

Scarborough News



May 2010

Dates to Remember...

June 19: Cocktail Night at The Wembley

August 7: Social dinner at Amaretto, Osborne Park

September 11: Scarborough Presentation Night at the Scarborough Sportsmans Club

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(Vice)President's Piece Jackie Tan

Scarborough's season has finally begun!

Congratulations to our winners and commiserations to the teams yet to record a win.

Whatever your results so far, I hope the beginning of your season has been enjoyable and competitive.

It is always inspiring to see the presence Scarborough has on Saturdays.

Just driving past PNA, Scarborough teams are so easy to recognise, it reminds me we are all

part of a strong club with a proud history of 58 years.

It is also great to see so many supporters at the games, so come down and cheer on your club as much as you can.

Scarborough is known to be a very social club; we have already had a bowls night which by all reports was a great night.

There is cocktail night on the agenda and many teams have been organising team events.

We love to see you all at these events, especially

our newer members; it's a great way to get to know your team and club mates.

Finally a big thank you to everyone who has helped out so far this season; the committee members, coaches, team managers, umpires, sponsors, supporters and of course to all our players – you all help make Scarborough such a great club.

Good luck for the rest of the season.

Jackie

Be among the first to see *Eclipse*

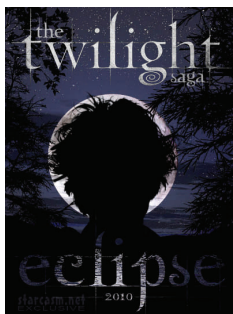
SNC members have an opportunity to watch the next instalment in The Twilight Saga on Monday, July 5 at Grand Cinemas in Warwick.

The screening of *The Twilight Saga: Eclipse* will start at 7pm and tickets are only \$12 each.

A small portion of the ticket price will go back to the club.

Tickets are expected to be snapped up fast so get in early.

Call Jade Unwin on 0412 015 013.



The Twilight Sage: Eclipse

Starring Robert Pattinson, Kristen Stewart, Taylor Lautner

As a string of mysterious killings grips Seattle, Bella, whose high school graduation is fast approaching, is forced to choose between her love for vampire Edward and her friendship with werewolf Jacob.



Basic Rules of Netball



There tend to be a few rule changes every year but it is important to refresh the basics every year.

Here are a few tips.

Length of the Game

Netball is played over four 15 minute quarters. There is a three minute break between the first and second quarter and the third and fourth quarters. The half time break is five minutes. Injury time is up to two minutes.

Team Changes and Substitutions

A team may make any number of substitutions at the quarter, half or three-quarter time break as well as during a stoppage due to injury or illness. If a substitution or team change is made due to injury or illness, the injured or ill player must be involved in the substitution or positional change. The opposing team is free to make substitutions or positional changes, regardless if the team who called for the time out makes no changes.

Contact

A player cannot accidentally or deliberately come into contact with another player in a way that impedes their play. For example, pushing, charging, tripping, throwing the body against an opponent or using the ball to push or contact an opponent. Players must not hold an opponent or keep their elbows against another player.

Obstruction

A player with arms extended cannot defend a player with the ball closer than 0.9m (3 feet). This distance is measured from the first landed foot of the attacking player to the nearer foot of the defending player. A player may stand closer to an opponent without the ball provided their arms are not extended but a player may not use intimidating actions against an opponent with or without the ball. If the attacking player lessens the distance in their throwing or shooting action, then the defending player is not considered to be obstructing because it was the attacking player and not the defending player who shortened the distance.

Over a Third

The ball cannot be thrown over a complete third without being touched by a

player in that third. The pass is taken from the third where the player gained possession. It does not matter if they step into an adjacent third to throw. A free pass is taken where the ball crossed the second transverse line.

Offside

Players must stay within their designated playing areas. If a player goes offside, a free pass is awarded to the opposing team in the offside area. A player may reach over and take the ball from an offside area provided no part of their body touches the ground in that area. When two opposing players go offside but neither touches the ball they are not penalised. If one or both players are in possession of the ball when they go offside, a toss up is given in their area of play.

Out of Court

If a player has no contact with the ball they may stand or move out of the court but must make contact with the playing area and have no other contact with anything outside the court before attempting to touch the ball again.

Replay

A player who has possession of the ball may not bounce the ball and re-gain possession of the ball (replay it). If a player does not catch the ball cleanly, it may be allowed to bounce once to gain possession or batted or bounced to another team mate. After throwing the ball, a player cannot play it again until it is touched by another player, or rebounds off the goal post. **A player cannot:**

- punch, roll, kick or fall on the ball,
- gain or pass the ball in any way while lying, sitting or kneeling on the ground or
- use the goal post as a way to regain balance or as a support while stopping the ball from going out of court.

Short Pass

There must always be room for a third player to move in between the hands of the thrower and those of the receiver when passing. Passes that do not have this room are called short passes.

Penalties

There are five types of penalties in net-

ball: 1. free pass 2. penalty pass 3. penalty pass or shot 4. throw in 5. toss up

a. Free Pass

A free pass is awarded for infringements on the court involving one player. The pass is taken where the infringement occurred by any player who is allowed in the area. The offending player does not have to stand beside the thrower taking the pass. If a free pass is awarded in the goal circle, the shooter may only pass the ball - not shoot for goal.

b. Penalty Pass/Penalty Pass or Shot

A penalty pass is awarded for contact, intimidation and obstruction infringements. The pass is taken where the infringer was standing, except if it places the non-defending team at a disadvantage. Any player who is allowed in the area can take the pass. The penalised player must stand "out of play".

c. Throw-In

The player taking the throw-in should place one or both feet behind the point where the ball crossed the line and make sure all other players are on the court before throwing the ball.

d. Toss Up

A toss up is used to put the ball in play in situations such as, simultaneous contact by opposing players or if the umpire cannot decide who last touched the ball out of court. The two players stand 0.9m (3 feet) apart, facing each other and their own goal end. Their arms should be straight with hands by their sides. Once in position, they must not move until the umpire has tossed it up from just below shoulder height of the shorter player, and blown the whistle. The ball may be caught or batted except directly at an opponent. A goal shooter or goal attack may shoot for goal from a successful possession at a toss up.

Blood Policy

An umpire is required to call time when no "on court" player has called time and the umpire observes that a player is bleeding or there is blood on the court, ball or any other player. Play may be stopped for up to two minutes and the rules regarding stoppages shall apply.

SNC Photo Competition

Thanks to all those members who entered the inaugural SNC Photo Competition.

The idea was to capture some “team spirit” on the first game day of the season.

There were several interpretations of this theme but after much deliberation at last week’s committee meet, **Felicity Mussel** was named the winner taking home two Gold Class movie tick-



Top: Kylie Michalczyk
Right: Jade Unwin



Felicity Mussel



Top and Right: Gemma Criddle



Breast Cancer Fundraiser

SNC will be raising money for the Breast Cancer Foundation of WA at training on **Wednesday, May 26**.

Players are encouraged to wear something purple on the night. There will be goodies to buy for a gold coin donation.

It is rare to meet someone who doesn’t know someone who has been affected by the most common cancer suffered by women. A little bit goes a long way so get on board this important cause.



Healthy Eating



Spinach & Ham Pizza

Try this quick and healthy recipe for pizza for a tasty lunch. Add fresh tomato and capsicum for more flavour.

Serves: 4

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

4 pieces wholemeal flat bread

cooking oil spray

500g frozen chopped spinach, thawed

2/3 cup low-fat cottage cheese

2 cloves garlic, crushed

1/2 cup Leggo’s Sugo di Pomodoro sauce

1 1/3 cups cheese

250g shaved ham

1/3 cup sliced stuffed green olives

Instructions:

1. Preheat oven to 200°C/180°C fan forced. Place bread on baking trays. Lightly spray with oil. Bake for 5 minutes. Meanwhile, using hands, squeeze

out excess liquid from spinach.

2. Finely chop spinach; place in a medium bowl. Add cottage cheese and garlic and mix well.

3. Spread each piece of bread with sauce. Divide spinach mixture evenly between each piece of bread; sprinkle with half the shredded cheese. Top with ham, olives and remaining shredded cheese. Bake for 8-10 minutes or until crust is crisp and cheese melted.





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We're on the Web!
www.snc.org.au

Bank: Commonwealth Bank
BSB: 066-122
Account No: 0090 0151
Account Name: Scarborough Netball Club

Sali School Update

So far we've had a generous \$5 cash donation and two former members have donated the funds from their second hand uniforms to the cause.

These kids from the Solomon Islands have so little and just need the simple things we take for granted like power and a library to make their lives a little easier.

Members are welcome to make donations at any time.

We are also aiming to pass around a "donation tin" at the upcoming social events so look out for them.

See Denise at training for more information or check the April newsletter for details.

WEST COAST FEVER TICKETS ONLY \$15
Watch West Coast Fever with the Scarborough Girls

DATES

Round 2: FEVER v TACTIX	- Mon 29th March 5:05pm
Round 3: FEVER v VIXENS	- Mon 5th April 6:05pm
Round 6: FEVER v THUNDERBIRDS	- Mon 26th April 6:05pm
Round 10: FEVER v SWIFTS	- Mon 24th May 6:05pm
Round 11: FEVER v PULSE	- Mon 31st May 5:05pm
Round 14: FEVER v FIREBIRDS	- Sun 20th June 12:50pm

Purchase home game FEVER tickets for \$15 (usually \$24). See Denise at the club or you can call her on 0408 724 026

Short (but important) pieces of information

The Wembley Hotel is again on board as an SNC sponsor this season. Senior teams will soon receive cards that will entitle them to a free pizza and happy hour priced drinks each Saturday after the game.

Entertainment Books have arrived. Kay already has orders for 20 and needs to sell the remaining 10. The books are \$65 each and part proceeds from each sale go back to the club. You can catch our fundraising guru at training or on game day.

Ball pumps are available for each team to keep in their team

bags. They can be found in the equipment cupboard at training. However, the pumps are small and it's important that the needles are not left in the balls when in the bags. The needles will snap off.

Uniform orders have been slow getting to us this year and apologies to players who have been affected by this. Brooke has done a fantastic job keeping in contact with the company and players to ensure everyone has a uniform on game day.

The Cocktail Party is the next item on the social calendar.

Make sure Saturday, June 19 is clearly marked in your diaries. The party is at The Wembley and will coincide with a Socceros World Cup game so there will be a green and gold theme. The action starts at 7.30pm and partners, friends and family are welcome. Tickets: 3 cocktails + cocktail food = \$30, 3 pints tap beer + cocktail food = \$25, 3 soft drinks + cocktail food = \$15. Tickets must be purchase before the night.