



FEBRUARY 2013



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WELCOME ...



Fiona McDonald
Editor

Welcome to the 1st edition of "Beneath the Bodysuit" for Season 2013.

To all of our 'seasoned' players, managers, coaches and umpires; welcome back and if you are new to our club, we extend a very warm 'hello' to you and hope that you feel at home here.

We offer congratulations to all of our Premiership teams from 2012 and challenge all of you to strive to give your best to your team for 2013. Some of our seniors have already been training hard during the pre-season and we encourage you too when it is your turn, give your very best to your team.

It looks like an exciting season with the launch of a new look in many areas of our club. We invite you to become involved and help us to re-name our newsletter. The title "Beneath the Bodysuit" is due for a change and we need your input.

At Contax, we are keen to build a community spirit. This is your newsletter, please feel free to contribute relevant news, we would love to hear from you. You can drop a line into the duty room on a Wednesday night or feel free to email me at fiona_mcdonald07@hotmail.com, we would love to hear from you.

Happy reading!
Fiona

Quote of the Day

"I believe the single most significant decision I can make on a day-to-day basis is my choice of attitude. Attitude is the single string that keeps me going or cripples my progress. It alone fuels my fire or assaults my hope. When my attitudes are right, there is no barrier too high, no valley too deep, no dream too extreme, no challenge too great for me."

Charles Swindoll

"Champions do not become champions on the court. They become recognized on the court. They become champions because of their daily routine and commitment to excellence. Players do not decide their future; they decide their habits and their habits decide their future".

Unknown

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FROM THE PRESIDENT ...



**Lee-Anne Petherick
President**

A very warm welcome to Winter season 2013, especially to new players, families, coaches and umpires who have come out and joined Contax for the first time. I am sure you will enjoy your season and association with Contax and be made to feel most welcome.

This is a new and exciting era for our club, a whole new look this year! New uniforms unveiled at team announcement – a new club logo, change of name for our Major sponsor from ETSA to SA Power Networks.

I am pleased to report that over the summer break, our club has again achieved full accreditation to retain our position in Premier League. Whilst many have a well earned break over the summer from netball, there are many that are working hard on the preparations for the coming season. Our Premier League squad have been on the track since November sweating it out over the summer months. Netball continues to evolve with yet a few more changes for season 2013. Contax is well placed to take on the challenge so stay tuned for an exciting year!!

We are a club with a long history of success and we are indeed proud of all of our players and membership that have formed part of our history. You, our current members are now part of the Contax family and together will form part of our future history! No matter what level you play, coach or umpire, you are all important to our club.

Leanne Eichler is our Club and Premier League Coach again this season – I congratulate Leanne Eichler on her outstanding year in 2012 and look forward to seeing how she will top and unbeaten record this year! Leanne has a long history as a player of our club, she transitioned to coach our Reserves 2008-2010, and was Marg's assistant coach of the Premier League in 2011. I also congratulate Tonia Hutton who has been re-appointed as the Premier League Reserves Coach this season following her inaugural year in 2012 finishing with a premiership. Kim Hocking (Smith as we all still often call her) has also been re-appointed as Premier League Assistant Coach working with Leanne.

Premier League and Reserves both finished Premiers for season 2012 – it was indeed a very exciting year at the top in our 60th Anniversary year. The Premier League was unbeaten for the whole season which was the perfect season.

At the end of the season 2012, we were sad to see the retirement of Amanda Martin, Kirby Morley and Bianca Reddy who have all been an integral part of our Senior Players in the Premier League and given so much to our club. We congratulate Kirby on her appointment to the Club Management committee following her retirement and look forward to her input into the running of our club. We can also look forward to seeing Bianca and Kirby around the courts in coaching capacities during the season. We wish Amanda well as she heads to the country to shake up country netball in Yankalilla!

Our new Premier League Squad have been selected, they have been in pre-season since the end of October working hard with their Strength and Fitness coach. The players will attend their Pre-Season fitness camp in Feb which will be quite a challenge, they have eyes fixed and are committed to "breaking the curse" and winning back to back premierships in 2012-2013 which have been elusive. We hope you can come out and support your Premier League Players who's season starts Saturday 20th April, 2013. This year we are very excited to have introduced several young players from our Inters into the squad – we look forward to some big things from these girls and well done on your selections.

At Contax we pride ourselves on developing some of the best netballers South Australia, indeed Australia has ever seen – not to mention coaches.

You, our current members are now part of the Contax family and together will form part of our future history! No matter what level you play, coach or umpire, you are all important to our club.

I am sure amongst us there is the next Marg Angove, Tania Obst, Nat von Bertouch, Kathryn Harby-Williams, so whoever you are, we do hope you get the most out of your Netball with Contax, play by the rules to the best of your ability, increase your skill level and most of all – enjoy your Netball!! Our coaches and umpires are looking forward to sharing a great season with you.

We congratulate Natalie von Bertouch as our very own Thunderbird and Australian Diamond Captain. We are very proud of Nat and all that she has achieved – starting her netball with Contax – we are her club and I know she is proud to be part of our history.

Congratulations to many of our players and coaches who have represented our club in State teams during 2012 and also those who have been selected for 2013 teams already – we wish you well and are very proud of you!

Contax also prides our self on a strong umpire’s development and coaching program. We are indeed fortunate to have the services of Jill Hunt and Lynda Robinson who are both experienced in the support of our umpires and umpire development. Contax has a strong Junior Development Umpire program – we look forward to seeing many new umpires out in the ranks this year – you will enjoy it and be well supported. WE NEED YOU..... We are always in need of additional umpires so please let Jill or Lynda know if you are available either on Wednesday nights at training or on Saturday. Jill and Lynda will make you feel most welcome and help you gain the skills and confidence to blow your whistle with confidence..... I know we have all heard it before, but without our umpires we do not have a game – so please consider stepping up to assist us. Why not learn some new skills with the whistle and earn some money doing it! Everyone is welcome – Lynda and Jill are happy to hear from you!

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.

We are indeed fortunate to have SA Power Networks once again as our Principal Sponsor along with many new Sponsors this year. We thank them for their ongoing commitment in 2013. We also welcome the Cremorne Hotel back in their second year as Platinum Sponsor this season along with several other new sponsors listed in our directory in this edition and on our website. Please make every effort to support our Sponsors as they support us. There are several sponsorship opportunities still available with our club this year – speak with Jo Whelan our Sponsorship coordinator if you have any questions.

Good luck everyone for your season 2013!

Lee-Anne Petherick
President





the Crunch Bunch



Cobba
Corn

Bro

Sonny

Gidget

Jose

Captain

Bookings NOW available!

Captain Capsicum and the rest of the Crunch Bunch love only one thing more than netball, and that's meeting people like YOU!

Bookings are now available for the Crunch Bunch to visit your game, club, school, community social event... in fact, anything!

So for further details, please call Julian at the Adelaide Produce Market on 8349 4493



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THE COACH'S CORNER ...



Leanne Eichler
Club Coach

Welcome to Season 2013. It is hard to believe we are back again so soon following the success our club shared in 2012 celebrating its 60th birthday. However I look forward to backing up and improving on that success in 2013 with the return of our loyal club members and the arrival of new players and families to our great club – also the “new look” Contax Netball Club proudly supported by SA Power Networks.

The Premier League Squad was selected in November 2012.

Premier League Squad 2013

| | | |
|-----------------|------------------|------------------|
| Gia Abernethy | Imogen Abernethy | Molly Affolter |
| Georgia Beaton | Rachel Bisset | Olivia Clark |
| Jane Fitzgerald | Melissa Fuge | Kailah Greenwell |
| Casey Gregory | Tessa Hankinson | Ashlea Healy |
| Maddy Hicks | Lauren Hyde | Leah Thomson |
| Maddy Turner | Kelsey Williams | Charlee Hodges |

After the success our League and Reserves shared in 2012 with both claiming the “holy grail”, we have set our sights on continuing to improve and further perfect our game. However this will not be an easy task following the change in personnel not only of our squad but that of the competition. Though they say change is good and in our case that is certainly correct. The retirements of Amanda Martin, Bianca Reddy and Kirby Morley along with the departure of Chelsea Lemke (AIS), Maddy Proud (AIS), Ellen Fisher (shoulder reconstruction), Chloe Joyce (overseas) and Lenise McIntyre (Jaguars), has opened the door for some new faces to come into our squad. Inter 1 premiership players Rachel Bisset, Olivia Clark and Maddy Hicks have been elevated into senior netball along with Charlee Hodges who will be putting in regular appearances with the squad. Also, Molly Affolter and Tessa Hankinson joining us from the country and Victoria respectively. It is also great to see Imogen Abernethy back on the track after sustaining a knee injury in the first game of last season. The new faces combined with the experienced veterans and those in their 2nd or 3rd years certainly provide an exciting recipe.

The squad commenced pre-season training in late November under the watchful eye of new strength and conditioning coach Damien Raidis. Damien comes to us from the Glenelg Football Club and has done a wonderful job so far preparing the girls for their “back to back” season. This has involved 3 sessions a week including strength, endurance and anaerobic fitness – as well as a triathlon pre Christmas alongside the Glenelg football players. The girls certainly did us proud doing well in the sea, sand and road as well as the boxing/push up challenge at the end!. At this point in time I would like to thank the Glenelg Football Club for allowing us to use their facilities – I hope this is the start of a long term relationship. The girls have also started their weekly pilates session with our club physio PhysioXtra which was a huge part of our success last year.

Kim Hocking and Tonia Hutton have been reappointed the Premier League Assistant Coach and Reserves Coach respectively. Sheree Lewis our current Intermediate 1 coach will also be joining our group as an Assistant Coach along with the goalie expertise of Sarah Vidmar. Jo Whelan and Kylie Revink continue in their respective Manager roles and Kath Chigwidden with the support of Hazel Anderson will continue to work (hopefully not too hard) behind the scenes as our physios in keeping the girls on the court.

At the time of writing this article we haven't as yet had our Premier League camp. This will be held on 22 and 23 February where the girls will be taken out of their comfort zone and experience the high ropes and giant swing activities at a camp base in Mylor. Our preseason competition is also scheduled for Saturday 2 March.

We pride ourselves in providing all of our players the best possible coaching available

The season itself starts on Saturday 20 April which will see the League compete in an 8 team competition and the Reserves in a 10 team. Once again we predominantly play on a Friday night (League 7pm and Reserves 8:30pm) with a few Saturday (and Tuesday games for the Reserves). We also have an exhibition match in Jamestown as well as a game scheduled on a Sunday following a Thunderbirds home game.

The Premier League would love to see our club members come out and support us and please remember to say hi. Throughout the season the squad is training at St Peters College on a Monday and Wednesday night. We will also continue to run the buddy system and hopefully come out to some junior trainings throughout the season.

State Teams Announced 2012 - 17, 19 and 21 National Championships

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 coaches) and everyone at Contax wish you well:

17 & Under – 8-13 April, NT

Lucy Armfield
Olivia Clarke
Charlee Hodges
Kelsey Williams
Kim Hocking – Coach

19 & Under – 8-13 April, NT

Gia Abernethy
Molly Affolter
Kailah Greenwell
Chelsea Lemke
Maddy Turner

21 & Under – 12-17 March, ACT

Gia Abernethy
Chelsea Lemke
Maddy Proud
Maddy Turner
Tania Obst – Coach

Congratulations also to our players who have been awarded SASI Netball Scholarships for 2013.

Full Scholarship Holders:- Madeleine Proud, Chelsea Lemke, Gia Abernethy & Maddy Turner

Associate Scholarship Holders:- Olivia Clark, Charlee Hodges, Kelsey Williams & Lucy Taheny

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. I look forward to our coaches meeting and discussing some basic strategies that will assist in the player development across the whole club.

It is an expectation that all of our coaches have some level of accreditation as well as continue to upskill. We are hosting a Foundation Course on Sunday 3 March from 9am-1pm at Immanuel College. I will continue to inform you of upcoming Development and Intermediate accreditation courses as well as other useful coaching courses Netball SA offer throughout the year (ie Dare to Develop a Diamond and Coaches in the Field) – however if you want to keep up to date yourself please refer to the Netball SA website www.netballsa.asn.au.

I wish everyone involved at Contax – players, coaches, umpires, sponsors, supporters and friends - the very best for season 2013 and I look forward to seeing a sea of blue all around Netball SA Stadium – especially in our new uniforms!

Leanne Eichler
Premier League/Club Coach

PREMIER LEAGUE SQUAD – PRE SEASON 2013

– Triathlon, Seacliff Surf Life Saving Club with Glenelg Football Club



WE NEED YOUR HELP FOR A NEW NAME FOR OUR NEWSLETTER.....

NOW WE NO LONGER HAVE A BODYSUIT, WE THINK IT IS TIME TO CHANGE THE NAME FOR THE NEWSLETTER

BENEATH THE BODYSUIT



Proudly Supported by

Out with “**Beneath the Bodysuit**”
In with a new name..... but what will it be?

COMPETITION

- Please submit your entries to the Duty Room by Wednesday 4th April, 2013
- The management committee will vote on best entry
- Next Newsletter due in May 2013 will have a new name with Winner announced
- Winner will receive a “Contax Sports Kit”



CONTAX NET-SET-GO IS COMING!!!

DATE TBA

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 Kylie Langston on 0409 325 652 or mlangston@adam.com.au

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 – Netball SA Stadium – 1st June, 2013
- 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 web site



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



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“GETTING TO KNOW YOU” ...

In this issue of “Getting to Know You” we get up close and personal with our Club Captain Jane Fitzgerald and one of our younger Premier League Squad members, Casey Gregory.



Jane Fitzgerald

Nickname: Fitzy

Age: 30

Netball positions: GD

Netball Style: Hard worker

Occupation: Project Manager

Favourite restaurant:

Melt

One thing you can't eat:

Olives

Favourite TV show/movie: Greys Anatomy

Favourite Celebrity: Beyonce

Favourite Band: John Butler Trio

Last book read: 50 Shades of Grey

Dream holiday destination: Barbados

Describe your perfect day off: day at the beach

Sports person you love to watch: Roger Federer

Most Famous person you've met: Hugh Jackman

Biggest Fear: Snakes

Least Favourite Chore: Cleaning

Most famous person you've met: Michael Jordan

Favourite Aussie personality: Jonah (Summer Heights High)

One word that best describes you: Old

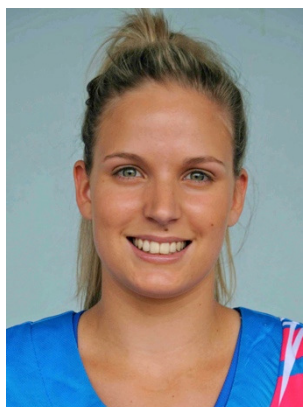
Greatest Non-Netball Achievement: Buying a house and finishing Uni

Why did you join Contax: It is the best & most successful netball club in Australia

What is your first memory of Contax: Christine Ebert at ETSA Park

Who is the funniest player: Bianca Reddy

Any words of wisdom for our young and inspiring players: Never give up, hard work will always win out



Casey Gregory

Nickname: Case, Greg

Age: 19

Netball positions: GA, GS

Netball Style: Smart, Accurate

Occupation: Journalism Student

One thing you can't

eat: Prawns

Favourite TV show: One Tree Hill

Favourite Celebrity: Blake Lively

Last book read: Hunger Games

Favourite sportsperson: Laura Geitz

Dream holiday destination: Fiji

Describe your perfect day off: sleeping in, going out for breakfast and a day of shopping

Most famous person you've met: Lincoln Lewis

Biggest fear: Spiders, snakes

First job held: Amart All Sports

Least favourite job: Cleaning the bathroom - yuck

Person you would like to meet: Brax

Favourite Aussie personality: Russell Coight

One word that best describes you: Blonde

Greatest Non-Netball Achievement: Playing in International series for softball

Why did you join Contax: Marlene Staker and my sister played her last season here and loved it!

First memory of Contax: Emerging Talent Squad

Who is the funniest player: Bianca Reddy

Any words of wisdom for our young and inspiring players: Always give your best, keep working hard and you will be rewarded.



REFLECTION OF 2012 SUCCESS

Winter Season 2012 culminated in 11 Premierships for Contax – what a great effort! Firstly with our Premier League and Reserves, followed by AMND grand finals which saw another 9 premierships – Inter 1, Inter 3 (winning the Inter 2), Junior 1, Junior 2, Junior 3, Junior 6, Sub Junior 2, Primary 1 and Primary 2.

Contax had a total of 19 teams experiencing finals action in 2012 with 11 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 after achieving maximum 50 points. A true credit to the depth of player development across all grades in our club, something to be very proud of.

Chelsea Lemke was named Premier League Rookie Player of the Year 2012. Chelsea had a wonderful year in her first at Premier League level with Contax. She made the transition from Inters into Reserves into League all within 3 seasons and has done it with great enthusiasm, athleticism and skill. She also was named in the Australian 19 team and making headway into the Australian 21 side in preparation for the World Youth Cup. We wish her well as she heads to the AIS in the coming weeks.

The Netball SA Team of the Year 2012 again had a large Contax influence with 4 players named in Georgia Beaton (WD), Jane Fitzgerald (GD), Bianca Reddy (GK) and Chelsea Lemke (reserve Goalie). This is voted by all coaches both throughout the season and at its conclusion and it was wonderful to see and a true reflection of the success shared by our Premier League to have 4 of the 10 named.

Representing Australia and South Australia in 2012

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

Australian Open

Natalie von Bertouch (Captain)

Australian 21 & Under

Madeleine Proud (Captain)

Australian 19 & Under

Chelsea Lemke

Madeleine Proud

Australian Schoolgirls

Kelsey Williams

Thunderbirds – ANZ Championship

Natalie von Bertouch (Co-Captain)

Emily Beaton

Madeleine Proud

South Australia - Australian National League

Gia Abernethy

Georgia Beaton

Jane Fitzgerald

Chelsea Lemke

Madeleine Proud

SA 21 & Under

Gia Abernethy

Chelsea Lemke

Madeleine Proud

Leah Thomson

Maddy Turner

Sheree Lewis (Assistant Coach)

SA 19 & Under

Gia Abernethy

Casey Gregory

Chelsea Lemke (National Talent Identification Squad)

Madeleine Proud

SA 17 & Under

Olivia Clarke

Charlee Hodges

Maddy Turner (National Talent Identification Squad)

Kelsey Williams

Kim Hocking (Assistant Coach)

SA Secondary Schools

Charlee Hodges (Captain) (Australian Merit Team)

Charlotte Howell

SA Primary Schools

Sophie Aldridge

Effie Kathopoulis

Jemima Patterson

Tayla Whitehouse

SASRAPID South Australian Representatives

Tammie Brixton

Alex Connell

Kelly Robertson

Contax Placings in 2012

| | | | |
|-----------------------------|-----------------|-------------------------------|-----------------|
| Premier League | Premiers | Junior 4 (Junior 3(2)) | 5 th |
| Premier Reserves | Premiers | Junior 5 | 7 th |
| AMND League | 5 th | Junior 6 | Premiers |
| A Grade | 6 th | Sub Junior 1 | 2 nd |
| B1 | 8 th | Sub Junior 2 | Premiers |
| B2 | 8 th | Sub Junior 3 (SJ 2(2)) | 4 th |
| B3 | 5 th | Sub Junior 4 | 2 nd |
| B4 (AMND C1) | 8 th | Sub Junior 5 | 3 rd |
| C6 | 4 th | Sub Junior 6 | 8 th |
| Inter 1 | Premiers | Primary 1 | Premiers |
| Inter 2 (Inter 1(2)) | 9 th | Primary 2 | Premiers |
| Inter 3 (Inter 2) | Premiers | Primary 3 | 2 nd |
| Inter 4 (Inter 3(1)) | 2 nd | Primary 4 | 3 rd |
| Inter 5 (Inter 3(2)) | 9 th | Primary 5 | 6 th |
| Junior 1 | Premiers | Sub Primary 1 | - |
| Junior 2 | Premiers | Sub Primary 2 | - |
| Junior 3 | Premiers | | |

OUR 2012 CLUB AWARD RECIPIENTS

Player Life Membership

Kate Campion
Melissa Caruso
Ashleigh Ebert
April Gladigau
Alana Pyman
Kristen Schlicker

10 Year Service Badges

Diane Hambly
Tayla Petherick
Bianca Reddy
Jill Campion
Danielle Bollmeyer

Life Membership

Russell Duncan



Club Awards

Sarah Pisani Memorial Trophy - Charlotte Grant
Megan Price Memorial Trophy - Darby Knight
Elaine Sloman Club Spirit Award - Alana Matalone
Kathryn Harby Award - Mia Troncone
Amy Mitchell Memorial Award - Saraid Kustermann
Fielden/Horner Trophy - Stephanie Drogemuller
Senator Rosemary Crowley Award - Abby Pavlich
Margaret McGee Trophy - Primary 1 – 72.5%
Margaret Angove Award - Lynda Robinson & Jill Hunt – Joint Winners

Team Trophies

League Best & Fairest
League Player of the Finals - Jane Fitzgerald
AMND League Most Valuable - Georgia Beaton
B1 – Best Player - Che Reville
B3 – Best Player - Kirsty Lea
C6 – Best & Fairest - Chantelle Pellizzer
- Kelly Robertson

Inter 1 – Most Valuable Player - Maddy Hicks
Inter 3 – Best Team Player - Madi Westcott
Inter 5 – Commitment & Dedication - Elanor Beinke

Junior 1 – Most Committed - Saraid Kustermann
Junior 3 – Best Team Player - Jacinta Wild
Junior 5 – Team Spirit - Meg Rasheed

Reserves Best & Fairest - Maddy Turner

A Grade – Team Leadership - Lisa Glazbrooke
B2 – Best Team Player - Samantha Bernardi
B4 – Best Team Player - Mahala Fishburn-Bungey
-

Inter 2 – Quiet Achiever – Talia McIntosh
Inter 4 – Best and Fairest - Brittany Jessup

Junior 2 – Coaches Trophy – Ellissa Noolan
Junior 4 – Persistence, Dedication – Emmeline Ogilvie
Junior 6 – Best Team Player – Gemma Peek

PREMIER LEAGUE PROGRAM 2013

APRIL

| | | | | |
|--------------------------|-------------------|--------------------|--|--------------------|
| Saturday 20 April | 12:30pm 2:00pm | League Reserves | Contax v Garville Contax v Garville | Court 1 Court 3 |
| Friday 26 April | 7:00pm | Reserves | Panthers v Contax | Court 2 |
| Saturday 27 April | Time TBA | League | Cougars v Contax | JAMESTOWN |

MAY

| | | | | |
|------------------------|------------------|--------------------|---|--------------------|
| Friday 3 May | 7:00pm 8:30pm | League Reserves | Contax v Jaguars Contax v Western Jets | Court 1 Court 1 |
| Friday 10 May | 8:30pm | Reserves | Contax v Cougars | Court 2 |
| Saturday 11 May | 2.00pm | League | Panthers v Contax | Court 1 |
| Tuesday 14 May | 8:30pm | Reserves | Contax v Phoenix | Court 1 |
| Friday 17 May | 7:00pm 8:30pm | League Reserves | Matrics v Contax Contax v Harlequin | Court 1 Court 3 |
| Friday 24 May | 7:00pm 8:30pm | League Reserves | Contax v Phoenix Contax v Jaguars | Court 1 Court 1 |

JUNE

| | | | | |
|---|------------------|--------------------|---|--------------------|
| Saturday 1 June <i>CONTAX CLUB DAY</i> | 2:00pm 3:30pm | League Reserves | Contax v Tango Contax v Tango | Court 1 Court 1 |
| Tuesday 4 June | 8:30pm | Reserves | Matrics v Contax | Court 1 |
| Friday 7 June | 7:00pm | League | Garville v Contax | Court 3 |
| Tuesday 11 June | 7:00pm | Reserves | Garville v Contax | Court 1 |
| Friday 14 June | 8:30pm | Reserves | Cougars v Contax | Court 4 |
| Sunday 16 June <i>After T Bird Game</i> | Time TBA | League | Contax v Panthers | Court 1 |
| Friday 21 June | 7:00pm 8:30pm | League Reserves | Jaguars v Contax Western Jets v Contax | Court 3 Court 3 |
| Friday 28 June | 7:00pm 8:30pm | League Reserves | Contax v Cougars Contax v Panthers | Court 2 Court 2 |

JULY

| | | | | |
|-------------------------|-------------------|--------------------|------------------------------------|--------------------|
| Tuesday 2 July | 7:00pm | Reserves | Phoenix v Contax | Court 1 |
| Friday 5 July | 7:00pm | League | Contax v Matrics | Court 1 |
| Saturday 6 July | 2:00pm | Reserves | Harlequin v Contax | Court 1 |
| Tuesday 9 July | 7:00pm | Reserves | Jaguars v Contax | Court 2 |
| Saturday 13 July | 12:30pm 2:00pm | League Reserves | Phoenix v Contax Tango v Contax | Court 1 Court 2 |
| Thursday 18 July | 6:30pm 9:30pm | League Reserves | Tango v Contax Contax v Matrics | Court 4 Court 2 |

Premier League Finals

SEMI FINAL

| | | | | |
|-------------------------|------------------|--------------------|------------------------------------|----------------------------|
| Thursday 25 July | 7:00pm 8.45pm | Reserves League | 1 v 2 and 3 v 4 1 v 2 and 3 v 4 | Court 1 & 3 Court 1 & 3 |
|-------------------------|------------------|--------------------|------------------------------------|----------------------------|

PRELIMINARY FINAL



| | | | | |
|------------------------|------------------|--------------------|--|--------------------|
| Friday 2 August | 7:00pm 8.45pm | Reserves League | Loser 1 v 2 and Winner 3 v 4 Loser 1 v 2 and Winner 3 v 4 | Court 1 Court 1 |
|------------------------|------------------|--------------------|--|--------------------|

GRAND FINAL



| | | | | |
|------------------------|------------------|--------------------|--|--------------------|
| Friday 9 August | 7:00pm 8.45pm | Reserves League | Winner Semi v Winner Prelim Winner Semi v Winner Prelim | Court 1 Court 1 |
|------------------------|------------------|--------------------|--|--------------------|

Thunderbirds Program 2013



Round 1 - 24/03/2013

| | | | | |
|------------------------------|---|---|---|-------------------------------------|
| Adelaide Thunderbirds |  | v |  Central Pulse | Netball SA Stadium, Adelaide |
|------------------------------|---|---|---|-------------------------------------|

Round 2 - 31/03/2013

| | | | | |
|-------------------------|--|---|--|---------------------------------|
| Melbourne Vixens |  | v |  Adelaide Thunderbirds | Hisense Arena, Melbourne |
|-------------------------|--|---|--|---------------------------------|



Round 3 - 6/04/2013

| | | | | |
|-----------------------|---|---|---|---------------------------------------|
| Southern Steel |  | v |  Adelaide Thunderbirds | Lion Foundation Arena, Dunedin |
|-----------------------|---|---|---|---------------------------------------|



Round 4 - 14/04/2013

| | | | | |
|------------------------------|---|---|--|-------------------------------------|
| Adelaide Thunderbirds |  | v |  West Coast Fever | Netball SA Stadium, Adelaide |
|------------------------------|---|---|--|-------------------------------------|



Round 5 - 21/04/2013

| | | | | |
|------------------------------|---|---|--|-------------------------------------|
| Adelaide Thunderbirds |  | v |  Melbourne Vixens | Netball SA Stadium, Adelaide |
|------------------------------|---|---|--|-------------------------------------|

Round 6 - 28/04/2013

| | | | | |
|-----------------------------|---|---|---|--|
| Queensland Firebirds |  | v |  Adelaide Thunderbirds | Brisbane Convention & Exhibition Centre, Brisbane |
|-----------------------------|---|---|---|--|

Round 7 - 6/05/2013

| | | | | |
|------------------------------|---|---|---|-------------------------------------|
| Adelaide Thunderbirds |  | v |  Waikato/BOP Magic | Netball SA Stadium, Adelaide |
|------------------------------|---|---|---|-------------------------------------|

Round 8 - 12/05/2013

| | | | | |
|-------------------------|---|---|---|---------------------------------|
| West Coast Fever |  | v |  Adelaide Thunderbirds | Challenge Stadium, Perth |
|-------------------------|---|---|---|---------------------------------|

Round 9 - 19/05/2013

Adelaide Thunderbirds  v  NSW Swifts Netball SA Stadium, Adelaide

Round 10 - 27/05/2013



Canterbury Tactix  v  Adelaide Thunderbirds TBC

Round 11 - 2/06/2013



NSW Swifts  v  Adelaide Thunderbirds Allphones Arena, Sydney

Round 12 - BYE

Round 13 - 16/06/2013

Adelaide Thunderbirds  v  Northern Mystics Netball SA Stadium, Adelaide

Round 14 - 23/06/2013

Adelaide Thunderbirds  v  Queensland Firebirds Netball SA Stadium, Adelaide

RIVALRY ROUND – CONTAX VS GARVILLE 2012



CONGRATULATIONS – OUR CONTAX PREMIERS OF 2012



CONGRATULATIONS – OUR CONTAX PREMIERS 2012



Contax Netball Club has Facebook

**Keep up to date with all up and coming events
by liking our page!!!!**

**Also check out our website
www.contax.net.au**



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Melrose park

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Mitcham

Mitcham Shopping

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119 Belair Road

Torrens Park

8272 5111

Don't forget to pick up your Contax Membership card for SportsPower

THE WHISTLE BLOWERS



Lynda Robinson
Umpire Coordinator

Welcome to the 2013 netball season. A new year brings new challenges as well as new opportunities. Enjoy and grow through them all.

As was obvious at trials, we are desperately seeking more umpires, so please volunteer where you are able, whether this is on Saturdays or at training sessions. Your child(ren) will not be able to participate in matches without an umpire, and our numbers are low this year for a number of reasons – retirement, injury, playing times, TID (Talent Identified Development group), umpire-players moving to other Clubs. Experienced and inexperienced umpires will be appreciated.

Details for the start of the season in relation to the grades allocated umpires by NSA from their SPNC and TID groups have not yet been received – in 2012, these involved Premier League and Reserves, AMND League, Inter 1 and 2, Junior 1 and SubJunior 1. Some grades are also umpired by Club umpires, allocated a neutral game by AMND Committee under a grid system. Other games are Home/Away allocated by Clubs.

The **COLOURED SHIRT PROGRAM** in winter is Club based, and Jill Hunt (B Badge Umpire) and I (C Badge Umpire) are looking for players and parents interested in learning to umpire or to up-skill their umpiring. Our sessions are held on Wednesday nights, 7.20-8.10pm, immediately following team trainings, and have limited vacancies. Please contact me in the Duty room on Wednesdays if you are interested in the program, which is designed to introduce participants to the basics of umpiring, provide opportunities for practising techniques of umpiring, provide theory work to increase knowledge of the Rules, and to build on existing knowledge and skills of umpires. Several of our participants over the last few years have been successful in attaining their National C Badge accreditation and several have been invited to TID. Participants need to be at least in their second year of SJ.

DIARY DATES

Level 1 Umpires Course, run by NSA – Sundays 3 March, 5 May, 14 July, 20 Oct – 1 session, 8.30 - 12.30 at NSA; cost \$48 for members of Coaches/Umpires Association or registered players

Rules in Action – 10 May at NSA, 6.30 – 9.30, for players, coaches, umpires, officials, spectators - \$11 for members of Coaches/Umpires Association and/or registered players

Rules Discussion – 16 May at NSA, 6.30 – 8.30, for players, coaches, umpires and parents to gain a better understanding of the Rules – FREE for members of Coaches/Umpires Association, \$40 for non-members

Practical Testers Workshop – 5 May at NSA, 10.00 – 2.00, for umpires interested in becoming a Practical Tester - \$15

Train the Trainer – 23 Mar at NSA, 9.30 – 2.00pm, for Nationally Badged umpires interested in mentoring umpires - \$25

Enquiries and Bookings to Dusty Rea, Umpire Development Manager at NSA, 08 8238 0505, dusty.rea@netballsa.asn.au

UMPIRE DEVELOPMENT

Every player and every umpire is in a different stage of development in their chosen sport. Sport provides many positive opportunities for players to play, to umpire or even to coach. Learning and growth is fostered in an encouraging environment - each of us needs to remember this every time we are spectators at sport.

Netball SA and Contax have adopted a policy against Harassment. Players, Umpires and Coaches have the right to be respected even if their decision is not the same as the one you would make. Different levels of experience and knowledge must be accepted.

We all represent our Club and our actions are reflections of our Club. Let us each strive to represent Contax in the best way we can.

Lynda Robinson, National C Badge
Umpire Allocator, Umpire Trainer and Mentor

Jill Hunt, National B Badge
Umpire Trainer and Mentor

2013 CONTAX WINTER SEASON AHEAD

Become involved in your club.....

Contax Netball Club extends appreciation to all players, coaches, coach coordinators, selectors, managers, umpires, umpires management, scorers, timers, equipment management, uniform management, event management, fund raising, committee members, summer committee, volunteers, parents and families who have volunteered their time to support your club in 2013. We know that life is busy and Netball is what we do for pleasure to support our fantastic club and often your daughters so thank you for your input already and for the support you will be providing to us during this season – it is very much appreciate by us all.

We implore you to become involved, make yourselves know to each other and the Management Committee. Even if you do not have a lot of time, we warmly welcome your help in all areas of the club. We all have reasons why we cannot commit however every little bit does help and I am sure you will be rewarded with the friends and pleasure of helping to make our club be the strong until that it is.

No matter how large or small your contribution, you will be appreciated by Contax Netball Club the successful, family Club we are all so proud of.

Umpires – we need you.....

This year as with most others, we continue to struggle to field our quota of umpires for each team. A big 'Thank You' to all those who gave their time to make yourself available for Winter trials. We appreciate your support of our club in particular Lynda Robinson for her tireless efforts in coordinating this process. for matches and especially to those who assisted at training

Jill Hunt and Lynda Robinson put together a fantastic Junior umpire program each year and we do hope to see as many young players participating in these sessions. It is amazing how our game is enhanced with a clear understanding of the rules and what a great way to earn some money when you become capable of umpiring matches. We have seen many fine player umpires developed through this program so we look forward to as many as possible participating this season.

Put your money where your mouth is, so the saying goes, we can often take time to criticize umpires, however I can guarantee the players will make more mistakes each game than the umpires. Please come and give it a go, even put your hand up to help out at training, there can be a lot of enjoyment in helping your club out. With out an umpire, there is no game so we would very much appreciate your help!

Special thanks to Lynda Robinson our Umpire Allocator who goes to great lengths to ensure Contax has enough umpires for every game. This is a very time consuming and frustrating task and Lynda would be only too pleased to hear from you and provide you with the training, support and confidence to umpire a game.

Good Luck for Season 2013



SPONSORS DIRECTORY 2013

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 our No 1 Ticket Holder – 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 20% 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.

Platinum Sponsors



Cremorne Hotel
207 Unley Road, Unley
Ph: 8272 9746
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



**ADELAIDE
PRODUCE
MARKET**



Adelaide Produce Market (Burst of Freshness)

Burma Road, Pooraka SA 5095
Ph: 8349 4493 Fax: 8349 6574

Right across South Australia, local greengrocers are becoming partners in an exciting new consumer awareness initiative to make shopping for fresh fruit and vegetables better. Easier shopping, more information and superior local produce is what the Burst of Freshness program is all about. To learn more, please visit your local Burst of Freshness partner greengrocer or visit our website.

Sapphire 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 20% 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 20% 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.



Naturally as good as it gets

Nippy's

33-39 Birralea Road, Regency Park SA 5010
Ph: 8268 1504

Fresh Nippy's Fruit Juices Pty Ltd is a 100% South Australian family owned company and the entire range of products are manufactured in Australia. The only major fresh juice company that manufactures in SA.



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the homestead at walkley heights
trevu house gawler



whelan care
aged care providers
family values

oaklands residential care facility
telephone 08 8296 7284
enquiriesorcf@whelancare.com.au
2 jean street oaklands park sa 5046

mitcham residential care facility
telephone 08 82721882
enquiriesmrcf@whelancare.com.au
22 harrow terrace kingswood sa 5062

the homestead at walkley heights
telephone 08 8222 1222
enquirieshawh@whelancare.com.au
29 homestead avenue walkley heights sa 5098

trevu house gawler
telephone 08 8552 1045
enquiriesrevu@whelancare.com.au
1 deland avenue gawler sa 5118

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, Medindie, Beulah Park, South Terrace, Port Elliot and Hallett Cove. We are able to give all players & support staff discount at all location.



McNeils Surgical
 Ph: 8363 0888 Fax: 8363 2137

McNeil's Surgical is a family business that provides medical and surgical supplies for all fields of the healthcare industry. An extensive showroom is open from 9am - 4:30pm weekdays, with friendly staff always happy to assist customers with their medical supply needs. McNeil's stock a broad range of products that include, strapping tapes, dressings, ice-packs, first-aid kits, braces / supports and many more items that will see your team through to the final whistle. Be sure to mention your affiliation with the ETSA Contax Netball Club and our staff will further discount McNeil's already low-prices!



La Tombola Italian Restaurant
 61 Unley Road, Parkside SA 5063
 Ph: 8271 6400 Fax: 8271 9173

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.

Open Mon – Fri Lunch
 Mon – Sat Dinner
 Sunday parties welcome

Individual Sponsors – Premier League and Reserves



McNeils Surgical
 Ph: 8363 0888 Fax: 8363 2137

Jane Fitzgerald, Club Captain



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

Lauren Hyde



McNeils Surgical
 Ph: 8363 0888 Fax: 8363 2137

Casey Gregory



Maisha Fitness

45 Mortlock Tce, Port Lincoln SA
Ph: (08) 86822644

Gia Abernethy



Seven Sport - Channel 7 Adelaide

40 Port Road, Hindmarsh SA 5007

Imogen Abernethy



Commercial Air Services

26 Provident Ave, Glynde SA 5070
Ph: 8336 4747

Rachel Bisset

Make **Commercial Air Services** your first choice for commercial and residential sales, installation and service of all makes of air conditioners in Adelaide, South Australia. Dealing with all the big name air conditioners, if you need an air conditioner for your home, office or factory, **Commercial Air Services** have the air conditioning solution right for you.



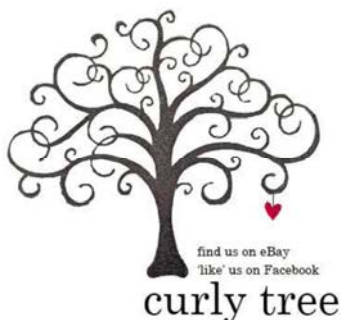
Beattie Transport

25 Sharp Court Cavan SA 5094
Ph: 81691300

www.beattietransport.com.au

Beattie Transport is proudly a family owned South Australian company established in Adelaide in 1969. Head office is still in Adelaide with depots in Brisbane and Perth servicing all areas throughout Australia including remote mine site locations. Our extensive fleet of specialised equipment enables us to transport a diverse range of freight including over dimensional wide and long cargo. We also offer regular services of capital to capital linehaul.

Kailah Greenwell



Curly Tree

Find us on eBay
9 Princes St, Mildura Vic

Tessa Hankinson

At Curly Tree we supply a wonderful collection of hand picked items. These include gorgeous ribbon and twine, pretty wedding supplies, stationery, vintage stamp sets, fun jewellery and much more. Find us on eBay and 'like' us on Facebook!



Electel Resources Pty Ltd

42 Kindaid Ave, Plympton SA
Tel (08) 8376 3588

Madeleine Hicks

'Electel Resources Pty Ltd is a contracting and labour hire company founded in 2001 and operates in the Electrical distribution industry in South Australia. Electel Resources is accredited to switch on SA Power Networks and ElectraNet distribution infrastructure with work involving (under-ground cabling, communications cabling, powerline, substation, streetlight construction and maintenance).'

**Fasta Pasta MILE END**

189 Henley Beach Rd Mile End SA 5031
Ph: (08) 8152 0222

Leah Thomson

For a quick and healthy meal, dine in or take away, and at a very affordable price, please come and see the friendly staff at Fasta Pasta Mile End. Remember us when making your next team booking or for any other occasion you may wish to celebrate! We hope to see you soon!!!

**Eagle Press Print**

32 Coglin Street Brompton SA 5007
Tel (08) 8346 4908

Charlee Hodges

Eagle Press Print is a family owned and operated Printing Business. This is our 50th year in Print. We pride ourselves on quality printing and outstanding service. We have the capabilities to fulfill all printing requirements.

**AGL Energy Ltd**

7-9 Commercial St, Burra SA 5417
Tel (08) 8892 3072

Molly Affolter

AGL operates a visitor and education centre in the heart of Burra open Mon-Fri 11am-3pm in response to the community's widespread interest in AGL's Hallett wind farm developments. Visitors are able to look at scale models of the generator towers in use at Hallett Wind Farm; get updates on AGL's other wind farm developments; touch components of actual wind turbines and learn about the importance of wind energy as a leading form of renewable energy.

**Foodland Streaky Bay**

6 Bay St, Streaky Bay SA
Tel (08) 8626 1061

Olivia Clark

Foodland's prices are as competitive as all the interstate supermarkets and we have a huge amount of specials every week. So, think about it - when making a decision of where to shop, it makes great sense to reinvest in our State and support your local Foodland Supermarkets.

**PGFS Pty Ltd**

Lvl 1, 1 King William Rd, Unley SA 5061
Tel (08) 8373 7277

Maddy Turner

PGFS is a long established, boutique financial services firm, best known for its commitment to the delivery of expert financial planning and investment advice, throughout our clients various life stages. Whether you are just starting out in your career, mid-way through, or retired, we can add value by working in partnership with you to develop and maintain a professionally structured financial plan.

2013 COMMITTEE MEMBERS & CLUB OFFICIALS

Committee

President

Chair – Premier League Sub
Committee

Lee-Anne Petherick

Vice President & Sponsorship

Jo Whelan

Secretary

Kylie Revink

Assistant Secretary & Premier League Conveynor

Lorraine Obst

Treasurer Team Sponsorship

Virginia Reddy

Club Coach/Premier League

Leanne Eichler

Coach & Umpires Representative

Pauline Fielden

Equipment

Neil Turner

Communications/Newsletter

Fiona McDonalds

Special Events & Fundraising

Diane Hambly

Events & Fundraising

Fran Buller

Sponsorship & Events

Kirby Morley

Club Officers

Coach Coordinator Intermediate

Pauline Fielden

Coach Coordinator Junior

Marlene Staker/Bianca Reddy

Coach Coordinator Sub Junior

Corinna Ridley

Coach Coordinator Primary

Debbie Clegg

Coach Coordinator Senior

Dianne Hambly

Umpire Coordinator/Coach

Lynda Robinson / Lynda Robinson

Chair PL Committee

Lee-Anne Petherick

Patron

Rosemary Crowley

No 1 Ticket Holder

Robert Stobbe

Life Members

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

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 - 13 |

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 |

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 |

Australian Captains

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

Player Life Members (200+ games)

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



Working closely with Leanne Eichler, Kathy Chigwidden and her team of Physio's have hosted Pilates classes for Contax Netball Team for Season 2013.

Pilates is a series of exercises designed to condition the entire body through focusing on alignment, core strength and stability, breathing and controlled movement. It targets the deep stabilising muscles which connect to the spine, pelvis and shoulders to allow good posture, improve flexibility, muscle control and tone, balance and most importantly aid in the rehabilitation of injuries and injury prevention.

Combined with their already intense training schedule, Contax are destined to be the team to beat this year!

PhysioXtra offers a number of supervised group classes from Monday to Saturdays at a number of locations. If you're looking for a new challenge to get yourself toned and fit (like the Contax girls), visit PhysioXtra today!

For more information visit our website www.physioxtra.com or join us on Facebook or Twitter!



Locations - 724 Marion Road, Marion 8357 4988, Hallett Cove, Norwood, South Coast, Adelaide.

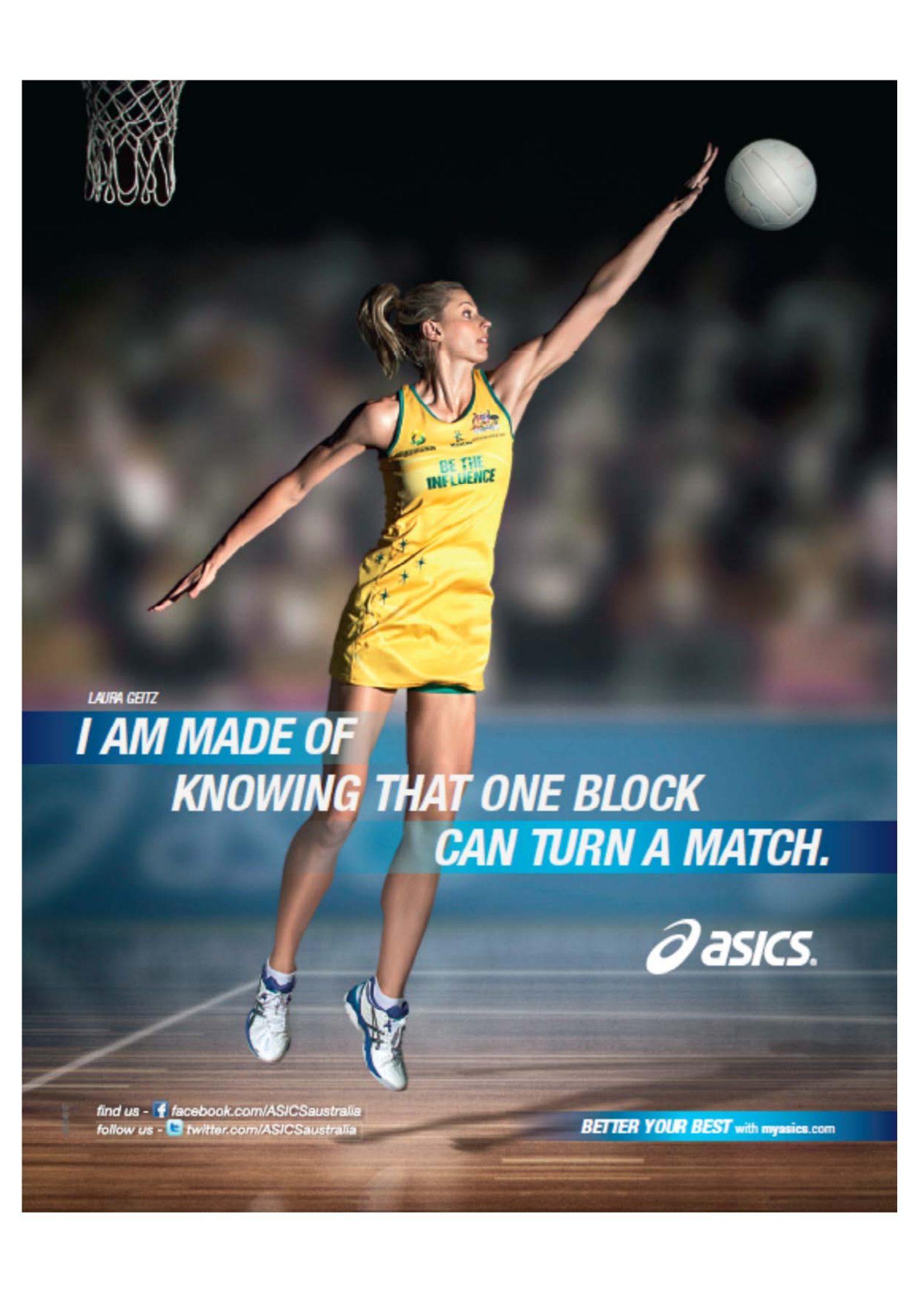
Thank You Sponsors!

Thank you to all our Sponsors who have already committed for 2013. 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 course side signage, attend Club Day 1st June, 2013, 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 2013.



Please Contact – Virginia Reddy – Team Sponsorship – 0402 105 671 or Jo Whelan on 0417 819 776.

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" on the front. Her right arm is extended upwards towards a white netball, while her left arm is out to the side. She is wearing white ASICS netball shoes with blue accents. The background is a blurred indoor netball court with a wooden floor and a basketball hoop visible in the top left corner. The overall lighting is dramatic, highlighting the player against the dark background.

LAURA GETZ

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

asics.

find us -  [facebook.com/ASICSaustralia](https://www.facebook.com/ASICSaustralia)
follow us -  twitter.com/ASICSaustralia

BETTER YOUR BEST with [mysasics.com](https://www.mysasics.com)