

Side Lines



Official Newsletter



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New clubs at SCNA



We are excited to welcome two new clubs to the South Canberra netball community.

St Benedict's Primary School have entered two teams into the juniors' competition: "St Benedict's Primary school is excited to join SCNA and link our school with the SCNA community," says Principal Rachel Smith.

"It is a great opportunity for us to build friendships outside of the classroom and with the wider community."



"We are all new netballers (pictured above are members of the Bene Bees NetSetGo team and left the Bene Bees Junior Go team) and we are looking forward to learning lots of new skills as

we play against our fellow teams."

The Woden Blues Football and Netball Club is a joint initiative between what was the Jets netball club and the Woden Blues Football Club. "Woden Blues Football and Netball Club have 50 players registered in their first season playing at South Canberra," says driving force of the initiative, Paula Sharp.

"The vision is to strengthen our Senior divisions and keep more girls continuing to play netball after finishing high school in a fun, friendly yet competitive environment. WBFNC is the first club in Canberra to combine the two codes, AFL and Netball, and having girls play for the club in both of these sports. "Thanks to the



hard work and vision of Russell Fort, club president, and the great administrative support of Abbie Ryan (both pictured here with Eliza Sharp, with the girls sporting their new-look dresses), we expect many years of great sport and success at South Canberra. Go Blues!"

Next month: We will be introducing Canberra Grammar School's new junior teams. Stay tuned!

Great to be an Umpire!

SCNA Umpires have had an excellent start to the winter season. We had at least 35 girls turn up to our first Foundation Umpire's lessons (pictured below) and everyone got a chance to umpire in the following two hours. Thanks to Grace Underwood for sharing her umpiring expertise and running the course. We also appreciate the support and patience our teams and spectators give our new umpires.

Speaking of new umpires we would like to welcome, John P, Bella M, Abbey P, Olivia P, Peter P, Ann H, Brianna W and Yassamin B to our team of Carnival Umpires. It is great to see some new people 'wearing the white' for SCNA.

We will be beginning our Intermediate Umpiring course shortly with practical experience on offer (held on Thursday nights). Anyone interested should contact SCNA's Umpire Co-ordinator Ann at scna.umpires@gmail.com A huge thank you to our Umpire mentors Grace Underwood and Tania Rynne for the work and hours they put in. They're helping to lift the standard of umpiring at SCNA.



VALUABLE LIFE LESSONS FROM SPORT

We like the following article by Deborah Brooks: five valuable insights for players and parents:

1. Practice makes progress.

Practicing your given sport, such as netball, will eventually make you improve. Practice doesn't always mean perfect but it does give you the opportunity to grow, learn and progress.

2. Don't be afraid to try something new.

Throughout our lives, we constantly encounter situations that are new. New schools, new jobs, new relationships we will all face them. The self-confidence we can build through trying and succeeding at sports has the potential to help us achieve success in all areas of our lives.

3. You can't win all the time.

One of the hardest lessons for us all. You may watch your children lose a game they worked so hard at playing or fail an exam they studied so hard at. As an adult, you may not get a job you thought was yours, lose an account or fail at a relationship. Experiencing loss as a child through sports, can teach you that you can't always win but that shouldn't stop you from trying. Resilience, perseverance and failure- lessons we must all learn and accept are played out every day with sports.

4. Be a team player.

Having just witnessed my daughter's sporting season last year, clearly many kids and their parent have a lot to learn about good sportsmanship. Learning to be part of a team, respecting others (particularly our volunteer umpires and coaches) and demonstrating positive leadership skills are qualities we all want to see our children grow to attain.

BE STRONG
WHEN YOU ARE WEAK,
BE BRAVE
WHEN YOU ARE SCARED,
AND HUMBLE
WHEN YOU ARE
VICTORIOUS

Achievement recognised by Bullants

Heather Bond (pictured right) started with Bullants Netball Club in 2001, as coach of the Bullants Curtin Primary School team. From there, Heather served as coach, manager, scorer, spectator and very occasional umpire for both of her daughters' teams, as well as coach for many inters teams even after her daughters left Canberra. Her dedication to Bullants is evident sitting on the committee in different capacities over the years. In 2011 her and a group of other mothers formed a team for the senior's division, and there has been at least one mother's team, sometimes two, every year ever since. Heather has won three premierships to date and helped create the dresses that the whole club wear today. Late last year, the Bullants Club formally acknowledge Heather's unwavering dedication to the club. Congratulations Heather and thank you!



SCNA Division 1's
Leila Basic in action.

State League Action

State League is the top netball action in the ACT. SCNA has three teams in the Open Division.

Come along on Friday nights (4 May to 5 August) from 6-10pm to SolarHub Netball Centre in Lyneham and cheer on SCNA!



Canberra GIANTS (*Canberra games*) are now open to **members for pre-sale**. Netball ACT have set aside an allocation for pre-sale. Once tickets have been announced to the public all unsold pre-sale tickets will be released to the public. The Canberra GIANTS will take on the Tassie Magpies in Round 6 of the ANL 15 and 16 June at the SolarHub ACT Netball Centre. Get in quick! Tickets can be purchased at the following links:

Friday 15

June: <https://events.ticketbooth.com.au/event/canberra-giants-v-tasmanian-magpies>

Saturday 16

June: <https://events.ticketbooth.com.au/event/canberra-giants-v-tasmanian-magpiescaBrUEe>



Meet our Executive Committee and amazing co-ordinators

The SCNA Executive are volunteers who give up their time to make our District an inclusive and vibrant netball community. If you need anything, here are the friendly faces who can help!

Executive Committee



President
Margie Sheedy



Vice president
Roberta Balgozzi



Secretary
Jane Hunt



Treasurer
Gavan Murphy



Coaching co-ordinator
Paula Sharp



Senior Rep co-ordinator
Natalie Hanna



Umpire co-ordinator
Ann Hill



Player's rep
Abbie Ryan

Our Amazing Co-ordinators



Competitions co-ordinator
Ruth Mahon



Saturday office admin
Emma Mahon & Jade Agnew



Facilities co-ordinator
Gavan Cattnach



Junior rep co-ordinator
Urgently needed

Code of Conduct reminder

We would like to remind all players, coaches, managers and spectators of some important points from **Netball Australia's Code of Conduct**, which we will be enforcing this season:

- **Applaud good performance** and efforts by all players and never loudly criticize mistakes.
- When watching a game **congratulate both teams** on their performance regardless of the game's outcome.
- **Respect the umpires' and coaches' decisions.** If there is a disagreement, follow the appropriate procedure in order to question the decision and teach children to do likewise (we are supplying all clubs with this procedure).
- **Never ridicule or scold a player** for making a mistake during a competition. Positive comments are motivational. Negative comments have a huge impact on a player or umpire's confidence.
- **Condemn the use of violence in any form**, be it by administrators, coaches, players, umpires or parents/ guardians.
- **Show respect** for your team's coach, the umpire and opponents. Without them there' be no game.

Important notes:

1. Parents should **never** approach a player or another parent during or after a game.
2. Any issues should only ever be respectfully addressed **to your team's coach** who can then calmly take it up with the other coach.
3. Coaches of junior teams are asked not to run up and down the sidelines. (This is only allowed in the NetSetGo grades.)
4. The SCNA Executive are on hand to help.
5. Anyone not abiding by the Code of Conduct will be asked by the Executive to leave courtside immediately.

Healthy canteen here we come !

This year we are aiming to improve the quality of what we do at SCNA by encouraging Healthy Eating choices through our canteen. We will be following the Finish with the Right Stuff program that has been developed by the NSW Government specifically for sports canteens. If you would like to read more about this follow the link: www.rightstuff.health.nsw.gov.au/

Your support and engagement is extremely important! Please feel free to contact us on Saturdays in the office or at other times with any ideas or comments.

