



LEEMING NETBALL CLUB NEWSLETTER

JULY 2010

www.leemingnetballclub.com.au

PRESIDENTS MESSAGE

Here we are half way through the season and I would like to commend all players on the way they have conducted themselves both on and off the court. Thanks also, to all the parent support we have each week.

Thanks to the junior umpires for their commitment on Saturday mornings. Our junior umpiring course on the 11th May was well attended and some of those girls have umpired their first game.

The AGM will be held in September and I urge all members to consider taking on a position and assist with the running of their club. The club runs very smoothly when all committee positions are filled. Some members will not be seeking re-election this year, so if you would like to assist with the running of the club to contribute to its success we would love to see you at the AGM. Please do not hesitate to contact any committee member or myself if you have any queries regarding positions on the committee.

Mums, Dads, Coaches get your pens out. We will be calling for nominations shortly for:

Junior Team of the Year Senior Team of the Year Club Person of the Year

Good luck to everyone for the remainder of the season.

Jan Miles
President



CONGRATULATIONS GO TO.....

....the following Leeming Netball Club players who represented Fremantle Netball Association at the recent Association Championships held in June.

Kate Calway (JB1)	Amber Horton (JB1)
Holly Mason (JB1)	Holly Johnson (JB1)
Sophie Crawford (JC1)	Caitlin Dirou (JC1)
Liana Meads (JC1)	Taylor Spalding (JC1)
Jadzia Teasdale (JC1)	Brittany Fuller (JD2)
Elisha Randall (JD2)	Tiana Walker (JD2)

Also Kate Fink from A2 who was chosen for the under 15's team and unfortunately broke her arm during a regional carnival and was unable to play for the Championships.

.....**Lorralie Bucknell (SA3)** who has been selected for the Coastals Regional team.

.....**Jade McGuire (SA3)** and **Demi Mason 17(1)** on being selected to represent Flames Wheatbelt Region.

.....**Sophie Crawford, Liana Meads, Taylor Spalding and Jadzia Teasdale (all from JC1)** on being chosen as members of the Coastal Pups.

.....**Caitlin Dirou (JC1)** for her selection in the 15 and under State Schoolgirls Netball team. This is even more special as Caitlin is only thirteen and only her and two other fifteen year olds were selected from the Fremantle Netball Association.

We wish Caitlin the best of luck for her trip to Toowoomba.

.....**Ella Te Kanawa and Maryse Green** from our E6 team who both received Stockland Bullcreek Certificates for their efforts on the court for their team. Upon entering the Stockland Bullcreek Spirit Award draw for the month of May and June respectively, they each won a \$50 gift card and \$100 gift card for the club. Ella and Maryse and the club go into the draw for the yearly prize of \$200 gift card and \$500 for the club.

.....**Renae Vance (SB1)** on playing her 200th game for the club on 1st May 2010

.....**Amy Truscott (JB3)** for obtaining her Umpiring National C Badge on Saturday 12th June 2010.

As Amy is 13 this is a really high achievement and we wish her all the best in her umpiring endeavours. Following her sister Shannon this now makes Amy the youngest person to achieve this. Also older sister Dorinda an ex Leeming player, coach and umpire achieved her Umpiring National B badge on the 17th June 2010.

Important Upcoming Events

Our **AGM** will be held on the morning of the junior windup.

All positions will become vacant and the club is looking forward to welcoming new members to the committee. The committee meets once a month January to November. Please consider donating your time to ensure our club continues to exist for our players.

SENIOR WIND UP

24th September 2010

At Tompkins on the Swan Reception Centre

JUNIOR WIND UP

26th September 2010

Leeming Bowling Club

TEAM PHOTOS.

Team Photos are to be held on the 31st July. Notes will be distributed with further details.



SPECSAVERS

Booragoon (9316 3058) and Winthrop (9310 5488)

Upon presentation of this ad a discount of 10% will apply to spectacles and contact lenses .

Also Specsavers are donating \$1 to telethon for every eye test taken with them.



Managers:

Please ensure your first aid kit contains everything necessary. Renae Miles our Equipment Officer will replace any item that has been used up during the season.

Please remember our committee are here to help run the club effectively and efficiently. If there are any incidences or problems we should know about please inform us as soon as possible. Fremantle Netball Association request any complaints or queries be addressed through the club.



FUNDRAISING

Thank you to our fundraisers Janet Dowling and Sandra Brown.

They have been working hard distributing chocolates and managing the cake stall to raise funds for the club.

To all those who donated cakes, slices and biscuits for us to sell on the day you helped in making the stall the success it was.

If you have any monies outstanding please hand them to your team manager who will refer them on to fundraising or a committee member.

NISHE'-BELLE

Nishe'-Belle and Beauty on the Avenue rooms welcome members into their salon. Bring this voucher in for your complimentary eyebrow wax with any other service. One offer per member and valid only till 31st August 2010.

Niche'-Belle rooms are located at Unit 5, 22 Parry Avenue Bateman phone 9332 3066

Beauty on the Avenue is located at Shop 5, 110 Parry Avenue Bull Creek phone 9312 1698



KARDINYA TAVERN

The Kardinya Tavern has an extensive menu with daily specials

17 South Street , Kardinya

Phone : 9337 6999



To our umpires.

When ever possible please wear white. You will be expected to wear white if you are umpiring the finals this year. Also It is not advisable to wear the club uniform when umpiring your own team as you can be mistaken for a player.

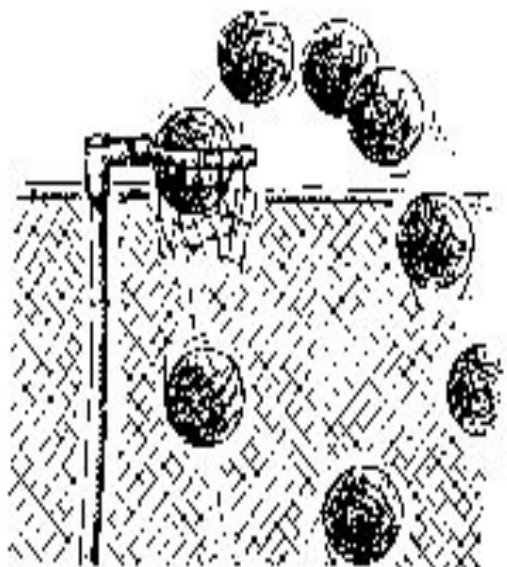
Make sure you turn up for the game early to check nails and jewellery and ensure the game starts on time. To the umpires of junior teams please ensure you sign in.

A big thank you to all those who have assisted the club by umpiring. If you have not received your payment for umpiring in round one please see Sue Crosby or a committee member.



TID Program for 2011.

Athletes from 11 years to 17 years are viewed throughout the season by FNA selectors. At the conclusion of the season, selected athletes will be invited to trial for Fremantle Netball Associations Phase 1 trials for the Association Representatives teams .



Every Saturday there are Leeming teams who are short of players. Sometimes an event taking place out of netball may deplete a team by a number of players. It is club policy that these teams are filled with players from a lower grade rather than brought in from outside the club. As a coach or parent please encourage your girls to assist these teams. It is not only the teams that will benefit. It also gives younger and/or lower division players a chance to improve their skills at a higher level.

Please check out our new website . We are in the process of updating it and hope to add photos, forms, club newsletters, general club information and history.

To view our website go to:

www.leemingnetballclub.com.au

PLEASE SUPPORT OUR SPONSORS WHO SUPPORT US!!!!!!



THE BODY STATION

Physiotherapy/Sports Massage

Located inside the "Willetton Sports Club" phone 9332 0570

Sports Physiotherapy, Screenings, General Physiotherapy and Remedial Massage

Injury Management

NO HARM

No **H**eat – Applying heat to an injury increases bleeding. Avoid hot showers or baths, saunas, spas, hot water bottles, hot lineament or heat packs.

No **A**lcohol – Alcohol increases bleeding and swelling which delays healing. It can also mask pain and severity

No **R**unning – Running or exercise increases blood flow to the injured site. This can make the injury worse and delay healing.

No **M**assage—Massage or the use of heat rubs increases swelling and bleeding



RICER

Rest. Place yourself in a comfortable position. Keep the injured area supported. Avoid using the injured area for at least 48-72 hours as continued activity will increase bleeding and damage.

Ice. Apply ice to the injured area for 20 minutes, every two hours for the first 48-72 hours after injury. Ice reduces swelling, pain and bleeding. Ice can be used in the following ways:

Crushed or cubed ice in a wet towel or plastic bag.

Frozen pea packet in a wet towel. Cold pack wrapped in a wet towel. Caution: Do not apply ice directly to skin.

Compression Apply a firm wide elastic bandage over the injured area. Where possible hold ice in place with a bandage. Between ice treatments maintain bandage compression. Applying

a bandage will reduce bleeding and swelling and also provide support for the injured area.

Caution: Ensure the bandage is not too tight. Some signs of the bandage being too tight may include numbness, tingling or skin becoming pale or blue. If these symptoms and/or signs develop remove the bandage and re apply again firmly but not as tightly.

Elevation. Raise the injured area above the level of the heart at all times. A pillow can be used to provide support and comfort. Elevating the injured area reduces bleeding, swelling and pain.

Referral. As soon as possible after injury arrange to see a qualified health professional such as a doctor or physiotherapist. This will determine the extent of your injury and provide advice on treatment and rehabilitation required.

Early and correct use of RICER and NO HARM is essential management of a soft tissue injury. Ricer and No Harm should be continued for 48-72 hours



Leeming Netball Club



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