# ENIOR NETBALL 201

# CCGS Senior Netball Newsletter 2016

Issue 7
I8th June 2016



# Results from 18th June - Round 7

Firsts were defeated by Oakhill College 59 to 29

Senior B's were defeated by Oakhill College 4's 33 to 24

Senior B's were defeated by Oakhill College 5's 26 to 19

Intermediate A's Won against St Andrews Cathedral School 29 to 28

Intermediate B's won against St Andrews Cathedral School 28 to 17

Junior A's won Against St Andrews Cathedral School 36 to 24

Junior B's won against St Andrews Cathedral School 27 to 23

### **Thursday 23rd June**

### **CCGS Vs Hunter Valley Grammar School Sports afternoon**

Venue: Hunter Valley Grammar School

Teams involved: Firsts

Intermediate A

Junior A

Time: 11.10 am returning approximately 6.30pm to the RLC

Transport: Bus

CENTRAL COAST GRAMMAR SCHOOL

# **Firsts Match Report**

### Firsts were defeated by Oakhill College 59 to 29

From the starting whistle it was a close game with CCGS maintaining a goal for goal first quarter, with both tight defence and extremely successful attacking. The quarter ending with Oakhill only marginally ahead.

Second quarter saw a massive burst of energy from Oakhill however, the First's intensity and skill managed to turn over ball after ball with some tight defence and quick movement within the attacking circle. Oakhill's obvious cohesion however allowed them to gain a fair lead. However CCGS did not give up and continued to power through.

The third quarter was once again demanding, constantly requiring high levels of fitness and the ability to instantly switch from attack to defence with relentless turn overs from both Oakhill earning the CCGS defence end a high percentage of the ball down their end.

The last quarter started slow but efficient and this allowed CCGS to maintain a positive attitude. However Oakhill still managed to obtain a fairly substantial lead with a 30 point loss for CCGS. Player of the match went to Evangeline Nichols with her extremely accurate shooting and her quick adaption to changing defenders

### Maddie Hompot (C)



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# **Senior B Match Report**

### Senior B's were defeated by Oakhill College 4's 33 to 24

### Senior B's were defeated by Oakhill College 5's 26 to 19

Saturday saw our CCGS Senior B's in their Oakhill double header. The first match was against the Oakhill 4's and in our last meeting with them we were defeated 52-16. This week we came out with all guns blazing and the girls really seemed to click, if you ever attended one of our training sessions you may question the seriousness of the girls (often working on their ab's and mouths from laughing so much), but they really switched on for this match. At the end of the first quarter we had the lead (8-7) and by half time we had only dropped behind by one point (15-16). Oakhill were genuinely rattled and this was shown in their increase of physicality and verbal outbursts (yes even an umpire warning was provided). The final whistle saw us lose by 8 (24-32), but the girls should be truly proud of this performance against their grades current undefeated leaders.

The second match against the Oakhill 5's took place close to an hour later. It's good to keep in mind that we had 2 girls unavailable for the second match and 3 or 4 carrying injuries. Again we were off to a strong start and half time yet again saw us down by one point (12-13). Unfortunately the third quarter was a tough one, only converting our hard efforts into 2 goals, whilst Oakhill increased their lead to 7. This ended up being a little to difficult to break and the final score was 19-26.

It was great to see the areas that we've been working on this season come out to shine on the weekend, I hope everyone has an enjoyable break and I look forward to seeing you all

refreshed on the other side.

Kirsty (Coach)



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# **Intermediate B Match Report**

### Intermediate B's won against St Andrews Cathedral School 28 to 17

Wearing their pink socks in support of the McGrath Foundation, the Intermediate B girls were prepared for a tight game against SACS. They had worked hard in the lead up to the game and were eager to prove that the first win against them was not a fluke. The girls played well together, but still need remember to call for the ball, watch their feet and make well-timed breaks. By the end of the third quarter the girls had forged a convincing lead and they continued to put in their best effort for the rest of the game to secure another win. Amy had an outstanding game and Sarah worked through her exhaustion to help out an unwell team mate. Well Done girls!

Tara Metcalfe (Manager)





## **Junior A Match Report**

### Junior A's won Against St Andrews Cathedral School 36 to 24

The Junior As have been doing so well this first half of the competition with another resounding win over St Andrews College. The girls have come together as a team and all the fitness and skill training is paying off. SACS put up a valiant effort against our girls and it is obvious they have improved as well during the comp. However, on game day we proved the better side making the most of opportune turnovers and providing a solid defensive effort to

keep SACS goal-scoring to a minimum.

Susan & Emily

# **Junior B Match Report**

### Junior B's won against St Andrews Cathedral School 27 to 23

The Junior B's had a very close game this week, with only a point being in it for most of the game. Both the parents and the bench were very nervous with each pass, however, happily they came through with a 27-23 win. The team had an injury hit them in first few minutes with the team's dynamic shooter Shelby sidelined for most of the game with an injured finger. Fortunately, Elizabeth was keen to get onto the court in any position and took over the role as GA with great enthusiasm. She was a great asset for the shooting end, working well with both Emily and Chloe and perhaps now keen to play at this end more often.

The centre court also worked well, with Olivia keeping the girls controlled and providing many opportunities to move the ball down the court. Another stand out in today's game was Kate, who really pushed herself to get those intercepts and to keep the GS out of the circle. Well done girls on a great game, Mrs Mac would be very proud.

Mrs Davies

### Coach Profile - Julie-Anne Van Galen

Name: Julie-Anne Van Galen

**Team you are coaching**: Junior A's

**Playing History**: I began playing netball when I was 12yrs old for Quakers Hill Netball Club. I was in the 12F team as a GD and we played on grass courts. For a winter sport it did get a little muddy but a lot of fun. As we progressed throughout the year my team was put up into 12A Division. I enjoyed the game so much that I trialled as a GD/ GK for Blacktown Representative and was accepted. I played club and representative for many years then due to injuries had to step away but couldn't stay away. This is when I decided if I can't play I will coach. This was the next best thing. I completed coaching courses and recently completed certificate 3 & 4 in Fitness.

Coaching History: I have been coaching for 15 years which has involved Gosford Netball Development and Representative Teams as well as Terrigal Wamberal Netball Club, Our Little Sport Stars Netball Club and Ourimbah Netball Club. I enjoy coaching as it is something I am very passionate about. The biggest reward is seeing players achieve their goals and become a strong, confident netball player.



RND	DATE	TEAM	VENUE	TIME	UMPIRE
1	30 <sup>th</sup> April	SENIOR B vs Oxley	OXLEY	9.00am	Oxley/Oxley
	·	JUNIOR A vs Oxley	OXLEY	9.00am	Maddy/ Oxley
		FIRSTS vs Oxley	OXLEY	10.15am	Maddy/Oxley
		JUNIOR B vs SPGS	SPGS	9.00am	SPGS/SPGS
		INTERMEDIATE A vs SPGS	SPGS	9.00am	SPGS/SPGS
		INTERMEDIATE B vs Barker	Brick Pitt Crt 3	9.45am	Barker/Barker
2	7 <sup>th</sup> May	FIRSTS vs Redlands	NBISC Crt 1	8.30am	Maddy/ Redlands
		JUNIOR A vs Redlands	NBISC Crt 2	8.30am	Redlands/Redlands
		SENIOR B vs Redlands	NBISC Crt 1	9.45am	Maddy/Redlands
		INTERMEDIATE A vs Redlands	NBISC Crt 2	9.45am	Redlands/Redlands
		INTERMEDIATE B vs BMGS	BMGS	11.30am	BMGS/BMGS
		JUNIOR B vs BMGS	BMGS	11.30am	BMGS/BMGS
3	14 <sup>th</sup> May	FIRSTS vs Chevalier	CCGS CRT 1	9.00am	Maddy/Janai
		JUNIOR A vs Chevalier	CCGS CRT 2	9.00am	Julie/Isabella
		SENIOR B vs Chevalier	CCGS CRT 2	10.15am	Julie/Isabella
		INTERMEDIATE A vs Chevalier	CCGS CRT 1	10.15am	Maddy/Janai
		INTERMEDIATE B vs Chevalier	CCGS CRT 1	11.30am	Maddy/Janai
		JUNIOR B vs Chevalier	CCGS CRT 2	11.30am	Julie/Isabella
4	21 <sup>st</sup> May	FIRSTS vs Oakhill 1	Oakhill Crt 1	8.30am	Maddy/Oakhill
		SENIOR B vs Oakhill 4	Oakhill Crt 2	8.30am	Oakhill/Oakhill
		SENIOR B vs Oakhill 5	Oakhill Crt 1	11.00am	Maddy/Oakhill
		JUNIOR A vs SACS	SACS CRT 2	8.00am	SACS/SACS
		INTERMEDIATE A vs SACS	SACS CRT 2	9.15am	SACS/SACS
		INTERMEDIATE B vs SACS	SACS CRT 1	10.30am	SACS/SACS
		JUNIOR B vs SACS	SACS CRT2	10.30am	SACS/SACS
5	28 <sup>th</sup> May	FIRSTS vs Barker	CCGS CRT 1	8.30am	Maddy/Barker
		JUNIOR A vs St Spyridons	CCGS CRT 2	8.30am	Janai/Isabella
		SENIOR B vs Barker	CCGS CRT 2	9.45am	Janai/Barker
		INTERMEDIATE A vs Barker	CCGS CRT 1	9.45am	Maddy/Barker
		INTERMEDIATE B vs St Spyridons	CCGS CRT 2	11.00am	Janai/Isabella
		JUNIOR B vs St Spyridons	CCGS CRT 1	11.00am	Maddy/Julie
6	4 <sup>th</sup> June	FIRSTS vs Redlands	CCGS CRT 1	8.30am	Maddy/Redlands
		JUNIOR A vs Redlands A	CCGS CRT 2	8.30am	Janai/Isabella
		JUNIOR B vs BMGS	CCGS CRT 2	9.45am	Janai/Isabella
		INTERMEDIATE A vs Redlands	CCGS CRT 1	9.45am	Maddy/Redlands
		INTERMEDIATE B vs BMGS	CCGS CRT 1	11.00am	Maddy/Margaret A
		JUNIOR A vs Redlands B	CCGS CRT 2	11.00am	Janai/Redlands
		SENIOR B vs Redlands	CCGS CRT 1	12.15pm	Maddy/Janai
7	18 <sup>th</sup> June	FIRSTS vs Oakhill 1	CCGS CRT 1	8.30am	Maddy/Oakhill
		SENIOR B vs Oakhill 4	CCGS CRT 2	8.30am	Julie/Janai
		INTERMEDIATE A vs SACS	CCGS CRT 1	9.45am	Maddy/Janai
		JUNIOR A vs SACS	CCGS CRT 2	9.45am	Julie/Isabella
		SENIOR B vs Oakhill 5	CCGS CRT 1	11.00am	Maddy/Janai
		JUNIOR B vs SACS	CCGS CRT 2	11.00am	Julie/Isabella
		INTERMEDIATE B vs SACS	CCGS CRT 1	12.15pm	Maddy/Janai
8	23 <sup>rd</sup> July	FIRSTS vs Barker	Brick Pitt Crt 2	9.45am	Barker/Barker
		SENIOR B vs Barker	Brick Pitt Crt 2	8.30am	Barker/Barker
		INTERMEDIATE A vs Barker	Brick Pitt Crt 3	8.30am	Barker/Barker
		INTERMEDIATE B vs St Spyridons	St Spyridons SPACE	8.00am	SPY/SPY
		JUNIOR B vs St Spyridons	St Spyridons SPACE	9.15am	SPY/SPY
		JUNIOR A vs St Spyridons	St Spyridons SPACE	10.30am	SPY/SPY

9	30 <sup>th</sup> July	FIRSTS vs Chevalier	Chevalier Crt		Chev/Chev
		SENIOR B vs Chevalier	Chevalier Crt		Chev/Chev
		INTERMEDIATE A vs Chevalier	Chevalier Crt		Chev/Chev
		INTERMEDIATE B vs Chevalier	Chevalier Crt		Chev/Chev
		JUNIOR A vs Chevalier	Chevalier Crt		Chev/Chev
		JUNIOR B vs Chevalier	Chevalier Crt		Chev/Chev
10	6 <sup>th</sup> August	FIRSTS vs Oakhill 2	CCGS CRT 1	8.30am	Maddy/Janai
		JUNIOR A vs Oxley	CCGS CRT 2	8.30am	Julie/Isabella
	Photos RLC	SENIOR B vs Oxley	CCGS CRT 1	9.45am	Maddy/Janai
		INTERMEDIATE A vs SPGS	CCGS CRT 2	9.45am	Julie/Isabella
		INTERMEDIATE B vs Barker	CCGS CRT 1	11.00am	Maddy/Barker
		JUNIOR B vs SPGS	CCGS CRT 2	11.00am	Julie/Janai
11	13 <sup>th</sup> August	Semi Finals			
12	20 <sup>th</sup> August	Finals			



SCHOOL	VENUE DETAILS		
Barker College	"Brickpit" Thornleigh Indoor Stadium, Dartford Rd, Thornleigh		
Blue Mountains Grammar	School Gym, Matcham Avenue, Wentworth Falls		
Central Coast Grammar	Richard Lornie Centre (RLC), entry via Carlton Road, Erina Heights, NSW 2260		
Chevalier College	Chevalier College Grounds – Enter from Charlotte Street, Bowral		
Oakhill College	Oakhill College Grounds, Old Northern Road, Castle Hill NSW 2154		
Oxley College	School Grounds – Railway Parade, Burradoo		
Redlands	Northern Beaches Indoor Sports Centre		
St Andrews	Noel Martin Recreation Centre, Darlington Rd, Sydney University		
St Pauls Grammar School	School Courts "The Centre", 53 Taylor Road, Cranebrook		
St Spyridon College	St Spyridon College Senior Campus, 1130 Anzac Parade, Maroubra.		