



2018 CONTAX CONFIDENTIAL

MID YEAR REVIEW

A GRADE / STATE LEAGUE / PREMIER DIVISION PREMIERS

1952, 1970, 1986, 1990, 1991, 1996, 2000, 2002, 2003, 2004, 2006, 2008, 2010, 2012, 2013, 2015, 2017

CLIVE ARMOUR DIV 1 AND DIV 2 PREMIERS / 2008

MOBIL SUPERLEAGUE PREMIERS / 1994



Supporting women in sport and work

At SA Power Networks we are proud of our long-term support of Contax.

We're also serious about increasing our number of female employees and supporting their development and success.

For more information visit:
www.sapowernetworks.com.au/womenatwork





Contax
Netball Club

EST 1952

MISSION STATEMENT

TO PROVIDE A STRONG CLUB ENVIRONMENT TO FOSTER ENJOYMENT AND DELIVER EXCELLENCE THROUGH THE CONTINUOUS GROWTH AND DEVELOPMENT IN NETBALL FOR PEOPLE OF ALL AGES AND ABILITIES

EXCELLENCE

TEAM WORK

COURAGE

SPORTSMANSHIP

SUCCESS

COMMUNITY DEVELOPMENT

VISION

/ TO BE RECOGNISED AS THE BEST NETBALL CLUB IN AUSTRALIA

/ WE ARE SEEN TO HELP INDIVIDUALS TO REACH THEIR POTENTIAL IN A SUPPORTIVE, PROFESSIONAL AND SUSTAINABLE ENVIRONMENT

/ TO HONOUR THE HISTORY AND TRADITIONS OF THE CONTAX NETBALL CLUB

/ TO BE THE LEADING CLUB IN SA PROVIDING OPPORTUNITIES TO PLAYERS, COACHES AND OFFICIALS IN NETBALL

/ TO BE THE NETBALL CLUB OF CHOICE FOR PLAYERS, COACHES, UMPIRES AND ADMINISTRATORS FROM JUNIOR AGE GROUPS THROUGH TO THE HIGH PERFORMANCE ELITE LEVELS ACCROSS THE STATE

EDITION 2 - SEASON 2018!

Mel Churchett
Newsletter Editor

Here we are, at the end of another exciting Winter season at the mighty Blues!

I hope you have all enjoyed your season so far. If you are gearing up for finals this weekend, good luck! If you were unlucky not to make finals, I hope you learnt lots and had an enjoyable and fun season with your friends and team mates.

Our Premier League and Premier League Reserves are gearing up for their Grand Final while Contax veteran, Jess Reynolds has broken our games record after playing her 347th game! To find out more about what has been happening around the club, please continue reading.

I wish you all the best for the rest of the season. For those playing in our Summer competition, good luck and enjoy!

STAY UP TO DATE...

<http://www.contax.net.au>

LIKE US ON...



Design & Production

Mel Churchett

Printed By

Cove Print
182 Brighton Road
Somerton Park SA 5044
www.coveprint.com.au

THE WORLD'S
MOST ADVANCED
COMPRESSION
TECHNOLOGY

WOMENS

Lee-Anne Petherick
President

How quickly has the Winter Season gone, we are now heading into the pointy end of the season with finals upon us. I hope you have all enjoyed your season so far.

This is the time of the year we look forward to, at this time of the year 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. Our aim is for every player to feel they have improved their netball each season, whilst they also enjoy this great game of ours. Not every team will make it through to the finals and ultimately a Grand Final appearance but we hope you finish the season with a sense of pride and accomplishment having been an important part of your team and our club. Finals is what we work for each season and we know that sometimes there is a mix of excitement, additional pressure to perform and sometimes disappointment along the way. Remember you are all an important part of our club and this is a team game, there is no "I" in team. We certainly understand finals can cause some unsettling times for both players, coaches and parents. Winning or losing by the closes of margins, the hype of additional emotions but please remember, things do not change. Now is the time that we all 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 in a positive manner. Success is not always measured by the amount of wins, it is also about progressing your game and skills learned during the season.

When I am out at 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.

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, 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. You are all caretakers of our reputation and we ask that you respect and guard our reputation wisely.

We know that the game can be very competitive particularly as we approach Finals. Whilst we know sport inspires passion in most of us, please remember that our passion and support should never be to detriment of the game, the team, the individual or the club. "Positive Support" and "Umpire Angels" – think about what is being said around the side of the court and on the court. It is our intention that everyone enjoys the

game. Please show everyone 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 we are one week from the Premier League and Reserves Grand finals where both of our teams participated in their respective Grand Final appearances Friday 7th September 2018. Both teams are defending last year's Premiership titles, they have done us proud again despite yet another year of challenges with injuries, player absences due to Thunderbird, ANL and State commitments. We are looking forward to a sea of blue on Grand Final Night – please come out and be loud and proud.

Success does not come by accident, make no mistake, our Premier League and Reserves have been doing the work all year to get us into yet another Grand Final appearance. We are very proud of their work ethics and commitment which and ultimate ability year after year to continue develop and promote players through our own ranks. With this success each year we see some of our players move through into National Ranks each year which brings rise to opportunity for at the top of our club. This year like many other years, we have seen several new young players come up through the ranks into the squad and had opportunity in the Premier League and Reserves and still produced two grand final appearances. Both teams finished 2nd to Matrics at the end of the minor round. Both teams beat Matrics in the Semi Finals to progress to the Grand Final to set the stage for their biggest games of the year. We wish them both the very best as they work to redefine history in 2018 and bring home the Double Premiership back to back.

Our AMND teams at the time of this article have one minor rounds to go – of our 33 AMND teams, only 32 are eligible to play finals (Sub Primary does not play finals). 28 AMND teams are in a position to participate in finals, this is a great achievement and you are all to be congratulated we wish you all good luck 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 acknowledge our Adelaide Thunderbirds season of 2018, Kate Shimmin, Sasha Glasgow and Charlee Hodges who was elevated during the season along with training partners Gia Abernethy and Chelsea Blackman. Not the year they wanted to see but well done on your commitment throughout the season. Congratulations to Tania Obst (Club Life Member) who has been appointed as the new Thunderbirds Coach for season 2018, returning to Adelaide from the Giants where she was assistant coach. We look forward to seeing what the Thunderbirds will produce next year.

A special thank you to Jess Mader in particular for her efforts coordinating yet another successful Contax Camp during the season – thanks also to our Camp volunteers. Such a great opportunity for young players and a memorable experience for all held at Westminster over 3 days, it was jam packed with the most amazing netball experiences including a bus trip to the Entertainment Centre to attend Thunderbirds v Colling-

wood match. 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 for providing the technical content.

We thank all our sponsors for their support in season 2018 and for your association 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, we do hope you have enjoyed your association with us. Members, 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, trials have been completed with player notification coming up in the near future. Summer Team Announcement is Sunday 30th September, please save the date if you have trialed for Sum-

mer season. We are still looking for coaches and umpires to help facilitate Summer Season, if you are interested and willing to support your club, please contact our Secretary. 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 2 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 Friday 28th September at the Festival Function Centre on Findon Road. Booking forms are out now and we encourage you to book early to avoid missing out on a great night. This is a whole of club function with over 500 people attending 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 22nd Sept, we will encourage teams to book a table at the Alma for a Grand Final celebration. Please phone the hotel, mention you are a team from Contax and book a table for that night.

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 2018!



Do you have what it takes to be part of the Contax cheer squad this Friday night?

Do you want to be part of the guard of honour to help welcome our Premier League and Premier League Reserves onto the court as they strive for back to back Premierships?

Help us create a sea of blue and get our girls over the line. If this sounds like you, contact Mel for more information or to register your interest - mchurchett@hotmail.com

LEANNE EICHLER
Club Coach

It's hard to believe finals are in sight. I do hope you are enjoying your season with Contax and being part of the No 1 club in South Australia.

I know not everything goes to plan and it's not always smooth sailing. However, I would like to take this opportunity to thank our hard-working Committee who certainly do a wonderful job in ensuring any concerns or queries are handled in the appropriate manner. I also want to thank our hard working leaders in the club including Marg Angove, our Head Coaches, Coordinators, Lynda Robinson and Jill Hunt. I also thank all our players, coaches, umpires and supporters for getting behind the Blues and making it the club it is today.

Always remember our commitment to the "Contax Way of Playing and Behaviour":

Good sportsmanship = RESPECT

Club harmony = UNITED

Professionalism = PRIDE

Premier League

At the time of writing this article, we are a month out from finals – its hard to believe where the season has gone as it only felt like yesterday we were in the midst of our preparations.

It has certainly been another challenging year with players availability through ANL and Thunderbirds, injury and other commitments and not only game day but at trainings. I don't think we have to this date had a training where every single player has been there together. But this isn't anything new to us and we are certainly supportive of all high performance programs whether Thunderbirds, ANL, State representation or SASI – which is why one of our key behaviours as a group is to "EMBRACE CHANGE".

Currently both the League and Reserves are sitting 2nd and looking well placed to have the double chance come finals. To date the league have only had the 1 loss in its 2nd hitout against Matrics with Reserves losing both of their games against their arch rivals

but sitting right behind them on the ladder with a very healthy percentage.

It has been great this season to see players step up when an opportunity has been presented to them. This includes rookie Georgie Horjus who has played every single game so far with the Premier League team this year besides the 2 games she was representing Australia in the Secondary Schoolgirls competition – that's right, she is only 16 and playing like she has been around for years. Alongside her has been Emma Green who has been a regular member of our squad and part of the Reserves premiership team last year. It has been great to see Emma take her game to a new level and work in partnership with Georgie or Amanda Martin who has returned after many years absence. After losing Charlee Hodges and Sasha Glasgow to the Thunderbirds along with Rebecca Winch (interstate for work) and Chelsea Lemke (knee injury) it was always going to be tough filling the void left by these girls especially after their amazing GF performance. However, to the credit of the full team with our rock-solid defence and fast moving attack we successfully made it through the "ANL period" and have come out on the other side in a very strong position ready to REDEFINE HISTORY. This wouldn't be possible without the full support of our squad and extended squad as well as AMND League and Intermediate 1 teams which has seen a number of players make their debut either for League or Reserves.

One of these players is Kate Champion who against Tango in Round 3 made her league debut. As I said in the changerooms that night before the game Kate epitomises what it is to be a true Contax player. Her journey has not been smooth sailing and she has had many set-backs and disappointments along the way – not always played in the top division and actually came through the ranks through A Grade. But it was her determination, hard work, discipline, patience and passion to be the best which saw her bounce back every time. A great example of some things are worth waiting (and continuing striving) for.

Tahlia Dnistrjanski is another young player who was initially named in our Extended Squad, be presented with an opportunity to train and play with the Reserves from the start of the season. And whilst her opportunity

came through injury of another teammate, she has certainly risen to the occasion and improved every time she has taken to the court, so much so she is now a permanent member of our Premier League & Reserves Squad.

These are just a few of our highlights from the start of our year with many more from this great playing group. On a sad note, I just want to send a shout out to Chelsea Lemke and Tayla Williams who both continue their knee rehabilitations that has seen them ruled out this season. Both of these girls have been amazing in their continued support of the squad and certainly are important members of our team. I wish you both well in your continued rehab and know the Contax family is always here for you.

As mentioned earlier we are only a month away from our finals – so whilst we have been successful to date, it's now time we ramp it up and take it to a new level in our pursuit for the "double back to back". We would love to see you out there and have your support. Dates of our finals are as follows:

Semi Final – Thursday 23 August
Preliminary Final – Thursday 30 August
Grand Final – 7 September

Finally I would like to thank our "Player of the Round" sponsors in Yummy Snacks, G-Fresh and La Tombola for their donations.

Coaches

Not only has the Premier League season been a bit messy but we have also had a few alterations to our club coaches throughout the season. A very big thank you to my coaching sub-committee for your tireless efforts in ensuring we have the right people in the right positions to help and guide our young athletes. Also thank you to Katherine Harris, Tracy Churchett, Lani Millar and Kylie Revink for saying "YES" and taking on the additional roles throughout the season. We are so fortunate to have so many great people in our club.

I would also like to thank our team of coaches who joined me and volunteered their time to be involved in the Contax Junior Camp – Premier League Squad players, Julia Woolley, Sallyanne Inglis, Charlee Hodges, Bongsi Msomi, Kate Shimmin and Deanna Riley. It is great to have our team of high performance coaches participate and share their knowledge and a true indication of our commitment to providing the best to all players of any

age and skill within our club. I for one thoroughly enjoyed working with girls – albeit I think they were pretty tired being day 3!

As announced at our induction workshop at the start of the season, we have introduced this year the Apprentice Coach program which has provided opportunities for some of our club coaches to experience the Premier League game day by joining us in the rooms pre and post game as well as sitting behind our coaches bench and listening to Sarah, Jane and myself. Thank you to Paul Whelan, Patty Wiebe, Peter Economou, John Heddle and Jason Basset for expressing your interest and being involved – I hope you enjoyed the experience and got something from it to assist with your own coaching. It is highly likely we will continue this again next year.

Junior Development

Watch this space for information to be announced in the next month or so regarding our junior development over the 2018/2019 summer season.

We are indeed very proud of the programs we run and offer to our junior players to ensure we remain the benchmark for developing our club athletes and providing a pathway to the top. It is great to see the benefits of our junior programs flow through to the winter season with once again a number of our junior teams competing in grades higher than originally selected.

I once again wish you all well for the remainder of the season and remember every time we take to the court, our aim is to be better.

The biggest congratulations to our Sub Junior 3 coach, Kylie Doecke and her husband Shaun, on the arrival of Alexander Ross Doecke on Friday August 17th at 8:18am, weighing 8lb3oz.



High Performance at Contax

Marg Angove OAM

Well after such a late start in the Under Age bracket we are really into the season. Coaches be aware of the opportunity now to work out your options in rotations for players in the second round. With school holidays upon us at present the difficulty in trying to fill teams has been extremely difficult but I congratulate the coaches on their understanding of this in trying to assist each other in the best possible way.

As you may be aware, we have instigated a Head Coach in each age bracket and provided them with the opportunity to meet regularly with the other coaches in their Divisions and oversee and provide assistance when required. I believe it is working well and providing a strong connection with each other. These coaches are;

Senior

Leanne Eichler, Bianca Reddy and Deanna Riley

Intermediate

Lani Millar

Junior

Julia Woolley

Sub Junior

Sheree Lewis

Primary

Sallyanne Inglis

Our Mentors for this season are Leanne Eichler, Sheree Lewis, Lani Millar, Pauline Fielden, Sallyanne Inglis and myself.

We have all been working with our allocated coaches and also taking training sessions when coaches are away.

If coaches require Specialist Coaches /players to take a session they are still required to clear this with myself prior.

For those coaches who took up the opportunity to attend our Coaches Forum and Workshop in March I trust you found this beneficial particularly in meeting the coaches in your age bracket and establishing a good rapport with each other as well as outlining your format and communication roles for the season. I thank our Head Coach Leanne Eichler for providing us with an insight on what she has to contend with not knowing who is available for her team until the last minute. This has an impact on teams below but with good communication skills in place it is able to work effectively. Also wish to thank our President for her input and guidance in many areas of our game.

We as a club are very much about teaching skill development, working within the framework of the rules, and intensity and commitment both at training and in the games. Communication is a vital aspect in all areas and we must continue to work on this.

Lets get down to business now, cope with any setbacks and provide a strong vibrant learning environment for all of us.



GAME ON

FLINDERS DEGREES IN SPORT

To kick off your great sports career, we've introduced new combined degree options to help make it happen.

Now you can complete the Bachelor of Sport, Health and Physical Activity as a single degree, or combine it with one of the following:

- Communication and Professional Writing
- Business (Marketing)
- Business (Management)
- Psychological Science
- Letters (Health)

Thanks to our industry partnerships, you will also gain the practical experience and skills to pursue a successful career in sports-related professions.



2018 PREMIER LEAGUE GRAND FINAL

FRIDAY SEPTEMBER 7

**PREMIER LEAGUE RESERVES
CONTAX V MATRICS
COURT 1 | 6:45 PM**

**PREMIER LEAGUE
CONTAX V GARVILLE
COURT 1 | 8:30 PM**

**MAKE YOURSELVES HEARD, WEAR YOUR
CONTAX COLOURS WITH PRIDE, SUPPORT
THE GIRLS AS WE CHASE BACK TO BACK
PREMIERSHIPS**

#UPTHEBLUES

LYNDA ROBINSON
Co-Director of Umpiring
Umpire Coach
Umpire Allocator

Welcome back to the courts, Jill, following a knee replacement - good to see you moving well and to have you back mentoring and supporting our umpires.

CONGRATULATIONS to Lucy Griffith, who was awarded her C Badge during a testing at the 2018 Priceline Country Championships. Mackenzie Hunt, who progressed through our Coloured Shirt Program but is this year playing football, was also awarded her C Badge. C Badge candidates are assessed on several criteria, set by Netball Australia, and must meet the standards in all criteria to gain their badge. A C Badge requires displaying a basic knowledge of Procedures and Protocols and the Rules, and is the beginning of the pathway for badges in umpiring. As with player development, umpires also develop their skills through practice, guidance and encouragement - it requires commitment and perseverance.

Have you noticed some umpires wearing shirts with green sleeves?

This is because Contax Netball Club, as well as many other AMND Clubs, is involved with the Office for Recreation and Sport and Netball SA's Coloured Shirt Program, which is aimed at creating a culture of support to officials, particularly those new to umpiring. Your understanding, tolerance and acceptance is needed so our Club has a high retention rate of umpires, making it easier to cover our matches each week. Please recognise the umpires are doing their best, and intimidation is not acceptable. Not all inexperienced umpires will be wearing green sleeved shirts, due to the guidelines set for inclusion.

Everyone involved in sport has the right to enjoy a safe and supportive environment free from harassment and inappropriate comments from sidelines. If umpires are intimidated by people around the court, they may choose to not umpire next week. Umpires are developing their skills, as are players and coaches - tolerance and patience, support and encouragement, and a positive sideline behaviour

are important for umpires to grow in confidence.

Umpires are allocated to games around availability and best fit, and in the majority of situations, are appropriate for the standard of skill level of the players. Coaches have a responsibility to teach skills within the rules of netball, and players have a responsibility to play within the rules of netball - if no-one made errors in skills, umpires would only be required to blow the whistle for a centre pass and for stoppages and intervals (that would be easily the easiest games to umpire!)

DID YOU KNOW ?

Timers and Scorers constitute the Official Bench. As such, they are neutral, should remain in the Official Bench area other when timing the 1/4's to advise the umpire of the end of the 1/4, and should not make comments to players during the game.

Umpires have an area of control which is defined in the Rule Book, and may make decisions in their own area.

An umpire will be making a decision at least every 3 seconds during a game - so there are at least 1200 decisions to be made in an hour of netball. That requires concentration, not distraction.

The Rules of Netball theory exam is free to all, is multiple choice, and available through MyNetball - have a go!

Again, a special thank you to all our umpires who are there to enable teams to play each week. Without them, a player would need to come off court and umpire/a parent would need to umpire/the team would need to forfeit.

While we have a high number of beginner umpires, it is the 11.00 and 12.30 time slots where we can be short of umpires. If you are happy to help out every now and then, please let me know.

Thank you to parents who help umpire training games, and who also come early or leave late so their daughters can attend our Coloured Shirt Program sessions.

Wishing you an enjoyable remainder of the season.



YOUR LOCAL EXPERTS™

Mitcham and Melrose Plaza

**CONTAX MEMBERS
AND FAMILY**

SAVE 15% OFF

STOREWIDE*

*EXCLUDES ALREADY DISCOUNTED ITEMS

MELROSE PARK

Shop 11
1031-1037
South Road
Melrose Park
8277 1211

MITCHAM

Shop 2
Mitcham Square
119 Belair Road
Torrens Park
8272 5111



CONTAX JUNIOR DEVELOPMENT CAMP 2018

JESS MADER
Camp Coordinator

This year we decided to do something a little different to start the camp off, the girls had the opportunity to watch the Thunderbirds play Collingwood at the Entertainment Centre. With their lunches packed, their posters in hand and the voices ready to cheer, we piled onto buses and made our way to the game. It was a great opportunity for the girls to watch our elite girls and have a think of what skills they might learn at camp.

After the match, we piled into the buses again and headed back to home base at Westminster College, straight into an afternoon training session with our very own Premier League and Reserves girls. Each year this is a highlight for both our elite girls and our camp participants.

The Contax Junior Development Camp is a great opportunity for the kids to have access to some of the best coaches and players in South Australia. Not only did our kids have training sessions with our Premier League and Reserves girls, but also our some of our Head Coaches, Sheree and Julia, our Contax girls now playing for the Thunderbirds, Kate Shimmin and Charlee Hodges and our adopted Thunderbird Bongji, our Premier League Coach and Club Coach, Leanne Eichler and our Premier League Reserves Coach, Deanna Riley. Now that is a great list of coaches!

The kids also had the opportunity to learn skills off the court. We are very fortunate to have the brilliant Lynda Robinson at Contax to share her knowledge and skills in umpiring and the rules of netball. It is always surprising the questions that come up concern-

ing the rules, and always and opportunity to learn. Nat Von Bertouch also attended camp this year, not only providing advice as an elite sportswoman but also as a qualified Nutritionist. The girls were fascinated in finding out what foods are the best to be the best netballer possible.

After 3 big days of on court sessions, off court seminars, getting to know you games, swimming, and match play, it was time to pack up. The kids were exhausted, the adults were exhausted but all were still smiling.

To put a camp on is not a small feat. It takes many hours behind the scenes of planning and coordinating, and also plenty of volunteers to put it together on the day. At Contax we have a great sense of community and a brilliant bunch of volunteers. The biggest of thanks to our Camp Coordinators, Pauline Fielden, Louise Peters, Debbie Neely and Fran Buller, our daytime helpers Peter Economou, Darren Peters and Narelle Bennett. To our Head Coaches and Premier League and Reserves, your wisdom is second to none, thank you for sharing it at camp. To our Club Coach, Leanne Eichler, many thanks for putting together and amazing on court program for the kids. To Rosie Herriot, many thanks for your hard work behind the scenes assisting me putting the camp together. Finally, a big thank you to the kids that attended, your love for netball, personalities, positive attitudes and spirit make putting programs together like this all worthwhile.

I am very proud to be part of the Contax family and proud to be able to provide an opportunity such as our camp to the next generation of netballers! #uptheblues





TRAIN HARDER. RECOVER FASTER.

COMPRESSION

RESTORE YOUR BODY TO ITS PEAK IN THE FASTEST POSSIBLE TIME.



Name: Jessica Reynolds

Age: 34

Why Contax? Because we are the best!

What do you for work/study? HR Manager

Describe yourself as a player: Aggressive

What is your greatest sporting achievement? Winning premierships and being picked in the SA Catholic School girls team

Who has had the biggest influence on your career? My family

If you were stuck on a deserted island, which three team mates would you take and why? It's hard to just pick 3.. Mel Churchett and Kristin Schlicker because we always manage to get ourselves into some sort of mischief so at least we would enjoy being stuck.

If you could have one superpower what would it be? To be able to cure sick people.

What team mate is most likely to take a selfie in the gym? Hahaha I would hope none of them!

What team mate is the funniest? Mel Churchett

Other than playing, what else have you been involved in at Contax? I have umpired, coached,team managed and supported

What do you enjoy most about playing for Contax? The amazing girls I play with

Most memorable Contax moment? When I was 10, we played at the Anzac Hwy courts. We wore powder blue polo tops and pleated skirts. The next year, body suits came in and I thought I was so cool. I wore the bodysuit to school one day just to show it off.

What does Contax mean to you? I started playing with Contax when I was 10. I grew up with this club. It's more than just a bunch of girls training on a Wednesday and playing on a Saturday. We have a club full of amazing people, a competitive and winning culture and most importantly, a club that is filled with some of my best friends that I consider to be a part of my family.

APPRECIATION!

A huge shout out to the team at Elite Printing Services for all their support with our Premier League photo's in 2018.

P / 8377 4880
E / admin@epstudio.com.au

National & State Small Business Winners 2012/20133 PICA Awards



Name: Rachel Bisset (AKA Biss)

Age: 22

Why Contax: The clubs culture and environment is very welcoming and has a great reputation. The club also has a great depth of coaches, managers and players.

What do you for work/study? Police officer

Describe yourself as a player: Physical, Loud, Team player, a few wayward passes here and there, Optimistic.

What is your greatest sporting achievement? Winning the 2017 premier league reserves grand final and hoping to do the back to back in 2018.

Who has had the biggest influence on your career? Jane Fitzgerald (AKA Fitzy) She has been an inspiration to watch while being at contax.

If you were stuck on a deserted island, which three team mates would you take and why? Kate - Kate would keep me entertained by her humour and her crazy antics. Kailah - Kailah is more mature in her decisions making unlike Kate, but still supplies a great amount of humour. Georgia - (AKA GB) GB is the squad mother of the group, she would look after her kids/team mates and make sure we are well nourished and healthy.

Name three people in the world that you would invite for dinner? Prince Harry, The Hemsworth brothers because they are gorgeous.

If you could have one superpower what would it be? Fly! so i don't have to drive and pay for petrol.

What team mate is most likely to take a selfie in the gym? Kate Campion (Selfie Queen) Kate loves a selfie and she has a signature pose she uses in each photo.

What team mate is the funniest? Kate Campion again, kate provides great humour to the team and has the antic of a teenager. Example: dress up for training was come dressed as something starting with the first letter of your name. Kate comes dressed as a Calvin Klein model unaware that Calvin starts with a C until she arrived at training and was told by a team mate that Calvin starts with C not K.

Other than playing, what else have you been involved in at Contax? We have buddy teams which we come and cheer on. Coach at the club camps, cook the BBQ and coaching clinics.

What do you enjoy most about playing for Contax? The many friendships I have formed and many memories that have been made, upholding the clubs reputation, the coaches and team managers who have been great mentors and given life skills.

Most memorable Contax moment? Winning the 2017 premier league reserves grand final and MVP for the game.

What does Contax mean to you? Contax has a supportive and inclusive club culture which I have enjoyed for over 6 years. I have been able make life long friendships and numerous memories which will never be forgotten.



Picture: AAP/Mark Brake

By Daniela Abbracciavento, The Advertiser

Contax netballer Jess Reynolds breaks club's games record after notching her 347th match

JESS Reynolds first threw on a Contax bib two decades ago to make new friends after moving from Melbourne to Adelaide for her parents' work.

Now, not only does Reynolds, 34, still play netball with the club, but she holds the record for the most winter games played after notching 347 matches this month.

The record includes junior and senior games.

Reynolds, of Pasadena, reached the milestone during Contax's 49-36 victory over Metro Jets in the B3 competition at Netball SA Stadium on August 11.

"I didn't actually know it was coming up, so it was a nice surprise," Reynolds says.

"It is something really special for me because I've grown up here.

"It's pretty special to be able to do it with a group of people who know me really well and were really happy for me to achieve it."

Reynolds joined Contax when she was 10 year old.

Now she says it is like her second family and nothing much has changed since she first began – except for the introduction of the lycra dress as uniform, an upgrade from the old velcro netball skirts.

"We were the first club to move over to the lycra body suits," Reynolds says.

"I just thought that was the best, and I wore it to school because I wanted to show everyone.

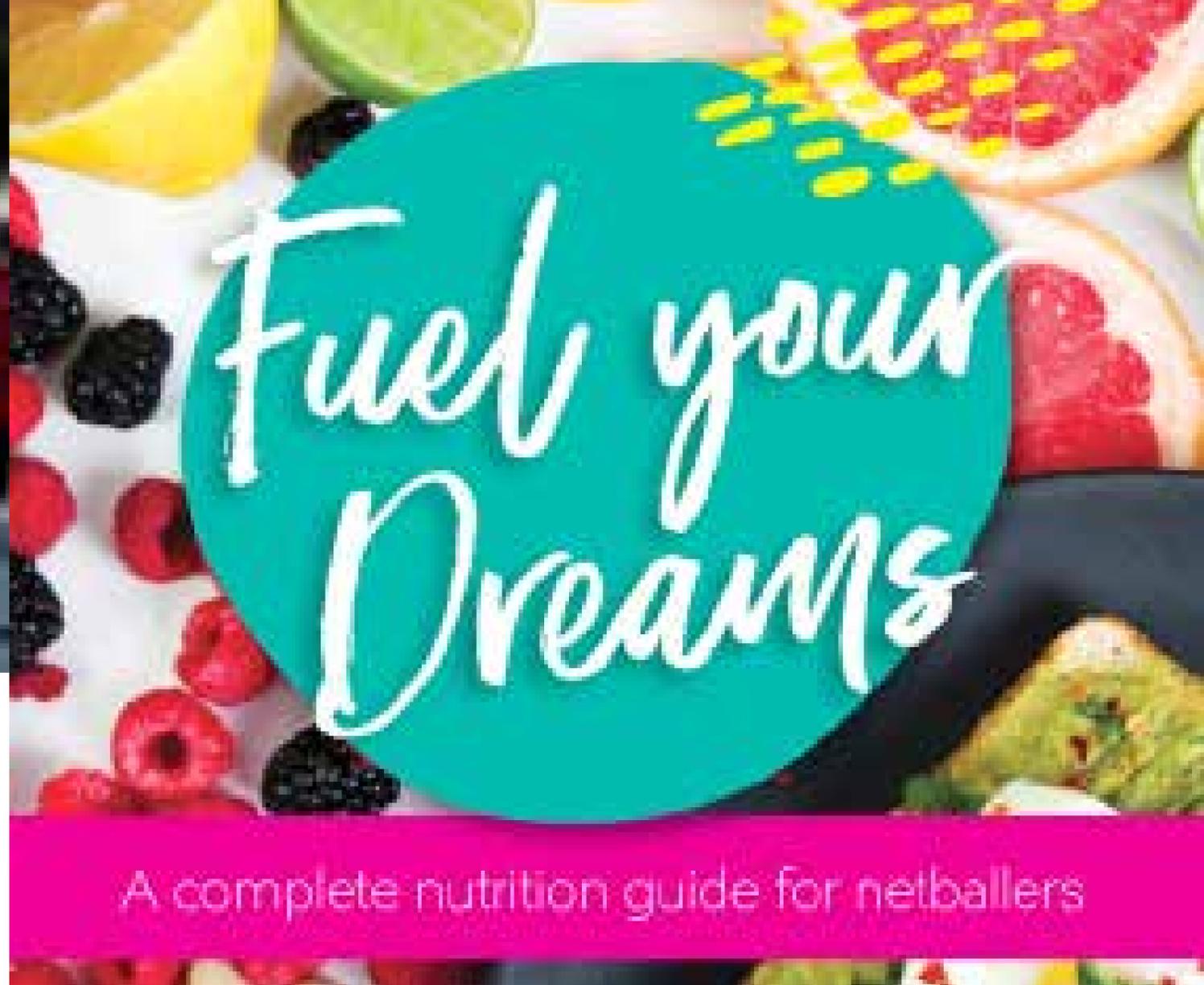
"The people I play with and being part of the community at Contax is absolutely why I keep coming back every year."

Her most memorable on-court moment was the 2016 B3 grand final victory.

"We had a group of girls who were absolutely amazing and it was the icing on the cake for a group of girls who wanted to be there for each other and play for each other," she says.

Reynolds hopes to continue playing next season but is unsure if the rest of her team will be up for another campaign.

Kelli Blakely (nee Hook) previously held the record with 346 club games.



Fuel your body for top performance...

By Nat Bode

As a dietitian and former contax and Thunderbirds player I know just what it takes to get the best out of yourself on the netball court. Nutrition was vital to my success so I thought I would share with you some tips on how to fuel your body well before a game.

The meal just before the game should once again be based on carbs with a little protein to top up the body's fuel stores. Aim to have this light meal approximately 2 hours before the match. You might find that eating too soon before vigorous exercise can cause you to feel unwell, so if it is more than 2 hours before the

activity then top up with a small snack approx an hour before.

Pre game meal ideas:

- small fruit smoothie
- tub of yoghurt
- small bowl of cereal and milk

Pre game snack ideas (1 hour before)

- toast with spread of choice
- muesli bar
- dried or fresh fruit

For more information on what to eat to play, train and recover better than ever before head to <https://www.natvonbertouch.com/shop/ebook/fuel-your-dreams-complete-guide/> to purchase your guide.

DISCOUNT CODE: CONTAX18

A word from Nat Bode... how to prepare for a big game!

With winter netball finals starting up for another year I thought it was timely to share with you my tips for staying calm under pressure and playing well in BIG games.

The key – mindset!

Being able to keep calm and relaxed in pressure situations is very challenging and takes a lot of practice. I spent my entire career trying to master it, but it wasn't until I heard some wise words from the great Liz Ellis before the 2007 World Championship Final, that I could actually achieve it!

Liz said

'Big games are won by players who have the presence of mind to do ordinary things in extraordinary circumstances.'

Sorry if I have minced your words Liz, it was almost 10 years ago now, but the important point is the meaning behind these words. I have thought about this statement before every BIG game I have played in since, my mindset had been forever changed!

I took her words to mean that I didn't need to try harder, do more, run faster, jump higher or do

things differently than ever before. It made me realise if I (and the team) played like we had every game before that, the result would take care of itself. And it did- we won! Without putting pressure on myself to play better than ever before, I could clear my mind and focus on doing things I did well every game, for example hit the edge of the circle in attack, hands over three feet defence every time my player had the ball. I could focus on the process rather than the outcome and when you can do that, you can be calm and relaxed – you can just play like YOU and enjoy it!

I am certainly not saying that you shouldn't feel nervous, I always felt nervous before BIG games. I believe that if you don't feel nerves the end result doesn't mean enough to you – it shows you care! The important thing to consider here is to make your nerves work for you. Despite the excitement and nervous energy that comes with playing a final my advice is to try to stick to your usual pre game routine. When you stick to your routine you can conserve the nervous energy and can release it out on court, rather than feeling tired and fatigued before the game has even started.

Getting your mindset right and controlling your nervous energy will help you play well in big games.

Good luck!



The poster features the Contax logo at the top, which includes a stylized netball and the text 'CONTAX'. To the right of the logo is a smaller logo for 'Green Hill works'. Below the logos, the text 'CONTAX NETBALL CLUB' is written in a light blue, sans-serif font. The main title '& PRESENTATION AWARDS NIGHT' is prominently displayed in a large, bold, white, pixelated font. Below the title, the date and time 'FRIDAY SEPTEMBER 28 6:00 PM FOR A 6:30 PM START' are listed in a light blue, sans-serif font. The venue information 'FESTIVAL FUNCTION CENTRE 292 FINDON ROAD, FINDON SA 5023' is also in a light blue, sans-serif font. At the bottom, the ticket prices 'ADULTS \$88 • SENIORS/INTERM \$80 • JUNIOR SUB PRIMARY \$30' are listed in a light blue, sans-serif font. The final line of text, 'RSVP Wednesday 12th September, 2018 Download booking form from WWW.CONTAX.NET.AU', is in a bold, white, sans-serif font.

CONTAX Green Hill works

CONTAX NETBALL CLUB

& PRESENTATION AWARDS NIGHT

FRIDAY SEPTEMBER 28
6:00 PM FOR A 6:30 PM START

FESTIVAL FUNCTION CENTRE
292 FINDON ROAD, FINDON SA 5023

ADULTS \$88 • SENIORS/INTERM \$80 • JUNIOR SUB PRIMARY \$30

RSVP Wednesday 12th September, 2018
Download booking form from WWW.CONTAX.NET.AU

Lorraine Obst Volunteer of the Year *Greg Bennett & Jess Bennett*

Margaret Angove Award *Melissa Churchett*

Deb Aston Coaches Memorial Award *Leanne Eichler*

PREMIER LEAGUE AWARDS

Premier League Best & Fairest *Georgia Beaton*

Premier League Best in the Finals Series *Sasha Glasgow*

Premier League Reserves Best & Fairest *Saraid Kustermann*

SENIOR AWARDS

Senator Rosemary Crowley Award *Kaylan Joy*

AMND Best & Fairest *Shannan Rosenzweig*

A Grade Most Improved *Lisa Schlicker*

B1 G.O.M Award *Kristin Schlicker*

B2 Leading by Example Award *Jessica Ogilvie*

B3 Coaches Award - Team Role Model *Allana Pyman*

C6 Most Valuable Player *Jaunita Wooden*

INTER AWARDS

Fieldon Horner Award *Amy McCabe*

Inter 1 Most Valuable Player *Amy McCabe*

Inter 2 Coaches Trophy *Isabella Sires*

Inter 3 Most Valuable Player *Giacinta Arancia*

Inter 4 Best & Fairest *Jessica McDonald*

Inter 5 Coaches Award *Chelsea Hart*

Inter 6 Best & Fairest *Amy Fisher*

JUNIOR AWARDS

Amy Mitchell Memorial Award *Mikayla Heddle*

Junior 1 Most Valuable Player *Alicia Harford*

Junior 2 Dedication & Commitment *Hayley Mundy*

Junior 3 Consistency & Improvement *Finlay Joyce-Noorlander*

Junior 4 Most Consistent *Hannah Sexton*

Junior 5 Best and Fairest *Tiana-Jade Kingdon*

Junior 6 Best and Fairest *Abby Thornbarrow*

Junior 7 Most Improved *Claire Bennett*

SUB JUNIOR / PRIMARY / SUB PRIMARY AWARDS

Elaine Sloman Club Spirit Award *Amali Baldwin*

Kathryn Harby Award *Casey Mundy*

Megan Price Memorial Trophy *Lara Carubia*

Sarah Pisani Trophy *Ella Broadbent*

CLUB HISTORY & OFFICIALS

PRESIDENT
Lee-Anne Petherick

VICE PRESIDENT
Peter Economou

TREASURER
Virginia Reddy

SECRETARY
Kylie Revink

REGISTRAR
Jessica Bennett

COMMITTEE
Pauline Fielden
Michelle Skybynecky
Mel Churchett
Fran Buller
Narelle Bennett
Darren Peters
Rosie Herriot
Jo Whelan

CLUB COACH
Leanne Eichler

CLUB OFFICERS

HIGH PERFORMANCE MANAGER
Marg Angove

UMPIRE COORDINATOR
Lynda Robinson

UMPIRE COACH
Jill Hunt

CLUB PATRON
Rosemary Crowley

NO. 1 TICKET HOLDER
Sarah Sutter

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 (deceased) 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
Lynda Robinson 2013
Kylie Revink 2015
Leanne Eichler 2015
Deanna Riley 2016

CLUB COACHES

Lena Pomeroy 1952 - 1955
Fay Dumont 1958
Mavis Buckingham 1961
Merle Oldham 1962- 1963
Joan Horner 1964 - 1972
Pauline Fielden 1973 - 1976
Daphne Axford 1977
Jenny Bonnett 1978 - 1979
Margaret Angove 1980 - 1996
Barney Williams 1997 - 2000
Tania Obst 2001 - 2006
Fay Walsh 2007
Tania Obst 2008 - 2010
Margaret Angove 2010 - 2011
Leanne Eichler 2012 - present

CLUB CAPTAINS

Margaret Rankine 1952 - 1954
Gaynor Flanagan 1955 - 1958
Jenny Badman 1959 - 1962
Moiria Clarke 1963 - 1967
Margaret Edwards 1968
Rosemary Cobby 1969
Gerry Freer 1970
Margaret Van der Linden 1971
Gerry Freer 1973
Kay Smerdon 1974 - 1976
Lyn Mulrone 1978
Jill Dolan 1980
Ros Natt 1981 - 1982
Kay Jessen 1983 - 1984
Rhonda Kraft 1985 - 1987
Karen Schulz 1988 - 1992
Kathryn Harby 1993 - 1996
Tania Obst 1997 - 1998
Vicki Neale 1999
Leanne Oats (Eichler) 2000 - 2007
Jane Fitzgerald 2008 - 2013
Lauren Hyde 2014 - 2015
Georgia Beaton & Gia Abernethy 2016

AUSTRALIAN CAPTAINS

Gaynor Flanagan 1956
Kathryn Harby 2000 - 2003
Natalie von Bertouch 2009
2011 - 2013

AUSTRALIAN PLAYERS

Margaret Rankine 1948
Gaynor Flanagan 1952
Betty Rowe 1953
Lorraine Wright 1954
Kay Jessen 1980
Michelle Den Dekker 1985
Kathryn Harby 1990 - 2003
Sarah Sutter 1994
Audine Cobb 1996
Jacqui Delaney 1997
Rebecca Sanders 1998
Jane Altschwager 2001
Natalie von Bertouch 2004 - 2013
Laura von Bertouch 2006
Lauren Nourse 2007

PLAYER LIFE MEMBERS
200+ GAMES

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 Campion 2012
Melissa Caruso 2012
Ashleigh Ebert 2012
April Gladigau 2012
Alanna Pyman 2012
Kristen Schlicker 2012
Jessica Bennett 2013
Katherine Harris 2014
Rachel Murray 2014
Georgia Beaton 2015
Tayla Petherick 2015
Elyse Hicks 2016
Colette Ransom 2016
Tayla Johnson 2016
Saraid Kustermann 2017
Emmeline Ogilvie 2017
Jessica Ogilvie 2017

**Denotes part year*

PRINCIPAL AND NAMING RIGHTS SPONSOR

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



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

Since 1995, ETSA Utilities now SA Power Networks has been a proud sponsor of the Contax Netball Club - the most successful team in the State/Premier League over the last 23 years and one which has helped nurture the spirit of sportsmanship and fitness among South Australia's youth.

MAJOR SPONSORS



ASICS is a leading performance sports brand for both enthusiasts and professional athletes. The brand delivers technically innovative product for almost every sport that Australians love including but not limited to running, football, netball, cricket, hockey and training in general, ASICS is unmatched for technical superiority and rigorous quality. These standards have put the company in good stead since 1949 and will remain the hallmarks of the brand for many years to come. Find out more at www.asics.com.au.



TKO Sport source and supply the highest quality sublimated and embroidered sporting apparel. We specialize in Netball, Cricket, Aussie Rules and promotional apparel for both on-field and off-field. Whether you are a professional athlete looking for quality and performance or a social player just looking to have a bit of fun in custom gear then we have something for you.



ZXU has since graced the bodies of multiple world champion athletes, become the official compression partner to some of the world's best teams, and been the secret recovery weapon to most pro basketball and football teams.



A career in sport isn't just a job, it's a lifestyle. And like any sport, the biggest rewards come with passion and persistence. Flinders University courses are designed to give you a real competitive advantage in your chosen field enabling you to work at the highest possible level, wherever you go. Flinders is supporting Australia's elite athletes to achieve academic excellence while also pursuing a sporting career and that's why we provide pathways and programs to support elite athletes before they apply and while they are studying.

PLATINUM SPONSORS



Yummy Snack Foods is proudly a 100% Australian Family owned and operated company. Yummy Snack Foods has an extensive range of snack food products under the company's premium brand Yummy Fruit & Nut. The range of Yummy Fruit & Nut was established to bring a healthy range of Nuts, Dried Fruits, Snacks, Mixes, Organic, Health Lines, Chocolate and Confectionery products to the consumer through our quality accredited factory in Adelaide and also through international quality accredited factories. Whether using our range for a party snack or adding as that important ingredient we are sure you will find our quality products appetising.



Adelady is a website, social media platform and TV show on Channel Nine Adelaide, sharing the best of South Australia. Adelady started over banana bread and watermelon juice at Nature's Providore in January 2015. We, (Hayley and Lauren) worked together for 4.5 years in brekky radio at SAFM and when we left, we missed each other so much that we decided to create something that would allow us to work together again. And so Adelady was born. It's a place free of gossip and negativity, but full of fun, style, food, fashion, events and even a little mummy inspo. It's about inspiring women and highlighting the best of our rockin' city. We also share our lives, love, insecurities and passions with you. Working in the media for over 14 years, we've met some incredible Adelaide women who are kicking butt at life and/or in business. These women are our contributors. We salute them and thank them for sharing themselves with us and with you. Catch us on Channel Nine Adelaide at 4.30pm Sunday! Hayley and Lauren xx

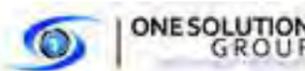


The Romeo Family first started in the supermarket industry in March 1987. Beginning with one small convenience store, they have progressively built a business that now stands as an outstanding independent retailing success story. With this retailing success the Romeo Family have received many awards such as State Retailer of the Year 2001, 2004, 2007 & 2008, National Retailer of the Year 2001 & 2008 and International Retailer of the Year 2002 and 2009 which was chosen from over 72 countries and over 4,400 stores. Industry experts have commended the family for their exceptional performance in areas ranging from leadership and innovation to staff development and managerial grooming. The Romeo Family are very focused and passionate about their growing business and are benchmarking independent supermarket retailing, eg Mitcham Square Foodland with modern décor, state of the art refrigeration and electronic ticketing.

SAPPHIRE SPONSORS



Serbia is the 'land of water' due to its abundant natural resources. Mivela Mineral Waters high presence of completely soluble magnesium classifies it as highly recommended for daily use. Magnesium helps to reduce fatigue and assists with the normal functioning of muscles and the nervous system. Our spring is situated in Central Serbia which is rich in rivers, natural mineral springs and healing spas.



One Solution provides a wide range of software technology and data solutions which focus on critical needs and growth for business. Whether it's small or large data requirements we make sure data structures are possible for business using any device.

- Mobile Phone Solutions
- Digital Marketing
- Vehicle Tracking



Cooking's not supposed to be a chore. It's supposed to be fun.

Whether you're cooking alone or for the entire family, G-Fresh herbs, spices and seasonings bring beautiful dishes to life. You can turn whatever's in your fridge or cupboard, into something memorable. All it takes are basic cooking ingredients and some Garden Fresh flavour.



Georgiou Financial Services is a family owned financial planning and wealth management firm in Adelaide. At Georgiou Financial Services we pride ourselves on providing quality advice and outstanding customer service to each and every client, with a rich history of quality and personalised financial strategies to ensure our clients achieve their financial goals and live life to the full. Georgiou Financial Services was originally established in 1987 by Managing Directors and Senior Financial Planners Louis and Nicholas Georgiou. Since then the team has grown to incorporate a vast dynamic of individuals, with each team members bringing with them a wealth of experience, wisdom and knowledge.



We offer a complete sign and graphics service from design and manufacture to installation. Our full range of services range from traditional brush work to the latest digital imaging technology including:

- Shop and office signage
- Corporate identity
- Vehicle and boat graphics
- A Frames, banners and flags
- Exhibition and display signage
- Illuminated signs
- Small and large order sticker runs



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



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



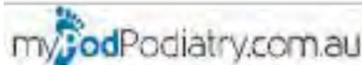
Fullhammer is the new name for Norwood Embroidery, Kent Town Screen Printers, Ashross Agencies, Australian Sporting Numbers and Beemede Pty Ltd. The separate businesses combined in 2008 and have been looking after Contax Netball club for many years before that.

Visit the Fullhammer website for any garment decoration or team clothing needs both on and off field.



If you are looking for the best podiatrist to treat your feet, the team at myPod have your back. We run a massive team of podiatrists with experience in all fields of podiatry, and maintain special relationships with sporting clubs and organisations right throughout the state. Because we have 10 locations, you'll likely have access to a myPod Podiatry clinic when travelling for sport, business, or recreation.

Our highly trained team of podiatrists is committed to the health and well-being of our clients. With over 20 years experience treating patients in Adelaide and regional South Australia. We understand our community and contribute our expertise and knowledge to everyone from grassroots organisations through to professional sporting clubs and community support organisations



PREMIER LEAGUE SPONSORS



724 Marion Road, Marion SA 5043 / P 8357 4988

At PhysioXtra we are committed to providing a high standard of hands-on service. All of our Physiotherapists use a manual treatment approach which may include joint mobilisation and manipulation, muscle stretches, neural mobilisation, massage and ultra sound. Our clinics have fully equipped treatment rooms and Pilates studios. Treatment combines manipulative physiotherapy, exercise based rehabilitation programs, soft tissue work and advice to produce the best clinical results and patient satisfaction.



61 Unley Road, Parkside SA 5063 / P 8271 6400 / F 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 Monday – Friday Lunch
Monday – Saturday Dinner
Sunday parties welcome

PLAYER SPONSORS / PREMIER LEAGUE & RESERVES

WorkSafeGuardian
Level 1, 30 Flinders Street
Kent Town SA 5067
P / 1300 265 151



SPONSORING / Gia Abernethy

Worksafe Guardian is Australia's 1st lone worker, man down, duress 24/7 monitored safety app. The WSG App was designed and built in Australia to increase the personal safety of Australian's working alone. WSG helps businesses that think safety should be about people first and foremost. If you or your staff work alone for 20 minutes a day, or 8 hours a day, you should use the Worksafe Guardian 24/7 Professionally Monitored Safety App. Sign up for a free trial at www.worksafeguardian.com.au/callbacktrial, mention Contax and we will do a super deal for your ongoing safety.

Seven Sport
40 Port Road
Hindmarsh SA 5007



SPONSORING / Imogen Abernethy

Bond Springs Pastoral Company
PO Box 4, Alice Springs, NT, 0871
P / 0419 818 107 or (08) 8952 9888
E / bondsprings@outbackretreat.com.au



SPONSORING / Molly Affolter

Near Alice Springs Northern Territory, Bed & Breakfast, Self Contained. Where the outback meets your backdoor!

Reliance Fencing Products
6 Devon Street
Lonsdale, SA, 5160
P / (08) 8326 5170



SPONSORING / Saraid Kustermann

Reliance Fencing Products is a family owned business established in 1990. Specialising in glass and tubular pool fencing, also decorative front fencing, gates and gate automation. Find us on Facebook, Reliance Fencing Products, give us a Like and Share.

G-Fresh
17/21 Clovelly Avenue
Royal Park SA 5014
P / (08) 8240 5599



SPONSORING / Chelsea Lemke / Charlee Hodges / Amanda Martin

Cooking's not supposed to be a chore. It's supposed to be fun. Whether you're cooking alone or for the entire family, G-Fresh herbs, spices and seasonings bring beautiful dishes to life. You can turn whatever's in your fridge or cupboard, into something memorable. All it takes are basic cooking ingredients and some Garden Fresh flavour.

Northline
P / 1300 722 534
E / northline@northline.com.au



SPONSORING / Georgia Beaton

Northline offers Australia's only true national freight network, privately owned, operated and controlled since 1983. Northline specialise in long haul road and rail freight, warehousing and contract solutions and specialised project management nationally, as well as international freight forwarding throughout our global networks. With branches in all major cities and regional areas, Northline covers Australia completely. Northline is one of Australia's leading transport and logistics providers, moving freight to wherever you need it, whenever you need it. We're unique, we're Northline, we're there.

CJJC Engineering
P / 0409 500 136



SPONSORING / Chelsea Blackman

Providing project management and Electrical Engineering services from consultancy through to detail design, project execution and maintenance support.

Environmental Projects
Level 3
117 King William Street
Adelaide SA 5000
P / (08) 8470 9031



SPONSORING / Kate Campion

Environmental Projects work alongside the private and public sectors across a diverse range of industries including mining, energy resources, manufacturing, construction, urban redevelopment and major infrastructure.

At Environmental Projects we assess issues and identify risks. We manage legislative approvals and advise on how to obtain licences. We work with you to produce the required regulatory documentation to produce high quality comprehensive reports. Our team can investigate and then advise how to mitigate, monitor and manage impacts and how to incorporate frameworks and processes into your workplace systems. We will work with you at any phase of your project's development – from planning and approvals to managing, monitoring and operations, decommissioning and final divestment.

Aaron Martin Construction
6 Toby Court
Strathalbyn SA 5255
P / 0438 363 931



SPONSORING / Georgie Horjus

We are a boutique building company based in Strathalbyn, servicing the surrounding areas. We take on only a small number of projects per year to allow us to be personally involved in each stage of the process, from design to hand-over and to maintain an uncompromisingly high level of quality. These exacting standards led to us being awarded the South Australian HIA Professional Small Builder Award for 2017.

Curly Tree
51 Darling Street
Wentworth NSW 2648
P / 0433 521 705



SPONSORING / Tessa Hankinson

We are a boutique gift store located in Wentworth, NSW stocking a wonderful range of unique gifts and homewares.

BT Transport & Logistics
W / www.bttransportlogistics.com.au



SPONSORING / Kailah Greenwell

At BT, we provide Australia-wide logistics services, specialising in over-dimensional, oversized and overweight freight. From transport and logistics services to storage and warehousing, supply chain solutions, rig moves and resource logistics, defence logistics, consulting and workshop services, we cater to all your logistics needs. We are ISO accredited.

Ramsey Bros
3 Camacs Road
Riverton, SA, 5142
P / (08) 8847 2804



SPONSORING / Tayla Williams

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

Kilkenny Chiropractic Clinic
2 Humphries Terrace
Kilkenny SA 5009
P / (08) 8445 8507



SPONSORING / Tahlia Dnistrjanski

Kilkenny Chiropractors diagnose and treat a range of conditions, including low back pain, neck pain and musculoskeletal sports injuries. We are focused on the accurate diagnosis and treatment of conditions of the spine and nervous system. Our Chiropractors' approach integrates an effective combination of remedial massage and chiropractic techniques to best treat your condition

Harcourts Williams
60 Kensington Road
Rose Park SA 5067
P / (08) 8203 1200



SPONSORING / Sophie Freeman Extended Premier League Squad

Harcourts Williams has a 25 year track record of providing premium residential property services, led by South Australia's Number 1 Agents, John & Stephanie Williams. If you are looking to sell or rent your home, we have the right people and expertise to achieve the best possible result along with the resources and commitment to ensure the experience exceeds your expectations. "Our sales results simply speak for themselves."

Sports Power
11/1031 South Road
Melrose Park SA 5039
P / 08 8277 1211



SPONSORING / Amehlia Schmidt

Chadwick Accountants
P / 0422 171 457



E / derek@chadwickaccountants.com.au
W / www.chadwickaccountants.com.au

SPONSORING / Rebecca Taheny

Chadwick Accountants specialises in the provision of accounting and taxation services for both individuals and businesses. With a focus on personalised service, you will meet with Derek Chadwick, an accountant with over 15 years of accounting and taxation experience. Derek makes clients needs a priority by being accessible; providing insightful, accurate and timely advice; ensuring communication is well above expected levels and ensuring clients returns are treated as if they were his own.

Yummy Snack Foods
108-112 Frederick Street
Welland SA 5007
E / enquiries@yummysnackco.com.au
P / (08) 8346 0417



SPONSORING / Kaylan Joy

Yummy Snack Foods is proudly a 100% Australian Family owned and operated company. Yummy Snack Foods has an extensive range of snack food products under the company's premium brand Yummy Fruit & Nut. The range of Yummy Fruit & Nut was established to bring a healthy range of Nuts, Dried Fruits, Snacks, Mixes, Organic, Health Lines, Chocolate and Confectionery products to the consumer through our quality accredited factory in Adelaide and also through international quality accredited factories. Whether using our range for a party snack or adding as that important ingredient we are sure you will find our quality products appetising.

Guidera O'Connor
31 Holland Street
Thebarton, SA, 5031
P / (08) 8238 9999



SPONSORING / Emmeline Ogilvie Extended Premier League Squad

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

Chesser Chemicals
124 Days Rd
Ferryden Park SA 5010
P / (08) 8406 0000



SPONSORING / Bethany Lane Extended Premier League Squad

Chesser Chemicals is an Australian owned and operated manufacturer and developer of innovative cleaning and sanitation solutions for all your industrial, hospitality and home care requirements.

Bounce Inc
P / 1300 000 540
164-168 Richmond Rd
Marleston SA 5033



SPONSORING / Maise Packer Extended Premier League Squad

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

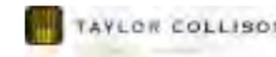
TEAM SPONSORS

WB Drilling
AMND



Our services are drilling for housing, commercial, environmental sites Australia wide.

Taylor Collison
A Grade



Taylor Collison is a leading stockbroker and financial services firm, providing advice & wealth creation strategies to private & institutional investors and corporate clients throughout Australia. "Our primary allegiance is to our clients, to ensure they receive objective advice that suits their particular investment objectives and circumstances."

Signs by Knight
B1



We offer a complete sign and graphics service from design and manufacture to installation. Our full range of services range from traditional brush work to the latest digital imaging technology including:

- Shop and office signage
- Corporate identity
- Vehicle and boat graphics
- A Frames, banners and flags
- Exhibition and display signage
- Illuminated signs
- Small and large order sticker runs

Coast to Coast Homes
B3

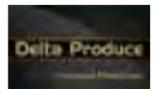


South Australia's Reliable Builder of New Homes. When it comes to building your new dream home in South Australia, you need help from a company you can trust. Coast to Coast Homes Pty Ltd designs new homes to suit your individual lifestyles and create properties that you'll be proud to call your own. We have helped hundreds of homeowners throughout South Australia with new home projects big and small. Whether you want a modern grand house or a traditional villa allotment, we create and provide the perfect property packages.

Seven Sport
C6



DELTA PRODUCE
INTER 1



Delta Produce is a family owned business with 5 Generations of farming, we've been producing Premium Onion and Potato's since 1971. Being locally owned we pride ourselves on Quality produce for our customers.

ORTHOPEDICS SA
INTER 2



KI ACCOUNTING SERVICES
INTER 3



We offer a broad range of accounting services with a view to meeting your needs to comply with taxation, accounting and other regulation requirements, as well as adding value to your business with innovative tax saving and management suggestions. We welcome the opportunity to provide a no obligation, free assessment of your business structure and accountancy requirements.

Our goal is to understand our client's business and provide clear and relevant advice to minimise tax and maximise business profitability.

ALL OCCASIONS TRAVEL
INTER 6



All Occasions Travel is a fully licensed agency, catering for all corporate, convention, group and leisure travel. Established in 2002, All Occasions Travel is staffed by travel consultants who have domestic and international travel industry experience spanning more than 20 years. This means our clients receive delivery of the very best professional, efficient and informed travel assistance each and every time they travel.

CHIEF FIRE DESIGN
JUNIOR 1



Chief Fire Design is an independent consultancy business that was established in 1992. We specialise in designing fire protection systems throughout Australia including certification in the Northern Territory.

HOLLARDS
JUNIOR 2



E.G Hollard & Son is an iconic and community focussed supplier of fodder, feeders, chooks, straws, sand and metal, landscape, garden and building supplies, charcoal, firewood and much more. Established in 1915 as a fuel supply merchant for Mitcham and surrounds, today's owner Joe Leck and staff are passionate about serving their customers and community with an extensive product range, extended trading hours, delivery options with free loan trailers.

SOUTH SIDE TAX SERVICES
JUNIOR 2



Professional, friendly and personal attention given to every client. Over 28 years experience, specialising in individuals, rental properties, small business tax returns and obligations.

**NORBAR TORQUE TOOLS
JUNIOR 3**

Norbar Torque Tools is your number one source for all premium quality torque tools, tension tools and services for all applications. With a dedicated focus in Torque, Tension and all related services, backup and support, we are proud to supply a range of torque wrenches to torque equipment globally recognised as being faster, safer and more accurate than any other tool on the market today.

**BLUE BELLE CONSULTING
JUNIOR 4**

Blue Belle Consulting is a Bookkeeping business, in operation since 1999. Offering a wide range of services, including BAS preparation and lodgement, bank reconciliations, accounts receivable and payable, invoicing, debtor management, financial reporting, payroll processing, compulsory month and year end reporting to Government departments, on-site training; MYOB, Xero and Reckon accounting software packages.

**HATWELL PAINTING
JUNIOR 5**

At Hatwell Painting we provide exceptional domestic and commercial painting services in Adelaide. With more than 20 years of experience in the industry behind us, we have the skills to transform the look of your home. Whether it's your home's interior or exterior, we take care of both.

**HOTEL ELLIOT
JUNIOR 5**

Hotel Elliot is situated in picturesque Port Elliot, right by the famous Cockle Train railway line. The hotel is open 7 days and offers delicious food and drinks and exceptional customer service. There is a newly built outdoor bar area, indoor and outdoor dining options, daily specials, seniors lunches and a kids menu. Come visit us at 35 The Strand Port Elliot. Bookings recommended.

**HESKETH WINES
JUNIOR 6**

The Hesketh Wine Company is a small, family owned producer of high quality, yet accessible wines.

Vineyards – Fruit comes from both our own vineyards and specialised growers in the Barossa Valley, Coonawarra, Clare Valley and the Adelaide Hills.

Winery – Hesketh wines are made at our facility in the Barossa Valley by our winemakers Phil Lehmann, James Lienert and Charlie Ormsby.

House style – Wines are made to a house style, which is based on balance and complexity but more importantly, 'drinkability'. Wines with generous flavours and aromatics, which also retain a sense of place – wines which reflect the vineyards they are grown in.

**BAKERY ON O'CONNELL
JUNIOR 7**

BAKERY ON O'CONNELL IS A UNIQUE AND AWARD WINNING BAKERY AND CAFE OPEN 24 HOURS A DAY, 7 DAYS A WEEK. We are a proudly South Australian owned and operated business priding ourselves in producing over 200 products on premises. Creating an array of delicious cakes, pastries, slices and more which are all hand crafted by our professional baking team.

**BOUNCE INC
SUB JUNIOR 1**

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.

**COVE PRINT
SUB JUNIOR 2**

At Cove Print, a family run business, we are proud to offer old fashioned service at a great price. We have been in business for 22 years at our current location, Somerton Park for the past 9 years. We place a high priority on friendly service and attention to detail. Please don't hesitate to contact Alan, Simon or Kellie for any questions that you may have.

**FESTIVAL HIRE
SUB JUNIOR 3****RAWSON VERCO NEED
SUB JUNIOR 4 & PRIMARY 3**

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.

**FLEX PHYSIO & PILATES
SUB JUNIOR 5**

Flex is one of Adelaide's leading rehabilitation clinics, combining some of Adelaide's most experienced and skilled practitioners in physiotherapy, Clinical Pilates, sports/remedial massage and exercise including Altitude Training. As physiotherapists to the Adelaide Thunderbirds and SASI Netball programmes, we have the expertise and knowledge to help players competing at all levels. From elite and recreational sports injuries through to the management of conditions such as neck and back pain, complex shoulder and lower limb problems, post-operative rehabilitation, dance injuries and pelvic floor issues, the Flex team is able to meet all your rehabilitation needs.

**THE ALMA
SUB JUNIOR 6****EADON HOME LOANS
SUB JUNIOR 7**

Check your current home loan, look at the interest rate and ask yourself "If rates were to move upwards, am I ready?" Eadon Home Loans Managing Director Paul Eadon works extremely hard on obtaining not only the best interest rate but also the best structure to suit your needs not only now but for the future. Eadon Home Loans is a strong supporter of 'locals supporting locals' so don't be shy.

**FIELDERS
SUB JUNIOR 8**

Fielders Steel Roofing are the industry leaders in the design, manufacture and innovation of steel roofing, cladding and home improvement products.

**IPC GRANITE
PRIMARY 1**

Welcome to IPC Granite. We measure, cut, polish and install the highest quality marble, granite and engineered stone bench tops. Based right here in Adelaide, we deliver throughout all of South Australia. IPC Granite prides itself on quality service. Our qualified tradesman provide optimum workmanship and the quality finish that you and your project deserve.

**KITCHEN SOLUTIONS AUSTRALIA
PRIMARY 1****PCS ACCOUNTANTS
PRIMARY 2**

PCS Accountants and Business Advisors is located in the McLaren Vale wine region.

The firm prides itself on providing quality assistance through a diverse range of areas including business advice and taxation services. We strive to build professional and trusting relationships on both a personal and business level to enable our clients to meet their goals.

**DS COMMUNICATIONS
PRIMARY 4****HPS
PRIMARY 5**

HPS and its network of pharmacies is one of Australia's leading suppliers of pharmacy services to health facilities, including private hospitals, cancer centres and veterinary clinics. In 1975 HPS Pharmacies was founded by a sole pharmacist who began by servicing a small 28-bed nursing home in South Australia. Today HPS is proudly owned by EBOS Group – the largest and most diversified Australasian marketer, wholesaler and distributor of healthcare, medical and pharmaceutical products.

**TRIPLE M ADELAIDE
SUB PRIMARY 1**

The Rush Hour on Triple M Adelaide: drive home with Jars & Louie from 3pm-5pm weekdays.

2018 MERCHANDISE ORDER ONLINE NOW

<http://contax.sportnow.com.au>



HOODY
\$65

Men's, Women's
& Kids



SPRAY JACKET
\$29

Men's, Women's
& Kids



**STEALTH
JACKET**
\$80

Women's only



JACKET
\$85

Men's, Women's
& Kids



POLO
\$35

Men's, Women's
& Kids



BACKPACK
\$45

COMING IN 2018... BEANIES, HATS & SCARFES

coveprint
**GENERAL
PRINTING**
PH: 83766676



MOVE LIKE BASSETT

Caitlin Bassett wears Gel Netburner Professional FF

 **asics**

I MOVE ME