

Issue 2

4th May 2016



CENTRAL COAST GRAMMAR SCHOOL

SENIOR NETBALL 2016

CCGS Senior Netball Newsletter 2016

Results from Saturday 30th April - Round 1

Fristis won 59 to 19 against Oxley

Senior Bs lost 24 to 28 to Oxley

Intermediate As lost 27 to 44 against St Pauls

Intermediate Bs lost 64 to 10 against Barker College

Junior As won 41 to 22 against Oxley

Junior Bs drew 28 all with St Pauls

Reminder

The bus to the Blue Mountains will leave at 8am sharp and return at approximately 4pm. Please remember to wear CCGS attire only. Canteen facilities have not been confirmed so players will need to bring their own food and water and some money for a food stop on the way home.

ISA Round 2: Saturday 7th May 2016

Firsts	vs Redlands	NBISC Crt 1	8.30am
Senior B	vs Redlands	NBISC Crt 1	9.45am
Intermediate A	vs Redlands	NBISC Crt 2	9.45am
Intermediate B	vs BMGS	BMGS	11.30am
Junior A	vs Redlands	NBISC Crrt 2	8.30am
Junior B	vs BMGS	BMGS	11.30am

Important Dates

Amber Cross Clinics	Tuesday 10th May
	Tuesday 24th May
	Tuesday 14th June
	Tuesday 26th July

Firsts Match Report

CCGS 59 - Oxley 17

The Firsts had a slow but steady start, with it being goal for goal in the first five minutes until the tight defence managed to inherit a turnover, which allowed CCGS to fire ahead, ending the quarter in from with a 6-10 score line.

Second quarter showed the Firsts to have moulded together and were working as a tight unit scoring turn-over after turnover and managing to successfully convert at the goal end. Five minutes into the second quarter, our GD Ashleigh Tyson had to leave the court in result of an ankle injury. With some re-shuffling of positions, the game was underway again. The Firsts struggled to adapt to the slight positional change at the beginning, but the lead still grew whilst managing to limit Oxley to four goals with in that quarter.

The third quart showed continued success for CCGS as their lead continued to grow with all players executing their job extremely well. Full court defence and the ability to quickly adjust to attack when required showed CCGS entering the fourth quarter with a sufficient lead. The final score being 59-17, it was brilliant start for the Firsts, with player of the match going to Tian Santarossa. With incredible and relentless defence from start to finish and an amazing 3 feet that scored a multitude of crucial turnovers.

Maddie Hompot (C)

Intermediate A Match Report

CCGS 27 - St Pauls 44

The Intermediate As had a challenging start for their first game against a strong St Paul's Grammar team. In centre court Priya was outstanding, constantly managing to find space and supporting her team mates. Maddy made a number of good intercepts and Jaz worked well in the circle, opening up space to allow the feeders to get the ball to the shooters. But it wasn't our day. The score line did not totally reflect our game and the girls can be very proud of the way they all worked as a team, never allowing the score to overcome their determination, right to the final whistle.

Margaret Alexander (Manager)

Intermediate B Match Report

CCGS 10 - Barker 64

CCGS Intermediate B team played their first game against Barker College last Saturday. Our girls worked well as a team and will need to focus on breaking and calling for the ball in future games.. Our opponents were strong, with outstanding defence and shooting. Despite this, our girls demonstrated determination and tried their best even though the score was not in their favour. They should all be commended on the way they represented the school. Well done girls! Let's keep up the hard work during our training sessions.

Tara Metcalfe (Manager)

Junior A Match Report

CCGS 41 - Oxley 22

What a great start to the 2016 season! The girls fought hard right from the start scoring a massive 15 goals in the first quarter. We kept the pressure on for the whole game keeping the ball as much as possible in our half but had strong defence when Oxley had the ball. Thank you to Elizabeth Huggins who filled in



beautifully for us at the last minute. Exhausted and with no reserves the girls worked hard right to the end encouraging each other throughout the game. Well done!!

Susan Davison (Manager)

Junior B Match Report

CCGS 28 - St Pauls 28

After weeks of talking, training and building our fitness, we weren't sure how we would play at St Pauls. We were all keen and early for warm up on the day. Our first quick baskets nearly made Mrs Mac cry because we had practised that skill at training and we did it! All the girls worked hard on defence and did on waiver when the score would be up or down by one or two. It was a nail biting game. After the 1st quarter we were up by 2 goals, but lost the advantage in the 2nd quarter, going into half time on 14 all. In the 3rd quarter we pulled ahead again by 1 and the 4th quarter came down to the wire, with both teams going for that one more goal that would make the difference. A great game finished with 28-28 draw. Congratulations to Emily who is the overall captain and Eleanor who was court captain for this game. It is a great opportunity to show leadership and trouble shoot in a game. Thank you to Mrs Alexander for umpiring as St Pauls could only provide one. Your knowledge was very much appreciated.

Sharee Norman (Manager)

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.

Coach Profile - Amber Cross

Team you are coaching: My job is to oversee all the junior and senior teams

And provide development opportunities for all the coaches and players involved in the program.

Coaching or playing history: I've played since age 11, umpired since age 12, and coached since 14. I am an Advanced Level Coach with over 25 years experience and am the current Head Coach of the Central Coast Heart Premier League netball team.

Favourite team in ANZ Championships: NSW Swifts mainly because Lauren Moore (one of the junior players I coached) is now part of the team in her rookie year.

Why do you like coaching netball: I enjoy helping players reach their netball potential whilst having fun at the same time.

Favourite Netball position: GK



