on the number of coaches and umpires we have available as many winter coaches and umpires choose to have a break over summer. We encourage parents who are willing to put your hand up, we will support you and we do allow if needed for you to coach your daughters during Summer season. Please note, this year there will be 4 weeks of training to start the Summer season as a trial this year to enable team development and introduction of new players.

This year our Presentation Dinner will be Wednesday 28th September and will be again at Donato Centre, Humpries Terrace Kilkenny this year. Please put this date in your diary and look out for booking forms in the near future, this is our whole of club function and is over 500 people every year. Space is limited and we would love all our teams to attend so it would be appreciated if you could get your forms in and book early this year.

AMND Grand Final day Sat 17th Sept, we will be making arrangements at our Sponsor Hotel – The Cremorne on Unley Road, to have a Grand Final celebration, if you would like to come, please ensure your team books a table at the Cremorne. More details to come.....

The Management Committee encourages you all to discuss any issue that may arise any time. It is important that we understand the needs of our members, please come in to see us in the Duty Room – do not hesitate in contacting us if you have questions or need assistance.

Good luck everyone for the remainder of your season as we lead up to finals in 2016!

Lee-Anne Petherick
President



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THE COACH'S CORNER ...



Leanne Eichler
Club Coach

At the time of writing this article, it is still with a somewhat heavy heart that we have fallen short in our pursuit for “back to back” Premier League Premierships. However, the other part of my heart could not be more proud of what our Premier League Squad – both League and Reserves – has achieved as a group this year. I do not know of another club that would have been able to recover after the large loss of players from its 2015 Premiership side and yet still compete in not only the League but Reserves Grand Finals. This is a true testament of the depth and success of our club - and as I have previously written before, success comes and can be seen in many ways.

On behalf of the coaching staff and playing group, we would like to thank everyone for their wonderful support throughout the whole season and in particular during our finals campaign. The sea of blue, including our wonderful and very loud Cheer Squad, for our Preliminary and Grand Finals was absolutely amazing and something we will always remember.

We now start the review process as we look back over our season and look forward to 2017 with great excitement and anticipation. With the introduction of the new Australian National Netball Competition will we see some of our great stars move on to the next level? Will we stay on a Thursday night? When will we start? All of these questions, the answers unknown. But one thing for sure – nothing will hold us back from going that extra step in 2017.

Whilst we didn't achieve the ultimate as a team, a number of our squad players celebrated success at the recent Netball SA Dinner. Congratulations to the following:

Netball SA “Rookie of the Year”

Sasha Glasgow

Reserves Division Most Valuable Player

Molly Affolter

Netball SA “Team of the Year”

GS - Sasha Glasgow

GA – Charlee Hodges

C – Gia Abernethy

I also congratulate Sasha Glasgow who was named the ANL Southern Force MVP and was runner up for the entire competition.

And of course, I cannot go without recognising our Contax ANZ players in Chelsea Lemke (Queensland Firebirds) and Maddy Turner (NSW Swifts) who competed in that amazing Grand Final. Chelsea congratulations on your premiership and to Maddy for your wonderful season. We are so indeed very proud of you both.

And I also congratulate from the Adelaide Thunderbirds our very own Maddy Proud who was named the 2016 Thunderbirds Club Champion along with Kate Shimmin, the Tanya Denver Medal Winner and Thunderbirds retiree and great Emily Beaton for winning the Players Award. Again we are indeed very proud of these Contax juniors who have gone onto the big stage. And to Emily, our greatest congratulations on your wonderful career with the Adelaide Thunderbirds and we wish you all the very best in your retirement.

I would like to thank all of our wonderful supporters who have come out to see our games to date – we understand a Thursday night may not be as convenient as a Friday but love it when we see familiar faces in the crowd cheering loud and proud for us.

I am pleased to advise that now our season is over, we will again as in previous years come out and support our AMND teams through the “adopted player” system as well as in general as you all continue on towards the business end of your season. I personally wish all the coaches, players and umpires every success in your last few minor rounds and throughout the finals series and hopefully as a club we can enjoy much success.

CONTAX CAMP

What a great event this was. Congratulations to all involved – whether in its preparation or throughout the three days. I know the Premier League squad thoroughly enjoyed the coaching clinics we conducted as well as teaching the players our “Up Town Funk” dance. And to see some of the girls do this dance at our Preliminary Final was fantastic. We also enjoyed the time we got to sit down and mingle with the camp attendees during the tea. I think this certainly was a great lead up into our finals in connecting our senior and junior players and something we certainly look forward to continuing over the next month and beyond.

It was also great to see so many of our coaches attend the Coaches “Think Tank” Workshop with Marg and hopefully you have been able to put into practice what you took away from that day. And as we get nearer to finals I ask all of our coaches to step up the intensity at trainings and keep working on and reinforcing the basic skills of our game – ball handling and footwork, variety of attacking movement, read off and our absolute trademark “I on I defending”.

SCHOOLGIRLS STATE NETBALL TEAM

Congratulations to Quillen Economou, Georgie Horjus and Georgia Kraft who recently represented South Australia in the 15 & Under Netball Championships. This was held here in Adelaide and South Australia finished 4th in a close encounter against arch State rivals Victoria.

NET SET GO

Congratulations to all the players who participated in this year’s Net Set Go program. It is always great to see young enthusiastic players want to get involved and learn our great game. Thank you to Pauline Fielden and Tayla Seagrim for running this program along with the many senior players who got involved. Your time and efforts are very much appreciated.

SUMMER COACHES

With finals nearing, it means the commencement of the summer season isn’t too far away. If you are an existing coach (winter or summer) who wants to continue their development throughout the summer season maybe at a different age group or higher level, or you would like to start coaching for Contax or know of someone who would like to join our club, then I encourage you all to be a part of our summer coaching group. The application form is included in this newsletter or alternatively contact Pauline Fielden.

Again I wish you all well for the remainder of the season - go Contax!

Leanne Eichler
Club Coach





CONTAX NETBALL CLUB

27 Lloyd Street St Mary's SA 5042
Telephone: 0402 296 228 / 0401 244 279

COACHING APPLICATION FOR SUMMER SEASON 2016-2017

Coaching appointments for Season 2016-2017 will be reviewed and finalised in the near future. If you are interested in Coaching in Season 2016-2017 please complete the details below and forward to:

Coaching Selection Panel
9 McBeath Street
Hectorville SA 5073
paulinefielden@bigpond.com
NO LATER THAN 7TH SEPTEMBER 2016

NAME _____

ADDRESS _____

_____ POSTCODE _____

PHONE _____ (H) _____ (W)

_____ (M)

EMAIL _____

CURRENT COACHING ACCREDITATION _____

Are you willing to undertake Coaching Accreditation in 2016 / 2017? Yes / No

TEAM COACHED WINTER 2016 _____ SUMMER 2015 / 2016 _____

COACHING EXPERIENCE _____

Please indicate which team you are interested in Coaching

1st Preference _____

2nd Preference _____

3rd Preference _____

HIGH PERFORMANCE AT CONTAX ...



Marg Angove
High Performance

It is hard to believe we are coming to the end of the season. There always seems so much to check on to make sure we have covered all the bases. Many teams will be preparing for finals and at this point in time ensuring their players are fully prepared to take on their opposition. If your team does not make the finals I sincerely hope that you will come out and support the teams that are involved.

Thank you to all those who attended the Premier League and Reserves grand final. It was great to have so many supporters cheering on our girls. In return for this the players will be participating in a Buddy System for the rest of your season so you will have the opportunity to work with your allocated player. The Premier League coaches and players should be congratulated on their efforts during the season to enable them to participate in the GF again particularly when they did not have 4 top players from the previous season. This of course has provided opportunities for players to play at that level as well as Reserves so we are in good shape for the future. The coaching staff of both teams are all former Contax players, which makes me so very proud and excited to have them all on board.

We are fortunate to have some very talented coaches in the Club and also I would like to take this opportunity to sincerely thank the Mentors and Coordinators who have provided so much time and effort into ensuring we are developing all our coaches for the benefit of our athletes.

I will just touch lightly on the Camp as I am sure this will be highlighted by Jess and Amanda. The players who attended have provided us with fantastic feedback and I thank all those involved in the organizing of this event. The Premier League players and our own Thunderbirds - Kate Shimmin, Emily Beaton, Maddy Proud and Charlie Hodges provided that extra excitement and knowledge for all involved. It was a great success and I also wish to thank the coaches who came out to assist, it was greatly appreciated.

I have been out Mentoring on most Wednesday nights and with finals in front of us I would just remind coaches to check your lists to see that you are preparing your athletes and working them intensely so they can cope with the pressure when it occurs. I have seen some very ordinary instances by the opposition at times, which makes me very angry as it is playing outside of the rules when people are tripped up on purpose. I would like to think in finals umpires will be aware of this and umpire accordingly so we must keep our frustrations in check whilst we are playing and trust that it will pay off later.

I look forward to watching teams play within the framework of the rules and will skill and skull for the rest of the season.

Margaret Angove OAM
High Performance Manager.

I would just remind coaches to check your lists to see that you are preparing your athletes and working them intensely so they can cope with the pressure when it occurs

THE WHISTLE BLOWERS ...



Lynda Robinson
Umpire
Coordinator

Many thanks to the following UMPIRES for enabling all our teams to regularly play matches-

TID - Susan Simpson, Eleanor Beinke, Kaylan Joy

Club-allocated matches - Sharon Richards, Michael Moore, Shannan Rosenzweig, Viv Rosenzweig, Alice Carter, Merridy Carter, Angela Butterfield, Jane Jennings, Alannah Richards, June Brockhurst, Shelby Armstrong, Jacqui McConville, Astrid Cock, Jess Sexton, Tayla Atwell, Lauren Heddle, Persia Tuckey, Madi Davies, Sophie Hall, Lizzie Jennings, Mackenzie Hunt, Lizzie Monk, Penny Monk

Much-needed fill-ins - Emma Verrall, Amber Loyde, Tayla Loyde, Taylah Revink, Chrissy Cock, Lorren Atwell, Ash Whitehorn, Tricia Crockford, Shelley Walker, Julie Henley, Kate Brockhurst, Trish Kottaridis, Emily Brockhurst, Hannah Sexton, Michelle Buller, Kelly Findlay.

From this, it is easy to identify we are in need of experienced umpires, as well as a continual group of beginners to develop. The *player-umpires* above are all restricted in availability, and school netball and coaching commitments affect availability as well as injury, illness, holidays and work.

CONGRATULATIONS to Kaylan Joy and Astrid Cock on their recent successful testings for an All Australia National C Badge. Both these girls have trained through our Coloured Shirt Program.

We wish Sophie Hall a successful recovery from ACL surgery - unfortunately Sophie was only able to umpire 4 games, but we look forward to her return in 12 months' time. We also wish Ash Whitehorn a simple recovery from an ankle injury, which has kept her off the court for some weeks.

THANK YOU to all parents who transport early so their daughters can umpire, parents who's commitment to umpiring necessitates paying a childminder, umpires who help other clubs and other clubs who help us - we could not have seen all matches covered without your support.

Our beginner and inexperienced umpires are regularly supported by mentors and appreciation goes to Jill Hunt, Jane Jennings, Sue Simpson and Bruce Stribley, and cadets Astrid Cock and Lauren Heddle who help me with providing important support to the umpires for their development. Thanks to Jill, Bruce and Sue for their feedback to umpires and to training mentors at the Westminster Round Robin with Northern Areas Academy and at Contax trainings. This part of the Junior Development Camp was an ideal opportunity for mentoring during games and thanks to the following for attending and helping me - Jill Hunt, Susan Simpson, Bruce Stribley, Jane Jennings, Astrid Cock, Lauren Heddle, Jacqui McConville and Lizzie Jennings. The SJ, Jnr and Inter players at camp enjoyed an umpiring session with Bruce Stribley, while the P and SP attendees participated in a session with me. Thanks to Amanda, Jess, and organisers of this camp - many aspects of netball were addressed.

Our **Coloured Shirt Program** sessions are almost finished for this season. Jill and I have worked with more than 20 young girls, either at trainings or in the sessions after trainings. The enthusiasm and development is rewarding and the girls are all showing improvement in their knowledge of the rules and in their understanding of the procedures and protocols needing to be followed when umpiring. Guest umpires have also attended occasional sessions - Bruce Stribley, Susan Simpson and Stewart Riddle - and thanks are extended to them for their informative presentations.

THANK YOU
to all parents
who
transport
early so their
daughters can
umpire,
parents who's
commitment
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necessitates p
aying a
childminder,
umpires who
help other
clubs and
other clubs
who help
us - we
could not
have seen all
matches
covered
without your
support.

FINALS - We appreciate all the *umpires* who have made themselves available for finals allocations. We must supply an umpire for each time playing in finals, though umpires will be given neutral matches. Again, the difficulty facing us is player-umpires being unavailable for the time before and during playing, impacting our ability to meet requirements.

Timers and Scorers - please make sure you comply with the guidelines on our sheets. Remember you are an Official of the game, and have responsibilities to assist with the match.

Spectators - it is very important that you are encouraging and that you model good sportsmanship. Your children, and others, see and hear your actions and comments - present yourself in an appropriate way.

TRIALS for the summer City Night Competition are coming up - if you are able to help with umpiring, please let me know. Again, most of our available umpires are players, making it difficult to adequately cover some time slots. These trials provide opportunities for you to have a go in a non-threatening environment, and will be appreciated by selectors and players.

Umpires for Snr and Inter matches on Tuesday nights, and for Junior, Sub Junior, Primary and Sub Primary on Friday nights will be needed - please advise me asap of your interest.

During the AMND season, there have been opportunities for *umpire development during trainings* - thanks to Penny and Lizzie Monk for umpiring with mentoring many weeks, and to Shelby Armstrong for umpiring the Inter 1 v State 15's training match. Several umpires have also assisted with Round Robins during the season and this is very much appreciated. All opportunities for experience are instrumental in developing skills. Thanks also to Sue Simpson and Bruce Stribley for attending occasional trainings to mentor umpires.

Lynda Robinson
Umpire Allocator
CSP presenter and mentor

Jill Hunt
CSP presenter and mentor



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284 Anzac Highway
Plympton S.A. 5038
Ph 8293 6855
Fax 8293 6851

AROUND THE CLUB ...



SAPSASA Under 12 Netball

Congratulations to our very own Keeley Kustermann on being selected into State Under 12 SAPSASA Netball team. Out of 140 girls she has made into the team of 12. What an achievement!

They will compete in Melbourne from August 28 to September 2nd. We wish her all the best!

Here she is receiving her uniform from Thunderbird, Khao Watts,

Primary 1's at Bounce

The Primary 1's enjoyed a training night at Bounce. Looks like a lot of fun!



What a night!

The Net Set Go Kids got to enjoy watching the Thunderbirds play. They even got to meet Tori T'Bird!



Sub Junior 6 have fun Swimming

The Contax Sub Junior 6 Team really know how to make a splash both on and off the court, spending a 'training session' at the SA Aquatic and Leisure Centre during the July School Holidays.

Great fun was had by all, mastering the challenging inflatable obstacle course and enjoying the thrill of the water slides.

Thank you to Marika Snell for arranging the day.



NET SET GO ...

Season 2016 for Net Set Go was a huge success. We had 26 girls over 2 age groups 5-7 years and 8-10 years. They were a lovely group of girls who thoroughly enjoyed their experience over the 10 weeks of training. We had numerous other requests but were unable to take any more girls. The girls were invited to perform a couple of drills at ½ time of the Thunderbirds which was a great experience. I would like to thank Tayla Seagrim who was my helper.

Pauline Fielden



Contax Junior Development Camp

Back in 2015, our Vice President, Amanda Shiell was reminiscing on her childhood and the great times she had at Contax Netball Club. Much of these memories involved weekly trainings, games, and winning finals, but the Contax Junior Development Camp was also up there as great memories from her days as a Junior at Contax. Now that she has a daughter playing for Contax Netball Club, she wants to same great memories for her daughter, and everyone daughters at Contax Netball Club.

Coincidentally, Amanda stumbled across the ANZ Netball Nation grants and thought, why not? She had a dream to provide the same great camp she attended as a kid for her daughter, a grant would be a great tool to get it started again. What do you know? She won it! The Contax Junior Development Camp was back!

After almost 12 months of planning, the first Contax Junior Development Camp in years was held in the July school holidays at Westminster College for 3 days and 2 nights filled with netball, games, fun, bonding, nutrition, injury management, boot camp, fitness, umpiring ... and plenty more.

After checking in, orientating themselves to Westminster, checking out their dorms for the next 2 nights and meeting their dorm buddies it was straight into the netball with ball skills and umpiring workshops, training with the Premier League and Reserves squad and (of course) learning the 'Contax dance'. We have been told that it took our **Premier League and Reserves** squad hours to learn the routine, however our camp attendees picked it up in less than 45 minutes! We were suitably impressed. Not only do we have great netballers at our club, dancing also seems to be a skill held by Contax players.



Not only was the camp designed for the players, but there was also the opportunity for the coaches to have time with the one and only Marg Angove in a 'Think Tank'. Our umpires also had the opportunity to further their skills umpiring for a round robin Contax v Northern Academy. We would like to thank **Leanne Eichler** for organising the round robin, **Lynda Robinson** for providing the umpires for the round robin, Lynda again and **Bruce Stribley** for providing an umpiring workshop for the girls. All of these efforts have provided our coaches and umpires with the best opportunities to develop to the best of

their ability. Finally, we would also like to thank all the coaches that came to develop their skills at the Think Tank session and of course Marg for her time and wisdom.

The following day was even more jam packed with activities! The girls were so excited when they found out they would be training with the Thunderbirds all morning! We thank **Maddy Proud, Emily Beaton, Kate Shimmin and Charlee Hodges** for your time and effort. Our girls really appreciate the skills you have taught them; they have been raving about the drills at training!



Little did the girls know that we then had a **NETfit** session booked in with the one and only **Nat von Bertouch** ... lets just say that some of the girls thought it would be easy ... it's not! Thank you to Nat and the NETfit girls for a great session!

Nat stuck around for an amazing nutrition session! It was an eye opener for many of the girls – do you know how many carbs you need after a match? When is the best time to eat carbs and protein? And the big one ... do we really need sports drinks?? Thank you to Nat again, for such an informative session!

Our camp girls thought maybe that was it for the day, however our very own **Dee Riley** and **Sheree Lewis** had more on court sessions for them. The camp organisers and the girls are so appreciative to these ladies for coming out and providing such great sessions. Contax has a wealth of knowledge and experience throughout the club and it's great to see this knowledge passed onto our next generation of players.



The days were so full for all the girls ... but the evenings were no different. The girls bonded even more over dinner and games. Let's just say ... who would have thought you could have so much fun with a newspaper? What an amazing opportunity to meet new people, make new friends and learn at the same time.

The final day had arrived ... we had a few tired faces and bodies but there was still a full day ahead. The girls had time to put together all the netball skills they had learnt over the past few days in scratch

matches. It was so great to see how much the girls had taken in throughout all the sessions. Every single one of them was able to put it into practice on court and no doubt have implemented them into their trainings and games. The day however, was not over yet. The girls then had the opportunity to learn from SASMA in injury management and also participate in a Boot Camp ... in case they weren't exhausted already!



The time had arrived ... the end of the camp. It was time for the girls to put all their practice and hard work into play and perform the '**Contax Dance**'. It was such an amazing way to finish off a great 3 days.

Thank you ever so much to our Camp Leaders, **Rosie Herriot**, **Steph Kipirtoglou**, **Kirsty Stallard**, **Deonne Milton** and **Belinda Parkinson**. These ladies stayed overnight with the girls, helped them anyway they could throughout the 3 days, even providing 'Mum cuddles' when required. This camp would not have gone ahead without you ladies. Thank you also to **Michelle Skybyneckyj** for helping us on the Sunday. It's volunteers like you ladies that make this club what it is. We thank you so much for your time and effort!

Finally, a massive thank you to **Amanda Shiell**, our **Vice President**. Firstly, for having a dream for her daughter and putting it into action by applying for the grant in the first place. Then, of course, thank you for all the hours organising and putting together a great camp for the girls. They are still talking about it! Hopefully they will be talking and thinking about it for years to come ... just like you were.

Jessica Bennett
Camp Coordinator
Communications Officer



In Loving Memory of Karen Whelan

RIP - Karen Whelan – 15/11/1965-04/07/2016

With heavy hearts, we farewell our inspirational former Club Captain (1988-92) and leader, Karen Whelan (nee Schulz), who sadly passed in July. Karen's influence on the lives of many young women and teenagers entering the State League squad in the late 1980s is immeasurable. Her leadership and the culture she created in her era set a legacy for innovation and success at Contax for many years to come. There was no allowance for individuals in Karen's reign. She led by example both on and off the court with her team-first approach. She was responsible for the introduction of the netball bodysuit – this was her brain-child and indicative of the innovative forward thinker that was so typical of her passion for our sport and club keeping Contax at the forefront of netball – quite controversial at the time but history saw this bodysuit adopted by our sport across the world. At the Memorial Service, former teammate and close friend Kathryn Harby-Williams summed up Karen's leadership by saying, "Schulzie would do anything for her teammates, and her teammates would do anything for her". This was so true. One of the smartest netballers of her time, with speed, determination and precision passing all features of her game. Karen's coach and mentor, Marg Angove often describes her as "the best player to never play for her country". Treasured and caring friend to all who were privileged enough to have her in our lives. We miss her dearly and pass our sincere condolences to Emily, Tomas, Darin and families.

Vale Karen Whelan





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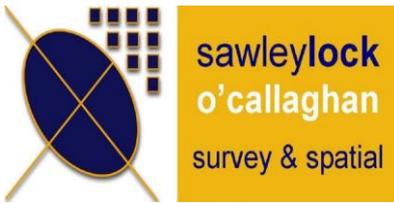
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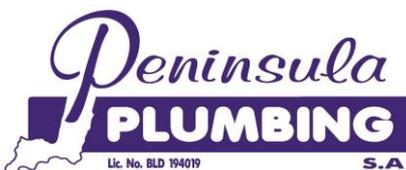


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We would like to wish the Contax Netball Club all the very best for the 2016 season.



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Sub Junior 6

BJS Insulation is Adelaide's number one choice for the supply and install of thermal insulation batts. We are a family owned and run business comprising of a fantastic group of sub-contractors who add to our working team. We are all fully licensed and insured for everybody's safety and have 10 years experience in the industry in which we have built up a high quality reputation amongst builders, plasterboard companies and home owners in South Australia. No Job is too big or too small and with the rising cost of electricity and gas these days, and housing efficiency star rating lifting, insulation is a huge investment to your new or existing home. We use Australian made Pink Batts so not only are you supporting a family based Adelaide business but Australian made products too. Give us a call today for a free measure and quote, you won't be disappointed.

BOUNCE INC

**FREE-
JUMPING
REVOLUTION**

Bounce
164-165 Richmond Road Marleston SA 5033
Ph: 8352 7090

Primary 1

www.bounceinc.com.au/Adelaide

BOUNCE is a world where the wall becomes the floor, a slam-dunk is within your grasp and the rules of gravity no longer apply. It's packed with lots of things to do with kids and the family, it takes the rush of getting airborne and adds a bunch of new dimensions – from aerial manoeuvres to slam dunking, wall running and dodgeball warfare. The best part is it doesn't matter if you're under 5 or an action sports junkie in training – you're never too old or too young to have an awesome time.

With more than 100 interconnected trampolines housed within huge, colourful spaces at a growing number of locations around Australia, BOUNCE is a spring-loaded urban playground with a wide range of things to do with kids; where hard surfaces are replaced with circus-grade sponge, giant air bags and spring. The rush of BOUNCE is infectious. Look around and everyone's buzzing, whether they're running up The Wall, launching into the Big Bag or loosening up in the Free Jump arena. It can be as easy or as challenging as you like – a training ground for aerial sports acrobatics, a place to kick back and look out over the action, or just a hard-core form of exercise that lets you burn energy without noticing you're in the middle of a cardio workout. And our friendly staff are always there to offer safety tips and show you a few moves along the way.

Check out the session times and book yourself in. **JOIN THE FREE-JUMPING REVOLUTION!**



**Southern
Animal
Hospitals**

Southern Animal Hospitals
130 Main South Road
Morphett Vale SA 5162
Ph: (08) 8382 3666
www.southvet.com.au

Primary 3



**RAWSON
VERCO
NEED**

Here to help

Rawson Verco Need
38 Greenhill Road
WAYVILLE SA 5034
Ph: (08) 8201 8900

Primary 4

Welcome to Rawson Verco Need, a full service accounting firm with added extras.

Yes, we do taxation and general accounting work but we also offer financial planning, business coaching and mentoring, superannuation, leasing and finance plus personal and business insurance....all under one roof.



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Sub Primary 1

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UNLEY PROPERTY GROUP

Unley Property Group
5/15 Fullarton Road
KENT TOWN, SA, 5067
(08)8362 2996

Sub Primary 2

2016 COMMITTEE MEMBERS & CLUB OFFICIALS

Committee

 <p>Lee-Anne Petherick PRESIDENT PL Sub Committee</p>	 <p>Amanda Shiell VICE PRESIDENT</p>	 <p>Kylie Revink SECRETARY</p>	 <p>Virginia Reddy TREASURER Team Sponsorship</p>
 <p>Leanne Eichler CLUB COACH Premier League Coach</p>	<p>Jo</p>  <p>Whelan REGISTRAR</p>	 <p>Mel Churchett SPONSORSHIP</p>	 <p>Jessica Bennett COMMUNICATION Player Liaison</p>
 <p>Pauline Fielden COACH & UMPIRES REP</p>	 <p>Howard Griffiths AMND REP Summer Coordinator</p>	 <p>Neil Turner EQUIPMENT</p>	 <p>Nanette Miller AMND REP Child Protection Officer</p>
 <p>Fran Buller LIBRARIAN Fundraising & Events Child Protection Officer</p>	 <p>Michelle Skybyneckyj SPONSORSHIP</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	Rod Hook	2003
Pauline Fielden	1979	Tania Obst	2004
Wendy Boundy	1985	Nanette Miller	2009
Jan Noel	1986	Lee-Anne Petherick	2010
Margaret Angove	1990	Virginia Reddy	2011
Helen Ward	1991	Russell Duncan	2012
Wendy Deayton	1995	Lynda Robinson	2013
Pam Brown	1996	Kylie Revink	2015
Lorraine Obst (deceased)	2001	Leanne Eichler	2015
Marlene Staker	2002		
Kathryn Harby-Williams	2003		

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 Mulrone	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
Georgia Beaton and Gia Abernethy	2015 - 2016



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



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 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

Michelle Skybyneckyj – 0419 445 086

MORE PROTECTION LESS WEIGHT

GEL-NETBURNER SUPER 6



#WANT IT MORE 