

Scarborough News

The newsletter for
Scarborough Netball
Club

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Presidents Report

This month's report is a snapshot of key items that were discussed at the last committee meeting. If players, coaches or parents would like anything discussed at committee please feel free to email snc@snc.org.au.

Uniform Update: Our suppliers have agreed to provide custom made bibs at no charge to the club. These will arrive in the coming weeks and distributed to coaches accordingly. In the meantime to avoid any further damage or material pulling, the Committee encourages teams to continue to wear pull over bibs where possible.

Social events: really do go a long way in building on our great club camaraderie and the **Minute to Win it Night** was no exception. While ticket sales were unfortunately low, the night exceeded all expectations and was a huge success. Our Patron, Kaye Arbuckle was brilliant in arranging everything on the night, along with the help of her dedicated husband Berry. Thank you to everyone that assisted with games on the evening, and anyone who organised and contributed prizes. The grand prize was a week-end away care of Bridgetown Hotel, a terrific prize, congratulations to the winner Chloe Camfield, enjoy! Other sponsors included Lamonts and Lorna Jane.

The next event is the highly anticipated VIP viewing of Harry Potter 'Deathly Hallows – Part 2'. Tickets will be available to purchase from Wednesday 15th June onwards. Please contact Jade Unwin for more information.

Wembley Sports Park Development: Work will commence next year on transforming Matthews Netball courts and the surrounding ovals into a multi-sports park. PNA must be congratulated for all their hard work; they have worked tirelessly to ensure netball doesn't lose out. Further information on the development is detailed further in the newsletter.

Conduct and presentation of players:

We're one of the oldest netball clubs still participating in PNA and with that is enormous pride on behalf of past and present players. Remember when you're wearing a SNC uniform your personally setting the foundation for how others perceive our club and the impression others have of us.

In terms of presentation remember:

No jewellery – no-one wants to see a nasty earring injury.

Hair tied back – hair in your face leads to a ball in your face!

Appropriate training gear and footwear – there aren't prizes for best dressed, let's be practical about this!

In terms of how we conduct ourselves, remember:

- No swearing – it's simply unacceptable and sounds terrible.
- Respect yourself, team mates, umpires and coaches – we're all here for fun at the end of the day.
- Arrive on time - if you can't tell someone in advance, people are counting on you!

And lastly, a few of our teams are struggling this season. Remember losing doesn't always mean failure. Winning is about doing the best we can possibly do. And sometime this may not always show on the score card- but you'll know if your team has had a 'personal best'. Don't get bogged down and become preoccupied with losing. It's just like learning to ride a bike. Each time you fall your body gets valuable information on how to do it better. Often the better your opponent performs, the more chance you have of having a peak performance. Without a worthy opponent, without any challenges netball is not so much fun. The more the challenge the better the opportunity you have to go beyond your limits. Just keep trying!

Brooke Grieves—
SNC President



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Dates to Remember

- No games: July 9 (only seniors play), July 16 & 23
- July 18 - Harry Potter Movie night.
- 27 August - Day at the races
- 17 September - Grand Final and End of Season Wind up

Movie Night

SNC will host a screening of *Harry Potter and the Deathly Hallows* on Monday, July 18th at Grand Cinemas, Warwick for all members and their family and friends.

The movie will start at 6.30pm but everyone should meet in the foyer at 6pm.

Tickets will be \$12 with part funds going back to the club.

See Jade for Tickets.



Purple Training Night for Breast Cancer Care WA

Thank you so much to all who participated . We raised just over \$300. A excellent effort. Thank goodness the weather held off and there were no soggy cupcakes!! Thanks to all those who donated and enjoyed some very delicious treats. An a big thanks to those that baked.



All the money raised, stays here in WA to support women and their families affected by breast cancer. Breast Cancer Care Wa's support services are free and include access to experienced breast care nurses and counsellors, who visit women in hospital and their homes (if they are too unwell to drive), support groups and practical assistance. Donations also assist

Representing SNC

There has been some reports of "bad attitudes" at training and on game day.

The SNC committee has high expectations for its players who are expected to make every effort to attend training on Wednesdays, respect and listen to their coaches at training and on game day and display good sportsmanship. Please contact your coach as early as possible to let them know if you cant make training or a game.

Swearing and disrespecting coaches and umpires will not be tolerated.



Merchandise for Sale

SNC jackets \$75 (very warm)

Umbrellas \$30

Bloomers \$15

Stubby holders \$2

See Kay or Krissy at training to get in to the SNC spirit for the 2011 season and fly the club colours at training and on game days.

2011 Fundraising

Chocolates

Thanks to all the members who have already taken a box or two. They sell for \$1 each and money should be returned to Kay.

Entertainment Books

There are still Entertainment Books available for \$65 with \$13 from every sale going back to the club.



Nearly 40 SNC members and their family and friends had an unforgettable night at the club's inaugural Minute To Win It event at Percy Doyle Reserve last month.

Our patron Kay and her husband Berry, along with our secretary Rachel, coordinated various games throughout the night, including placing nails on a string, hula hooping, keeping three balloons in the air, using a straw to take M & M's from one side of a table to the other and the favourite, the head banging pedometer.

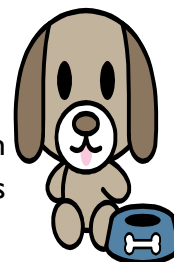
New head coach Emily Wise got strategic with the latter, sitting on the floor in the zone while team two goal shooter Gina Gill was a hit on the nails game. There were plenty of laughs, competitive spirit and great prizes awarded on the night. And the generous crew helped raise money for SNC's 2011 charity, the Nakuru Kenya Family Project, by guessing the number of chocolate eggs in the jar.

Thanks especially to all the sponsors; the Bridgetown Hotel, Lorna Jane and Lamonts

Lost and Found

Found —Whistle

An umpires whistle has been found at training. If it is yours please contact Mel.



Strapping Tape

For Sale

Strapping tape will be available for \$10 (RRP \$15) at training and games this season.

See Mel Leeder at training or on Saturday to stock up.



Karrinyup Boost Sponsorship

Boost Juice in Karrinyup has donated vouchers to each team to award a best player per game.

Team captains/coaches will receive the vouchers before the first game.

Thanks to Boost Juice Karrinyup.



Rule Clarification

Second Injury Time

When a team calls a second injury time in one quarter, the player only has 30 seconds before time resumes so in most cases will need to leave the court.

However, that player can resume their position after a goal is scored, there is no need to wait until the next quarter. The first injury time is

Wise at Fever

New SNC head coach Emily Wise has joined West Coast Fever as its Marketing Executive. She took up the position just before Australian Diamonds Coach Norma Plummer was announced as the new coach of the Fever.



Western Suburbs Weekly, June 7, 2011, pg 79

AUSTRALIAN netball coach is bringing her expertise to the West Coast Fever from September. Norma has signed a two-year contract with Perth's netball team, which has been at the bottom on the Australian grouping of the league since its inception.

Last week said she was "all in" for the Fever and expected the same from her team and nothing less. "I want to mould a team of players and get them to be competitive," she said. And the current Diamonds coach is aiming high: she wants a premiership by the end of her two-year reign. "Yes, we will have to recruit, but we will use most of the Fever players," she said. "I'm not thinking about that because I'm committed to the Diamonds at the moment and don't want people to think I've been poaching."



Norma will guide the Australian team, which includes Fever player Susan Fuhrmann and Caitlin Bassett, at the Word Championships in Singapore in July, and will move to Perth in September. She has not decided where she will live in Perth but chances are it will be close to Netball WA's home in Mt Claremont. She said her daughter would look after her house in Melbourne but would be a regular visitor, wearing the colours to support Fever.

Uniforms

Scarborough is sporting a new look this season with new uniforms but it's important that they aren't altered too much. It has come to the committee's attention that some players have shortened their dresses to an inappropriate length.

Because of this, the club has imposed a rule that dresses must not be taken up beyond the Kukuri sign on the back. Those who have already done so will be asked to take the hem out and shorten their dress to a more respectable level. Remember, you are representing SNC every time you wear that uniform.

Also, current bibs seem to be pulling at the fabric. New bibs are on the way but in the meantime please be careful putting on and taking off the bibs.

Wembley Sports Park

Perth Netball Association has written to the Town of Cambridge in support of plans for the new Wembley Sports Park that will include new outdoor netball courts and an indoor State Netball Centre.

The Centre and new outdoor courts will be built on the lower section of the Matthews Netball Centre site and a new oval will be built on the existing car park with parking reconfigured around the oval.

The developments will give PNA members access to a modern pavilion that will provide a modern administration block and storage, toilets that can cope with a high demand, change room facilities with showers, a First Aid post and efficient catering facilities.

Sponsors



Winter Warmer

Apple & rhubarb with ginger crumble

Gingernut biscuits and crystallised ginger give a tangy touch to a classic fruit crumble.

Ingredients (serves 6)

- 500g rhubarb, ends trimmed, washed, cut into 2cm pieces
- 4 red apples, peeled, cored, cut into 2cm pieces
- 60ml (1/4 cup) water
- 100g (1/2 cup) caster sugar
- 1 x 250g pkt gingernut biscuits, coarsely broken
- 60g (1/4 cup) finely chopped crystallised ginger
- 50g butter, melted
- 2 tbs brown sugar
- Vanilla ice-cream, to serve

Method

Preheat oven to 180°C. Combine the rhubarb, apple and water in a large saucepan over medium heat. Bring to a simmer. Reduce heat to low and cook, stirring occasionally, for 10 minutes or until the rhubarb softens.

Add the caster sugar to the pan and stir until the sugar dissolves. Pour the rhubarb mixture into a 1.5L (6-cup) capacity ovenproof dish.

Combine the biscuit, ginger, butter and brown sugar in a medium bowl.

Sprinkle the biscuit mixture over the rhubarb. Bake in oven for 10 minutes or until the crumble is crisp and the rhubarb mixture bubbles. Serve immediately with ice-cream.



Scarborough Netball Club

Established in 1952
Doubleview Primary School
St Brigid's Terrace
Doubleview

Email

snc@snc.org.au

Website

www.snc.org.au