

STEELERS

Netball Club

Newsletter Issue 7

ROUND 2

2018



STEELERS STORIES

PRESIDENTS PRESENTATION

Half way through the 2018 Winter Season already with some great results across all age groups and divisions – time really does fly when you're having fun.

Remember that whenever our members put on a STEELERS uniform you are striving to "be the very best you can be" and in the spirit for 'the love of netball'. As a Club we encourage you to play within the rules for the sheer enjoyment the sport brings. Parents and spectators are also representing STEELERS and we have been delighted with the positive energy coming from the sidelines. Just a note to please remember that the coaches are there to coach and direct, therefore all cheering is best done with a simple commentary of well done, great pass and GO STEELERS. It can be confusing to the players if they have too many instructions and it is also against the WDNA policies & procedures so you could get slapped with a fine.

Injuries are something that can impact all aspects of life. Regardless of where an injury occurs, please report this to your team coach. The coach will then proceed with a relevant inclusion plan to suit the level of injury. It is club policy that ALL injuries will need a clearance (a note from the Medical Practitioner stating you are physically ready to resume netball from your current injury) to return to play in games. This not only covers the club but also ensures you are not doing further damage to your body. If injured at Saturday netball it is ESSENTIAL that you see the WDNA physio (you pay for this service in your fees) and it is also essential that you obtain a copy of their treatment record as this will be needed should you choose to make a claim through the netball WA insurance.

At the beginning of the season STEELERS placed 10 players in each team. Abiding by our statement 'life comes first' we are finding fill in players for most teams each week. Please note that when your coach asks for numbers each week they need a prompt reply. A lot of work goes into finding fill in players as there are a lot of rules etc around who can play higher grades. It is EXTREMELY difficult when players pull out last minute!

With the final round creeping up on us, our focus is turning to club support. Most teams will be making finals so having a noisy sideline of cheering and support can make a big difference. We urge everyone to come down early or stay behind and show your club spirit.



VICE PRESIDENT VISIONS



RBT
RESULT
BASED
TRAINING



We are a Good Sports club



Wow what a sea of purple and white it is at Kingsway every Saturday, such a great sight!

A BIG thank you to all of our wonderful volunteers that assisted with our BBQ duties at the beginning of the season. Each year WDNA allocate each club times and dates to assist the association and with the accelerating growth of our club we are finding it easier and easier to find volunteers so THANK YOU. Our next spurt of association volunteers will be during finals and will be dependent of how many teams make finals.

As a Social Club we wouldn't be able to operate without the generosity of our sponsors. Our "Gold Sponsors" Loan WA, RBT Gyms and T & H Steel are all locked away for another year of sponsoring our wonderful netball club. We have also recently welcomed in RISE Business Solutions and Capricorn Conveyancing to our sponsorship family - but we are still looking for sponsorship which will ideally support the growth of our junior competition and development. If there is a business keen to jump on as a GOLD sponsor we do have the opportunity to advertise for them on our playing bibs.

If you know a business whether it be big, small, operating from home or whatever then please pass on our sponsorship contract or get in contact with myself.

Nicole Montgomery – 0410 365 567

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



SECRETARY SECRETS

All members are reminded that assistance can be requested on Saturdays from both the match office and the umpiring office by presenting your team card. If you find yourself in a situation where you feel the need to approach either an umpire, player, spectator or member of an opposition team in an adverse manner, please send a representative with the card to the match office. These must be presented DURING the game, not after. If you do not have a card for your team, please speak to Sharee to organize one

A reminder that Sharee and Nicole are the only 2 STEELERS members permitted to call or email WDNA. This is due to the high volume of enquiries WDNA receive. If you have any queries about lost property, game times, ID numbers, matters of conflict, fixtures, etc., please contact the club and we will help with the answer or pass on your query.



A reminder that your club is run by VOLUNTEERS. We have a club EMAIL which is our preferred method of communication from the club to the members and the members to the club which ensures the volunteers are not disturbed during their private life. Please ensure you are using the club email address in all correspondence.



STEELERS relies heavily on email communication. 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.

TREASURER TREATS



As a club, we feel STEELERS goes to great levels to support everyone to be able to play the game we love. In return all we have ever asked for is open communication and honesty.

We are well and truly into the nitty gritty end of the season. Unfortunately there are some members who still have outstanding fees. These players will not be able to take the court for their team until all monies including late fees have been paid. No more reminders will be sent - just notifications to the team coaches.

There have also been a number of payments hitting the system in the wrong account and with no reference. We are not mind readers so please make sure you use your surname or follow instructions when making payments.

Our bank details are:

Acc Name: STEELERS Netball Club Bank: Bank west

FEES = BSB: 302-162 Acc: 0566228

UNIFORMS – BSB: 302162 Acc: 1057727

FUNDRAISING= BSB 302162 Acc :1057874

Helen Hitchcock – 0414 846 082



REGISTRAR REVIEW

Even though the winter season is still in progress the club has started the planning for the 2018 Spring Season. The first game of Spring will be Wednesday 17th October and the final game Wednesday 5th December. Registrations and payment details will be emailed to all current members soon so please check your details.

STEELERS welcomes new members to this competition so if you have anyone who is keen to play please get them to contact us.

Helen Hitchcock – 0414 846 082

REGISTRAR REVIEW

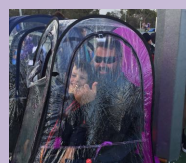


Now that we are half way through the season it is time for the managers to complete their mid-season bag check. All managers have been emailed their bag contents sheets. Please check that you have all items and that they are in working order and reply back to the club. Please note that no item will be replaced without the broken item given to the club. If an item is lost it will be replaced at a cost to the team. All prices can be found in your manager's packs.

Unfortunately at this stage of the season as a club we find a few members with niggling injuries. Steelers have a number of additional equipment items available to our members. From skipping ropes to ladders, from hurdles to balance boards. To see what else we have available or to hire a piece of equipment please email the club.

The club also has purple weather tents for sale @ \$50.00 each – please email the club to secure yours. First in best dressed.

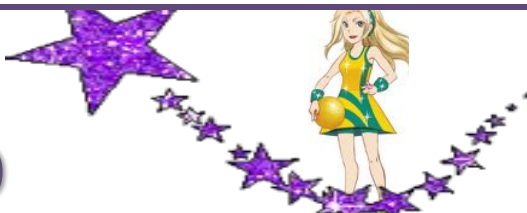
Lyndal Wade – 0431 946 251



Non Training bag items	QTY required per bag
Team Bag	1
Training Ball	4
Game Ball	1
Velcro Bib	1
Score Card Holder	1
Timer	1
Whistle	1
Pen	2
Tarp	1
Rule Book	3
Bench Seat	1
First Aid	1
Band-aids	20
Wound Tape	1 roll
Non Stick Wound Pad	5
Medi Swabs	10
Tampons	4
Nail Clippers	1
Gloves	4
Scissors	1
Bobby Pins	20
Tissues	1 pack

Training Team Bag Items	QTY required per bag
Team Bag	1
Training Ball	5
Game Ball	1
Hand Pump	1
Game Velcro Bib	1
Elastic Training Bibs	1
Score Card Holder	1
Timer	1
Whistle	2
Pen	2
Tarp	1
Bottle holder	1
Rule Book	1
Bench Seat	1
Flat Cones	20
First Aid	1
Band-aids	20
Instant Ice Pack	1
Wound Tape	1 roll
Non Stick Wound Pad	5
Medi Swabs	10
Tampons/Pads	4
Nail Clippers	1
Gloves	4
Scissors	1
Bobby Pins	20
Tissues	1 pack

UNIFORMS UNCOVERED



It is great to see so much purple down at the courts on Saturdays – it really does send a sense of professionalism and belonging out to the wider netball community.

STEELERS Netball Club is placing one FINAL playing order for 2018. The purpose of this order is to add to our stock for the 2019 season. If you would like a dress, boy leg shorts or supporter polo please email the club your order. This order will be placed on 04.07.2018 so please make sure you get in touch with us before then. These items are all compulsory for game day. Coaches have been advised that any member without these items will not be permitted to take the court.

The 2018 special is our STEELERS umbrellas. These are in stock and available for your purchase. To lock away your umbrella please email the club.

Permanent supporter stock that is readily available are our backpacks, sports bags, rock tape, sockettes, bike socks and athletic socks – please email the club to arrange your collection

Out of stock items (that we will not be re-ordering) we have available include our $\frac{3}{4}$ white wet weather jackets, compression pants, compression singlets, key rings, sweat towels, baseball caps, water bottlers and water coolers. Make sure you check out our current season Facebook page for weekly deals.

Laura O'Hagan – 0404 068 974



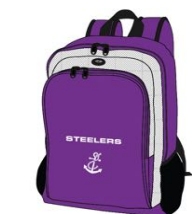
DRESS
\$70.00



LADIES POLO
\$45.00



BOY LEGS
\$30.00



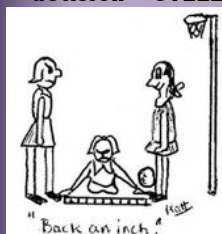
UMPIRE'S UNVEILED

Umpires – they are the people who wear white and have a whistle to 'control' your game. An umpire needs to ensure the rules of the game are enforced. Umpires have two ears, two legs and a heart just like the 14 players on the court – why because they are human.

No umpire will ever officiate a perfect game, just like no player will play a perfect game. And no umpire deserves to be verbally abused or insulted just like no player deserves to be verbally abused or insulted.

Please remember this next time you decide to remind an umpire they have made the wrong decision – STEELERS will be standing by ALL umpires and will not accept any player telling an umpire how it is.

Hefty penalties will be imposed if it becomes known to the club. Our advice to you is do what you have paid to do – play netball and leave the umpiring to the people in white.



Sophie Giraudo – 0459 324 720

JUMPING JUNIORS



It is so great to see our lovely junior coaches in action each Wednesday. You are all doing incredibly well and developing your teams strongly.

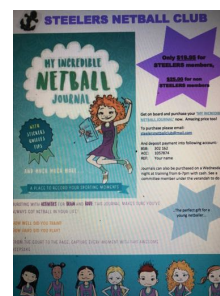
We have been lucky enough to participate in the West Coast Netball Region's 'Adopt a Warrior' Program where we had a few of the West Coast Warrior Netball athletes come and do some work with us by running 2 training sessions and then attend one of our Saturday games. A BIG thank you to Bryanna Bartel, Marli Hughes, Clare Ge, Anna Bonadeo, Meg Gibson, Ash Weyer, Caitlyn Brown, Ashby Gordon, Kellie Barker and Eden Gilbert.

We will also have the opportunity to attend the West Coast Warriors home game on the 15th July. This is being played at Arena Joondalup so if everyone can please put this date in your diaries. We will have the opportunity to of course watch the game and then have a meet and greet with the athletes and receive some goodies too! It's very exciting to be given this very special opportunity. More information will be sent to all junior teams closer to the time. While this opportunity is open to our junior teams all open athletes are encouraged to get down to a game of WANL – fixtures are on Netball WA's website.

In support of our development program the club has purchased ELIZA Netball Journals. A book to track your child's netball involvement with games, netball knowledge and the opportunity to self-reflect. Be sure to get one for your budding netballer today.

We will soon be advertising our cookie dough fundraiser (just in time for our upcoming cake stall!!) All of the monies raised will provide financial assistance to run more development programs such as the adopt a warrior. Keep up the hard work athletes and keep listening to your coaches. Parents we thank you for your support of your sons and daughters thus far.

Lauren Bridges – 0402 827 000



YEARBOOK YAKING



We want your photos. All action shots, team shots and images from your team's social gatherings – we want them.

Each year STEELERS puts together a year book celebrating the year that was. These are available at our end of season function and our annual AGM.

Year books can be purchased from the club at our AGM

Kate Longman – 0405 772 970



SOCIAL SURROUNDINGS

STEELERS has a very strong social media presence.

Did you know that STEELERS has two Facebook profiles – STEELERS current members and the STEELERS Facebook page. It is very important that our members tune into both pages to get the most up to date information.

STEELERS is also very active on Instagram.

Connecting with our members is very important and we use Instagram to showcase our pic of the week – ensure to keep on the lookout just in case you are our feature.

STEELERS also run a web site. Currently under maintenance our web site features all the attest information from our season. So if you're looking for any forms or details please check it out.

Kate Longman – 0405 772 970



COACHES CORNER

Managers – we are half way through the season which means you need to please send in the opposing umpire votes.

These votes are calculated from the under 12 team and higher. Don't forget these are different from the coach's votes.

We are also chasing the games played from each team. Please don't forget to be recording any players who takes the court from a lower team – their court time acts as a game played.

Coaches – great work in holding the club's values and morals within your team so far – we are all very proud of how you are all conducting yourselves.

It is wonderful to hear the support and encouragement from the sidelines

We understand how tricky it can be rotating 10 players throughout court positions so if you would like some assistance

COMPLAINT CARDS – all coaches should have a WDNA business card with their team number printed on the front. This is your complaint card (if you don't have one please email the club)

If at any time you feel the game is not being played in the spirit of netball please send a supporter to the match office with this card to lodge a complaint. This needs to happen during the game.

Rebecca Farmer –0439947973

PLAYERS PARTICIPATION



SPECIALIST SESSIONS

To assist player development the club has arranged the following specialist sessions for all financial members. So, get your diaries out and lock in these dates:

27.06.2018
04.07.2018
11.07.2018
18.07.2018
25.07.2018

Running time from 6:30pm – 7:30pm at the Kingsway Netball courts – Court 13.

Please remember to email through your RSVP by Tuesday 5pm if you are wanting to attend. The event needs 15 athletes to go ahead. If you RSVP yes and fail to attend you will be required to pay the session fee



STEELERS Specialist Sessions

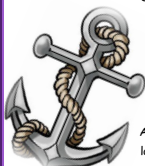
As promised... STEELERS will be running training sessions run by State League Representatives. Each session will cover basic netball training that will benefit all netballers of all skill levels. Sessions are FREE for all financial members. \$5.00 per session for un-financial members and for all other interested people. 15 members needed to run each session so if you RSVP YES please make sure you attend to avoid being charged.

WED 27.06.2017 – 6:30pm – 7:30pm @ WDNA Netball Court 13
WED 04.07.2017 – 6:30pm – 7:30pm @ WDNA Netball Court 13
WED 11.07.2017 – 6:30pm – 7:30pm @ WDNA Netball Court 13
WED 18.07.2017 – 6:30pm – 7:30pm @ WDNA Netball Court 13
WED 25.07.2017 – 6:30pm – 7:30pm @ WDNA Netball Court 13

For more information please email: steelersnetballclub@mail.com

STEELERS NETBALL CLUB

STEELERS Netball Club is proud to be able to support the netball carnival



WARRIORS CUP Carnival

A round robin style carnival with lots of fun laughter. The carnival is open to players 16 and under, 13 and under, 10 and under, 11 and under and 12 and under



WHEN: Sunday 29th July 2018

WHERE: WDNA Courts - Kingsway Sporting Complex

RSVP: 11.07.2018

Full teams and or individuals
steelersnetballclub@mail.com

COST: \$25.00 pp for financial STEELERS members
\$30.00 non-financial STEELERS members or non-STEELERS members
: includes carnival entry, umpire and equipment hire

CARNIVALS

STEELERS supports carnivals around our netball community. The Junior Warriors Carnival is a great day of netball for our junior members.

A big congratulations to Bree McKay, Sharee Hitchcock, Sarah George, Belinda Rasti and Caitlyn Marsh on their recent selection in Joondalup's Smarter than Smoking Championships





EVENTS ENLIGHTENMENTS



QUIZ NIGHT . . . August 4th is the night of our main fundraising event for 2018. Last year it was a hit with tables selling out fast.

Tables of a min of 6 people and a max of 10 (NO EXCEPTIONS)

Please nominate a team captain. Team captain please email your table name and persons attending to the club email and pay for your table in our transaction into the clubs fundraising account.

You don't need to be smart – you just need to be ready to have fun. Games, raffles, silent auctions and memorabilia cheaper than in stores.

Don't forget there are bonus points up for grabs to the first booked and paid table, plus most creative name and best dressed table. Share with family, friends, colleagues and neighbours.



HAMPERS . . . all teams have now been allocated a hamper to out together for our cake stall and quiz night. A great way for the teams to put their ideas together and create something worth winning!!! Senior captains and junior assistant coaches we have left this up to you to please organise.



Lets celebrate the 2018 season.

STEELERS NETBALL CLUB

end of year function

SUN 14 OCTOBER

9.45am - 12.30pm

Super Bowl Warwick

****Please bring socks****

TICKETS AVAILABLE NOW JUNIOR MEMBERS \$25

EFT into fundraising account

bsb - 302162

acc - 1057874

ref: bowls/surname

END OF SEASON FUNCTIONS . . . The

organisation of these events have started.

**Under 18's and opens Saturday 6th October
Junior teams Sunday 14th October.**

**Please check your flyers for more details.
Partners and parents welcome to attend.**

**Tickets are available for purchase from the far
court match office from Sharee each Saturday
between 8:30am and 2:00pm with CORRECT
money.**

Bree McKay – 0424 160 658

Lets CELEBRATE the 2018 season.

STEELERS NETBALL CLUB

end of year function

**EARLY BIRD OFFER -
TICKETS AVAILABLE
NOW!**

SAT 6 OCTOBER - 7pm

Osborne Park Bowling Club

31 Park Street, Tuart Hill

**TICKETS AVAILABLE NOW
ALL TICKETS \$25**

**AFTER JULY 21ST
MEMBERS \$25 NON MEMBERS \$30**

FUNDRAISING FUN



The club currently has two fundraising opportunities happening . . . Each team was given 5 Netball WA raffle books to sell. \$2.00 a ticket or \$20.00 a book – and with a Nissan X-Trail to be won the tickets sell themselves. All ticket stubs and money is due back to Sharee BY July 21st

We are also once again selling the Entertainment Books. With hundreds of savings to be had from local businesses and Bali be sure to get yours today

Andrea Sturgess – 0439 480 710



GENERAL GENERALISATIONS

FEVER

Have you been watching our state team . . . we are on top of the ladder.

With only 3 home games to go, it is not too late to get your tickets to watch them live.

Make sure you check out our weekly game summary for your discount code.

You would have also seen on social media the #WAKEUPNETBALL. A community drive to get netball more recognition. Be sure to use this hashtag with #STEELERSNETBALLCLUB when posting about your netball experience.

Jackie Kitney – 0410 122 180



RD	DATE	OPPONENT	VENUE	TIME
1	Sun 29 April	Thunderbirds	Priceline Arena	11:00 am
2	Sat 5 May	Maggies	Perth Arena	7:00 pm
3	Sat 12 May	Lightning	Sippy Downs	3:00 pm
4	Sun 20 May	Swifts	HBF Stadium	1:00 pm
5	Sat 26 May	Firebirds	BEC	1:00 pm
6	Sat 2 June	Giants	Perth Arena	7:00 pm
7	Sat 16 June	Vixens	Hisense Arena	1:00 pm
8	Sat 23 June	Thunderbirds	Perth Arena	7:00 pm
9	Sat 30 June	Maggies	MCA/HA	5:00 pm
10	Sat 7 July	Lightning	HBF Stadium	7:00 pm
11	Sat 14 July	Swifts	Quay Centre	5:00 pm
12	Sat 21 July	Firebirds	Perth Arena	7:00 pm
13*	Sat 28 July or Sun 29 July	Vixens	Perth Arena	7:00 pm or 3:00 pm
14	Sat 4 Aug	Giants	ICC	5:00 pm

*Round 13 time and date still to be confirmed. All times are Australian Western Standard Time (AWST). Times and dates are subject to change. Visit supernetball.com.au for the latest fixtures.

COMPETITION PHOTOS

With the nitty gritty end of the season upon us STEELERS want you to capture the moments as they happen – and win some merchandise

GAME 9 = BELT UP BALLS: Get your pic with the team green belt up balls

GAME 10= Supporter Week: capture your team supporters doing what they do best – support you

GAME 11 = Team Cheer: show us you best team cheer

GAME 12 = Club Spirit: show us how you club interactions on a Saturday – 2 teams in 1 pic

GAME 13 = Sportsmanship – show us your teams reputable sportsmanship

GAME 14 = That winning feeling

Be sure to send your pics to the club email by Wednesday 5 pm

Kathleen Allan – 0414 311 386

NUTRITION

It's important to start games well-fueled. Each athlete is different, but players will often eat a pre-game meal around 3 to 4 hours before the start of the match. This meal should contain some carbohydrate for fuel as well as some fluids for hydration. A small amount of protein in the pre-game meal is also useful, as it can help to prevent hunger during the game.

While water is the priority fluid during training and for hydration during the day, and in most matches. Sports or electrolyte drinks may be useful during a game for players identified as having high energy requirements or heavy fluid losses as they can deliver some carbohydrates and electrolytes.

A recovery meal or snack should be consumed soon after exercise period, remembering that recovery nutrition extends well beyond the initial hours post-game, particularly when the next training session or game is the next day. Fluids (mainly water) should also be consumed, based on estimated losses.

Please see our nutrition attachment for more details.

Holly Wyss – 0404 762 687

Teammates
have your back
So if you fall
you'll always
have people
to help you bac
onto your feet.

M113, Charlie
04 93 800 100 00



**WDNA GAME CALENDAR **

GAME 1	GAME 2	GAME 3	GAME 4	GAME 5	GAME 6	GAME 7	GAME 8	GAME 9
28/04	05/05	12/05	19/05	26/05	09/06	16/06	23/06	21/07
GAME 10	GAME 11	GAME 12	GAME 13	GAME 14	SEMI	PRELIM	GRAND FINAL	
28/07	04/08	11/08	18/08	25/08	01/09	08/09	15/09	

Dates to Remember

EVENT	DATE	TIME	WHERE
BYE	Saturday 30.06.2018	-	-
Specialist Session	Wednesday 04.07.2018	6:30pm 7:30pm	WDNA Court 13
BYE	Saturday 07.07.2018	-	-
Specialist Session	Wednesday 11.07.2018	6:30pm 7:30pm	WDNA Court 13
BYE	Saturday 14.07.2018	-	-
Specialist Session	Wednesday 18.07.2018	6:30pm 7:30pm	WDNA Court 13
GAME 9	Saturday 21.07.2018	TBC	Check weekly Summary
Specialist Session	Wednesday 25.07.2018	6:30pm 7:30pm	WDNA Court 13
GAME 10	Saturday 28.07.2018	TBC	Check weekly Summary
GAME 11	Saturday 04.08.2018	TBC	Check weekly Summary
QUIZ NIGHT	Saturday 04.08.2018	6:30pm	Osborne Park Bowling Club

CONTACT US!

Email: steelersnetballclub@mail.com

Find us on Facebook: STEELERS Netball Club – Current Members

Web: www.steelersnetballclub.webs.com

STEELERS

Direct Deposit Details

FEES

BSB: 302-162

Acc: 0566228

FUNDRAISING & EVENTS

BSB: 302-162

Acc: 1057874

UNIFORMS

BSB: 302-162

Acc: 1057727

YOUR CURRENT COMMITTEE

POSITION	MEMBER
President	Sharee Hitchcock
Vice President	Nicole Montgomery
Secretary	VACANT
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 Giraud
Junior Convenor	Lauren Bridges
General	Holly Wyss
General	Kathleen Allen
General	Jackie Kitney