

STEELERS

Netball Club

Newsletter Issue 1

PRESEASON 2019



STEELERS STORIES

PRESIDENTS PRESENTATION



Things are really happening now!! 2019 is in full swing.

Thank you to everyone who came along to our Annual General Meeting. It was a fantastic turn out – over triple that what was expected. It was great to see returning faces and new faces ready to sign up to join our netball family.

It was great to meet the new faces that will be joining STEELERS. Netball is a sport enjoyed by many – no matter what the skill level ☺ long as we are having fun. If the game of netball that we all love is not fun then why are we playing. STEELERS really prides ourselves on the off court social events throughout the season. All of our events are optional although to be honest you'd be a fool if you miss them because they are always a lot of fun. Our first event is our annual amazing race team announcement day out for both members and their family and friends. Get to know your team and be crowned the 2019 AMAZING RACE CHAMPS – your first win of 2019 all while getting to know your team mates & everyone else better!

It is always exciting when new people put their hand up to help out. This year really blows me away, as we have virtually a committee full of new volunteers and what is even more exciting is that our committee is completely FILLED!! A full list of your executive members is within this newsletter.

With the registrations flooding in we are looking like we will register over 20 teams with WDNA and one team with JNA. Our junior and Net Set Go comp continues to soar and we look forward in seeing the little ones in their purple dress Friday nights and Saturday mornings.

For now, if you have any questions do not hesitate to contact me.

**Sharee Hitchcock
0408 606 122**

HAPPINESS IS



...netball, netball, netball!

**IN ADDITION TO THIS
NEWSLETTER PLEASE ALSO
FIND ATTACHED:**

- * Team Announcements save the date
- * Fitness Sessions
- * Chocolate Fundraising
- * Grading Reminder
- * Calendar of Events
- * STEELERS Advertising
- * Sponsorship Contract
- * Paua Rose Carnival

VICE PRESIDENT VISIONS



A club cannot survive without sponsors.

STEELERS NC offers many levels of sponsorship opportunities – GOLD, SILVER, BRONZE and SOCIAL.

2019 will see the opportunity to welcome back our GOLD sponsors. Since our inaugural year STEELERS NC have been lucky enough to have the support of T & H Steel Contractors and they are back again, alongside Loan WA Commercial. It is also great to have back our Bronze sponsors in Rise Business Solutions and Capricorn Conveyancing.

Our sponsorship contract has been emailed to all members with this preseason newsletter pack so please keep checking your attachments.

If you have any questions regarding sponsorship please let us know.

All sponsorship contracts are due back to the club by 20/04/2019 with a PDF version of the business logo

****PLEASE FIND ATTACHED OUR SPONSORSHIP CONTRACT****



Through our club culture and our 2018 Grant applications we have been lucky enough to be recognised as a GOOD SPORTS club. This is a great status to hold in the sporting community and one that we are very proud of.

Community grants assist our club with ongoing development programs and upskilling. If you hear of any suitable community grants please let us know.

We are a Good Sports club



SECRETARY SECRETS

You know things are getting serious when you need to start entering in email addresses and sorting them into groups!!

STEELERS relies heavily on email communication. Believe it or not we do try to limit our correspondence with our members to just one email per week. Within this email is some important information so we do ask that our members take the time to read through it.

If throughout the season you are no longer receiving weekly emails or you change your email address please contact us so we can make the necessary changes at our end.

If you would like to be removed from our mailing list please also let us know – but be mindful that you could be missing out on some vital details. There will be notification on our Facebook CURRENT members group page when an email is sent. Please check your junk inbox before you alert us that you haven't received anything.

****MEETINGS****

Did you know that your club's executive members meet each month to discuss what is going on with your Club.

Did you know that our first meeting is the 26/03/2019 and then every 6 weeks that follow.

So, if you have anything you would like the committee to discuss be sure to send us an email

TREASURER TREATS



STEELERS Netball Club is one of the cheapest clubs participating at WDNA. As a club, we use our fundraising and event profit to provide the equipment we need to play the game we love.

So, what do you get for your fees??

Your fees cover your umpire fees for the season, your insurance, your registration to the club, to Netball Western Australia and to Wanneroo Districts Netball Association.

50% of your fees are due upon registration. Without this payment your registration will not be accepted. If you cannot make these payments please contact the club by email to set up a payment plan.

If using direct debit for your fees please sue your surname and FEES as reference.

If making multiple payments: I.e. Uniforms, chocolates, fees, we do ask that you please make payments in separate transactions so we are not left guessing exactly what your payments is for. As we are all volunteers who uses our spare time to complete the club's admin that will save hours of work and painful headaches.

STEELERS

Direct Deposit Details

BANKWEST -

STEELERS Netball Club

BSB: 302-162

Acc: 0566228



REGISTRAR REVIEW

2019 is shaping up to be one of the biggest years for the club. This season we have continued with our Junior STEELERS competition which is eagerly growing. As a club we rely heavily on word of mouth and we would like to thank all of our members for your loyalty, passion and fantastic reviews. Registrations are still open. If you know of anyone who would be interested in playing for STEELERS Netball Club this year please pass on our email or the clubs contact number: 0408 606 122 to discuss the positions we have left to fill.

Don't forget STEELERS take registrations as individuals and as groups. If there is someone you would like to play with or not play with please email the club. If you have a community notice board please don't forget to advertise for new members for us





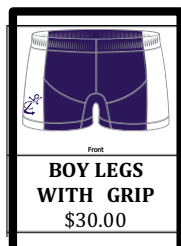
UNIFORMS UNCOVERED



DRESS
\$70.00



MENS/LADIES
SUPPORTER
TOP
\$45.00



BOY LEGS
WITH GRIP
\$30.00



BOYS ONLY
MENS SINGLET
\$45.00
Partnered
with plain
black shorts

STEELERS Netball Club has a full playing uniform for both girls and boys as well as a long list of supporters gear.

STEELERS netball playing uniforms are personalised which means we do not offer second hand uniforms. All playing uniforms MUST be paid in full to be ordered. Any orders placed after our first physical grading session will lose our guarantee that they will arrive before the first game so please make every effort to have your uniform ordered and paid by grading date.

Our compulsory playing uniform consists of:

A line STEELERS dress, STEELERS supporter top, STEELERS boy legs and the STEELERS mens singlets for the boys.

All dresses must have the players SURNAMES on the back. Please do not wear a dress with a different surname. Extra Length can be added to the dresses on request. Please include this in your order. Extra length is calculated in cm's

The supporter tops can have any name on the back as long as it is not offensive or abusive or could be interpreted as bullying. Please make sure this is added to your order page. If left blank your shirt will have no name.

The STEELERS boy legs are a compulsory part of the playing uniform and must be worn under the dress – if you are wearing any other boy legs you will be deemed out of uniform and not permitted to take the court. We have a new style this season which includes grip tape on the legs to hopefully stop them shorts from riding, so check them out!

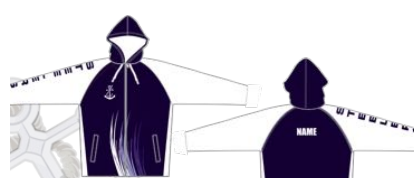
We have three playing uniform try on dates being AGM – 11.02.2019, Fitness session 1 – 20.02.2019 and our 1st grading session 10.03.2019. No further playing uniforms will be ordered after these dates



Training Singlets - \$40.00



Kids T-Shirts - \$25.00



Zippered Jackets - \$80.00



Umpire Top - \$40.00



Supporter Top – Mens and Womens - \$45.00



Sports Bags \$35.00



Back Pack \$30.00



Soft Brim Visor \$10.00



Socks \$10.00



Track Suit Pants \$60.00

As a club STEELERS has a full list of supporter gear for ordering. We have socks – junior socks, sockettes, bike socks and athletic socks, training singlets, ladies and mens supporter tops, umpire tops, kids cotton t-shirts in white or purple, back packs, sports bags, soft shell zippered jackets, tracksuit pants and soft brim visors that you can wear on court!!

All supporter gear can be tried on and purchased at our team announcement amazing race day on 31.03.2019 and our last fitness session on 01.05.2019

Each year we have a yearly uniform promo which is available for that year only.

2019 introduces our club beanies. Available until stocks last (we only ordered 200) they will be sure to keep you warm and toastie during our winter sport. To get your hands on a beanie please email the club to arrange for collection on Wednesday nights.

In addition to these orders we have left over stock to sell. All stock items will be available at our team announcement day 31.03.2019- cash sales ONLY.

EQUIPMENT EXHAUSTION



The 2019 season is only two months away . . . that gives you just a few months to get your fitness level back where it needs to be! STEELERS netball club has a range of resources you could hire to assist you with your pre-season fitness training.

- Skipping ropes
- Medicine balls
- Ankle weights
- Agility ladders
- Kettle bells

Please email the club to arrange your hire details and don't forget to get along to our fitness nights.

I LOVE NETBALL



COACHES CORNER

STEELERS Netball Club would not be where it is today without the volunteers who take on the roles of a team coach or a team manager.

A open team coach is responsible for the running of the team on Saturdays with organising team positions each quarter, maintaining equal court time and ensuring all players enjoy the game they love.

A junior team coach is responsible for the running of a junior team on Saturdays as well as Training on a Wednesday. As a club we strongly encourage equal court time while developing players in their position and as a team while ensuring their love for the game blossoms. As a junior coach is a development role, as a club we fund all coaching development opportunities.

Don't think you are ready for the full responsibility of a coach . . . what about being an assistant coach. Each of our junior teams will have an assistant coach who will be available each game and training session to assist the coach. All development opportunities will be available to our assistant coaches.

A team manager is responsible for the team's equipment bag. From washing the game bibs each week, pumping the balls and if needed organising clash bibs. A team manager also collects the opposing umpire votes each week and records the players games played.

If you think either of these roles is for you then please contact the club with your expression of interest. If you would like more information on either role please contact the club.

YEARBOOK YAKING



Did you know that each year STEELERS produces a yearbook reflecting the year that was.

Each book holds the game results, team images, individual shots and images from all of our events.

Year books can be viewed at our AGM and end of year function

If you snap a great shot throughout the year please email them through to us so we can add it to our 2019 yearbook

SOCIAL MEDIA SKILLS



STEELERS Netball club has two Facebook profiles

1) STEELERS Netball Club current members

2) STEELERS Netball club – a public page.

Be sure to find them both! After team announcements, the club will be creating team groups so you can have team chats.

Don't forget we are also on INSTAGRAM so be sure to follow us – STEELERS NETBALL CLUB and hashtag us

#STEELERSNetballClub

UMPIRE'S UNVEILED



STEELERS NETBALL CLUB

UMPIRE IN 2019

Umpires are invaluable. Without them we do not have a game to play. They are also the only position in a small not for profit netball club that gets paid for their services.

If you have a passion for netball and would like to earn some cash money by umpiring please email the club. As a club, we are also proud to be able to support our umpires through their development so contact us: even if you have no badges or qualifications.

We are looking for umpires for grading 4-8pm on 10.03 and 17.03.

Please email (or re-email to remind us) if your available. We use grading to offer coaching and feedback. Through grading we are able to see what team you would be best suited for during the season, so please make every effort to be available

STEELERS is a social club with ages from NetSetGO to Opens that plays netball on Friday nights and Saturday at Wanneroo Districts Netball Association.



STEELERS Umpires have access to:
- Member deals on all events
- Opportunity for umpires accredited C Badged and above to earn higher pay

Rule in Focus

11.1 OBSTRUCTION OF A PLAYER IN POSSESSION OF THE BALL

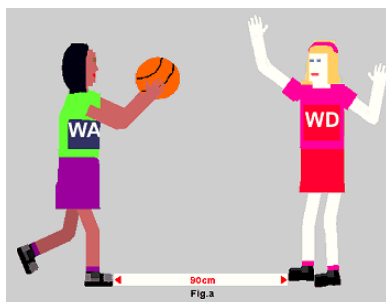
An opposing player may attempt to intercept the ball or defend a player in possession of the ball, provided there is a distance of not less than 0.9 m (3 ft) from the landing position of the player with the ball. This distance is measured on the ground as follows:
One foot landing by the player with the ball:

1. (a) If the player remains in the landing position: from the landing position to the nearer foot of the defending player
2. (b) If the player steps away from the landing position: from the point where the player landed to the nearer foot of the defending player.

Two foot landing by the player with the ball:

1. (a) If the player does not move either foot: from whichever foot is closer to the nearer foot of the defending player
2. (b) If the player moves one foot: from the foot that remains grounded to the nearer foot of the defending player.

So in short a defender can defend the ball from a player if they are 3 foot from the foot the player with the ball has identified as their 'grounded' foot. If they lift their grounded foot, that position where their foot is grounded is still the point to measure the three feet. If the defender jumps and shortens the three feet, they must not get in the way of the pass or the shot. If this happens it will should be called as obstruction



FUNDRAISING FUN



FUNDRAISING STEELERS Netball

TAKE . . . SELL . . . DEPOSIT MONEY
All by 29.04.2019
and be ready to take the court for our first game

BUT you must pay for & correctly reference your boxes for them to be listed as sold.
\$60.00 per box, BSB, 362 143 ACC: 0566228 - REF: CHOC and your surname

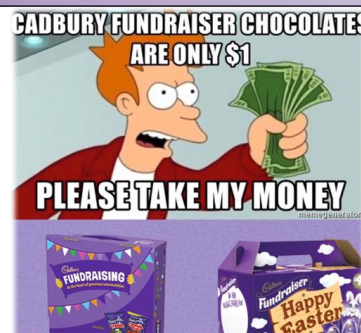


FOR THOSE WHOBBER ABOUT TEMPTATION
THIS CHOCOLATE IS NOT NAUGHTY OR BAD
EATING IT DOES NOT MEAN I WILL NEED TO RUN
I HATE TO BURN IT OFF
MAYBE I.L HAVE A BITE.
MAYBE I.L HAVE JUST ONE
MAYBE I.L EAT THEM ALL.
MAYBE I WON'T FEEL I.L AT ALL.
IT WILL NOT STOP ME FROM REACHING MY FITNESS GOALS
NO GUILT. NO SHAME
JUST A CHOCOLATE BAR - NOW THAT'S FAIR GAME
Paraphrased from Melane Keys

STEELERS Netball Club will once again be completing the chocolate fundraising: this year with freddos and caramello or easter egg boxes.

Members do have the option to pay our fundraising levy to exempt them from selling chocolates and raffle tickets later in the year.

The money we raise through our fundraising activities will assist with the purchase of our yearly equipment needs.



STEELERS Netball Club have been lucky enough to secure a Bunnings BBQ fundraiser at the Bunnings Wangara on April 21st.

We are in the planning process and at the moment are looking for donations or discounted sausages, buns, onions, sauces, water and soft drinks. If you know of a business who can assist us please let us know.

We are also looking for volunteers to assist on the day. We will need to be manning the BBQ site from 7:30am to 4:30pm. We will need cashiers, cooks, wrappers and assistants. If you are available to help us out please let us know

**BUNNINGS
warehouse**



**STEELERS Netball Club are hosting a
community BBQ fundraising event**

Place: Bunnings Wangara

Time: 8:00am – 4:00pm

When: 21.04.19

**Nothing beats a Bunnings snag so come
on down, bring a friend or two and
support our club**

**VOLUNTEERS
NEEDED!**

BUNNINGS SAUSAGE SIZZLE FUNDRAISER

This year STEELERS are fortunate to have locked in a great fundraising opportunity with BUNNINGS in WANGARA on Sunday 21st April

The club requires volunteers from our STEELERS family for this day to be a success.

Volunteer positions include:

- BBQ Roster
- Mascot Duties
- Cashier

Volunteer time slots are a minimum of an hour, times available include:

- | | | |
|-------------------|-------------------|------------------|
| - 7:30am-8:30am | - 8:30am-9:30am | - 9:30am-10:30am |
| - 10:30am-11:30am | - 11:30am-12:30pm | - 12:30pm-1:30pm |
| - 1:30pm-2:30pm | - 2:30pm-3:30pm | - 3:30pm-4:30pm |

If you can help please complete the nomination form and return to the club via the club email.

PLAYERS PARTICIPATION



GRADING

STEELERS Netball Club have two grading dates – 10.03.2019 & 17.03.2019.

Juniors & Sub-Juniors 4pm-6pm

Open 6pm – 8pm

We use this date to ensure all teams are evenly matched in skill – once we have done team announcements we do not have the opportunity to make changes.

We also use this event to rank the teams for WDNA divisions – a reminder we will not be giving the grading round premiership points start at game 1.

So please make every effort to get along to our grading.

PAUA ROSE CARNIVAL

STEELERS Netball Club will once again participate in the PAUA ROSE CHARITY CARNIVAL raising money for type 1 diabetes.

April 13th 2019

8:30am start

\$50.00 STEELERS members

\$60.00 non-STEELERS members

RSVP team sheets (min team of 8) by 5.4.19

Individual regos please use our Facebook page to find a team

FITNESS SESSIONS

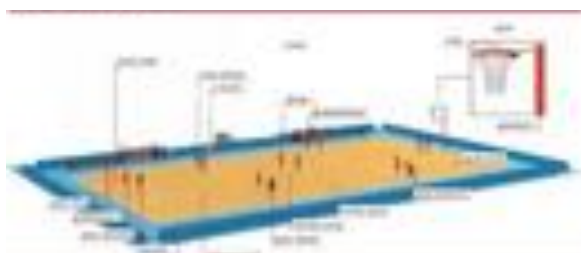
With the start of the season only 2 months away, we believe that our members should be provided with the best possible pre-season fitness options. To assist with this the club has arranged the following fitness sessions for all financial members so get your diaries out and lock in these dates:

**20.02.2019
27.02.2019
06.03.2019
13.03.2019
20.03.2019
27.03.2019
03.04.2019
10.04.2019
17.04.2019
01.05.2019**

Running time from 6:30pm – 8:00pm at the Kingsway Netball courts. Please email the club to lock in your RSVP



JUMPING JUNIORS



GS (Goal Shooter) – her objective is to score goals whilst standing in and around the circle with the GK (Goal Keeper)

GA (Goal Attack) – she feeds the GS and works with the GS to score goals.

WA (Wing Attack) – she feeds the circle players to give them shooting opportunities.

C (Centre) – she takes the Centre Pass and is the link between the defence and the attack.

WD (Wing Defence) – she looks out for interplay and aims to prevent the WA from leading the circle.

GD (Goal Defence) – she aims to win the ball and reduce the effectiveness of the GA.

GK (Goal Keeper) – she works with the GD to prevent the GS from scoring goals.

Our 2018 STEELERS juniors were an exciting addition to our club and in 2019 we are excited to see this grow. Already in 2019 we are looking at 6 net set go teams and eight junior ranked teams – this is awesome.

We do still have vacancies in the club for both junior and sub-junior players so please keep your ears peeled for anyone looking to play in 2019.

This many teams also means we are on the look-out for head coaches and assistant coaches. If you are interested in one of these roles please let us know

Training will continue to be on Wednesday nights. We have pencilled in all Net Set Go teams to train 5:30pm – 6:30 and all junior team 6:30pm-8:00pm – however this may change once coaches and teams have been allocated.

A reminder of game times.

NSG Year 2/3 FRIDAY 5:30pm

NSG Year 4/5 FRIDAY 6:30pm

11 &U and 12 &U SATURDAY 8:30am

13 &U SATURDAY 10:00am

15 &U Saturday 11:30am

18 &U 1:00pm

EVENTS ENLIGHTENMENTS



STEELERS Netball Club hosts many events throughout the year. While none of our events are compulsory, attendance is strongly encouraged. All events are open to our opens, juniors and sub-juniors.

The first of our events is a family friendly team announcement day – our **AMAZING RACE DAY**. This is the event where you will meet your team mates, nominate your team captains, select your team manager and hopefully have a chat with your coaches

A BBQ lunch, cold drink, guest speaker and loads of kiddie entertainment will be available as well as discount stalls for the adults, STEELERS stock gear for sale and supporter gear can be ordered

If you own a small business and would like to set up a stall please contact us. We like to offer the opportunity to our members before we go to the public as we don't want double ups!! Think scentsy, candles, Tupperware etc.

For now, lock away 31.03.2019



STEELERS NETBALL CLUB

TEAM ANNOUNCEMENT DAY

THE AMAZING RACE

SUNDAY 31 MARCH 2019 • 10AM - 1PM

WHITEMAN PARK

VILLAGE WEST, CAR PARK 5/6

SAUSAGE SIZZLE LUNCH PROVIDED.

FRIENDS, FAMILY AND SUPPORTERS WELCOME!

PLEASE RSVP TO STEELERSNETBALLCLUB@MAIL.COM BY FRIDAY 8TH MARCH FOR CATERING PURPOSES!

GENERAL GENERALISATIONS



METRO LEAGUE

Metro League is an association representative competition, bridging the gap between Association club netball and the West Australian Netball League – State League.

2019 is the piolet season for the Metro League Competition. The competition will see the best players, coaches and umpires of each association involved in a nine week competition.

Friday Nights at the State Netball Centre, starting February 8th and ending April 5th.

What's even better is that we have 5 STEELERS Super stars in this league.

WDNA –Katherine Birch and Shannon Wilson Taylor

JNA – Sarah George and

Vhonanie Nephawe

SWANS – Stephanie Rankine

JOIN THE FEVER FAMILY IN 2019

West Coast Fever is more than 10 players, bigger than a game day experience.

The club connects people and communities and the loyal Fever family have been through every step of the journey.

The passionate Fever supporters have made the RAC arena a venue to be feared by opposing teams and a game day experience like no other.

The Fever club has a purpose to inspire and make its members proud.

2018 saw the West Coast Fever host a grand final in front of a record breaking Australian crowd.




















This is the start of a new and exciting era for the club and they want you to be apart of it.

Log onto their web site for membership opportunities and the full 2019 playing schedule.

NETBALL SHOES

When choosing a netball shoe consider the cushioning, stability, support and weight (you want your shoe to be light weight) A firm heel is important and there should be minimal twisting out of the shoe. An adequate toe box is essential as well. Make sure the shoe is comfortable and roomy enough around the toes when you first try them on – NETBALL shoes are not designed to stretch. The basic principal of a NETBALL shoe is that it should have a more stable base than a running shoe, but they are also more durable so they last longer. In a NETBALL shoe they tend to use solid rubber in comparison to blown rubber which is injected into a running shoe. A new pair of netball shoes is encouraged each year for injury prevention.

Your 2019 Committee

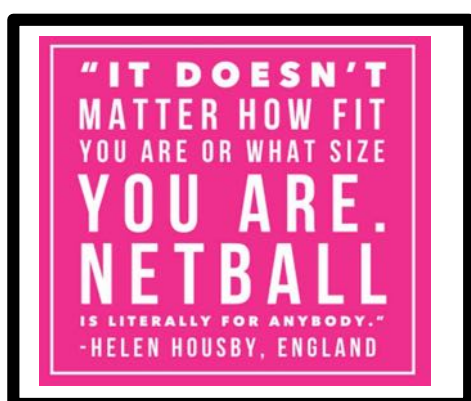
			
SHAREE HITCHCOCK PRESIDENT	KATE LONGMAN VICE PRESIDENT	HOLLY WYSS SECRETARY	HELEN HITCHCOCK REGISTRAR
			
NATALIE MCCOMAS UNIFORMS	ALEXIS MCCOMAS UNIFORM ASSISTANT	BREE MCKAY EVENTS	REBECCA FARMER COACH CO-ORDINATOR
			
SOPHIE GIRAUDO UMPIRE CO-ORDINATOR	CASSIE DE BRUYN PLAYER CO_ORDINATOR	ANNETTE MORRISSEY EQUIPMENT	BELINDA KOUNIS SOCIAL MEDIA & ADVERTISING
			
HARRIET ROWAN FUNDRAISING CO_ORDINATOR	CHAIA WILLIAMS JUNIOR CONVENOR	TARA BELL YEARBOOK CO-ORDINATOR	JACQUI ROBERTSON TREASURER
			
ANDREA STURGESS GENERAL	ADE MUNZER GENERAL	JESSICA PROPERJOHN GENERAL	

Dates to Remember

**WDNA GAME CALENDAR **

GAME 1	GAME 2	GAME 3	GAME 4	GAME 5	GAME 6	GAME 7	GAME 8	GAME 9
04.05	11.05	18.05	25.05	08.06	15.06	22.06	29.06	27.07
GAME 10	GAME 11	GAME 12	GAME 13	GAME 14	SEMI	PRELIM	GRAND FINAL	
03.08	10.08	17.08	24.08	31.08	07.09	14.09	21.09	

EVENT	DATE	TIME	WHERE
Fitness 3	Wednesday 06.03	6:30 – 8:00	Court 13 at WDNA
Grading	Sunday 10.03	4:00 – 6:00 6:00 – 8:00	Meet at the far court verandah FINAL PLAYING UNIFORM ORDERS
Fitness 4	Wednesday 13.03	6:30 – 8:00	Court 13 at WDNA
Grading	Sunday 17.03	4:00 – 6:00 6:00 – 8:00	Meet at the far court Verandah
Fitness 5	Wednesday 20.03	6:30 – 8:00	Court 13 at WDNA
Fitness 6	Wednesday 27.03	6:30 – 8:00	Court 13 at WDNA
Team Announcements	Sunday 31.03	10:00 – 1:00	Whiteman Park
Fitness 7	Wednesday 03.04	6:30 – 8:00	Court 13 at WDNA
Fitness 8	Wednesday 10.04	6:30 – 8:00	Court 13 at WDNA
Fitness 9	Wednesday 17.04	6:30 – 8:00	Court 13 at WDNA
Bunnings BBQ	Sunday 21.04	7:30 – 4:30	Bunnings Wangara



CONTACT US!

Email: steelersnetballclub@mail.com

Find us on Facebook: STEELERS Netball Club – Current Members

Web: www.steelersnetballclub.webs.com

YOUR CURRENT COMMITTEE

POSITION	MEMBER
President	Sharee Hitchcock
Vice President	Nicole Montgomery
Secretary	Lisa Shultz
Registrar	Helen Hitchcock
Treasurer	Helen Hitchcock
Fundraising	Andrea Sturgess
Events	Bree McKay
Uniforms	Laura O'Hagan
Social Media	Kate Longman
Year Book	Kate Longman
Coach	Rebecca Farmer
Player	VACANT
Equipment	Lyndal Wade
Umpire	Sophie Giraudo
Junior Convenor	Lauren Bridges
General	Holly Wyss
General	Kathleen Allen
General	Jackie Kitney