

Issue 1

23 March 2016



CENTRAL COAST GRAMMAR SCHOOL

SENIOR NETBALL 2016

CCGS Senior Netball Newsletter 2016

Welcome from the Convenors

Anna and I would like to welcome both players and parents to the 2016 Senior Netball season. It has been such a positive start with the development of one extra team this season and new, experienced coaching staff joining our already strong team. It is great to see that training has started with such high intensity, working on both netball skills and personal fitness. We are utilising the school gym and gym staff more this year to help improve the overall performance of all the teams.

A big thank you to our coaches and managers who are already putting in a lot of time and effort to get our training sessions off to a great start. Our coaching staff and managers for this year include:

FIRSTS

Fiona Croucher	Firsts Coach
Suzie Tyson	Firsts Coach
Monica Nicol	Firsts Manager

Senior B

Kirsty Wilson	Senior B Coach
Daphne Wayland	Senior B Manager

Intermediate A

Cathy Watson	Intermediate B Coach
Katherine Tyson	Intermediate B Coach
Margaret Alexander	Intermediate A Manager

Intermediate B

Alicia Watson	Intermediate B Coach
Tara Medcalf	Intermediate B Manager

Junior A

Julie-Anne Van Galon	Junior A Coach
Susan Davison	Junior A Manager

Junior B

Jackie McAtamney	Junior B Coach
Sharee Norman	Junior B Manager

From the Convenors cont'd:

All managers should have been in contact with all parents by this stage. If you have not yet been in contact, please let us know and we will arrange for this to happen. To really benefit from our program, it is essential that all girls attend training, be on time and prepared. If any girls cannot attend any of the training, a message or call must be made to the manager as soon as possible. Even if your child is at a school event, we might not know about the event. This is important for duty of care and for training preparation.

Wishing all teams the best for the 2016 ISA season ahead.

Emma Davies and Anna Hatfield

Netball News

Attached is a flyer with some new netball rules, please take a moment to read these important new updates.

Congratulations to our new captains!

A big congratulations to Sophie Totonjian for being awarded the 2016 Captain of Netball and Maddison Hompot as the 2016 First Team Captain. Both girls have displayed commitment, enthusiasm and have been great role models throughout their time in our netball program.

Court Time

All players will be played a minimum of half a game (which may not be sequential quarters). Coaches will keep a record of games times and ensure they are even across the season. Please note, this minimum game time may be altered if lack of attendance at training is a concern.

First players only: Court time is discussed on the First Acceptance Form, which states that there may be occasions where a player may play only one quarter of the game.

Mercy Rule

A mercy rule is applied to stop 'blow out' games having a weighting on finals positions, a maximum of 30 point margin will be recorded for a round win. Strategies that may be used when anticipating the Mercy Rule may needed to be used are:

Amber Cross Skills Clinic

The CCGS Netball Coaching Director will be running a skills clinic on the following dates. All girls are welcome to attend.

- * Tuesday 10th May
- * Tuesday 24th May
- * Tuesday 14th June
- * Tuesday 26th July

Training Reminders

	Monday	Tuesday	Wednesday	Thursday	Friday
AM			Senior B 6.30am-8am (two courts available)	Firsts Inter A Inter B Junior B 6.30am-8am (two courts available)	
PM	Inter A Junior A 3.15-4.45pm (one court)	Firsts Inter B Jun B 3.15-4.45pm (two courts available)		Senior B Junior B 3.15-4.45pm (two courts available)	

- ⇒ Training starts at 3.15pm in the afternoon and 6.30am in the morning
- ⇒ The girls are to be ready to begin at these times, with all jewellery removed, changed into school sports uniform and water bottles ready courtside.
- ⇒ Hair is to be tied back and nails short.
- ⇒ Please advise your manager if you are unable to make a training session as early as possible.



NEW RULES FOR NETBALL

Netball is an exciting, fast and skilful game of fair contest. It is a game in which two teams of seven players each strive to keep or gain possession of the ball. The team with the ball, through running, jumping, throwing and catching, attempts to move the ball into its goal circle from where a goal may be scored, while the opposing team uses defensive movements and strategies to prevent this and to gain possession.

The team with the greater number of goals is the winner of the match. Players have specified areas in which they can move.

Play restarts after each goal with teams having alternate possession.

The Rules are based on the core values of equal opportunity, fair play and respect for an opponent's skill and safety.

2016 RULES OF NETBALL

The International Netball Federation has updated some the Official rules of netball. These updates will take effect for all matches played in Australia, and all International games, on **January 1 2016**.

The rule changes aim to meet the changing needs of the game, and to reflect the modern, forward-looking sport of netball. They are designed to improve players' enjoyment of the game, create consistency in the interpretation of the rules across all world regions, and make the game more attractive to spectators.

The changes will mean quicker injury management, clearer options for game management, less whistle, and in some cases, simpler, more clearly written rules.

The Game Management section has been expanded to provide greater clarity and consistency around how umpires are to officiate play that is contrary to the letter and spirit of the Rules of the Game. This includes unfair play, dangerous play and misconduct.

As well as these changes, the rule book has been revamped to include a new definitions section, new technical specifications, including new court terminology, a clarification of interval times, a clarification of team officials, match officials and the terminology of the court and related areas.

It is important to note that the rules remain unchanged in relation to a player's responsibility. Players on the court are still expected to respond to rulings by the umpires and adjust their play accordingly. Similar requirements apply to team officials and bench players.

Further to this, the rules remain unchanged in relation to the umpire's responsibilities. It is the umpire's responsibility to control the match according to the rules, apply the rules fairly, communicate clearly and maintain a calm and decisive control.



NEW RULES FOR NETBALL

SNAPSHOT OF KEY CHANGES

Umpires will no longer blow their whistle when goals are scored and if it is clear that the ball is out of court.

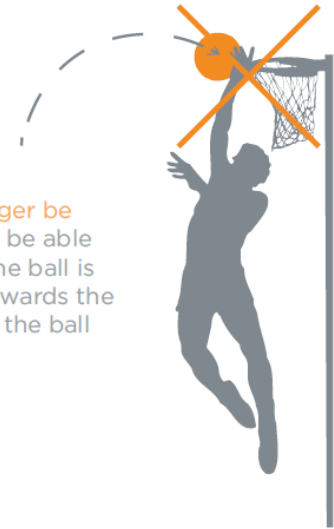


All injury/illness stoppages, which will include blood, will be up to 30 seconds, and the player concerned must leave the court.



When taking a centre pass, the Centre is required to now only have one foot wholly within the centre circle.

Goal tending will no longer be allowed. Players will not be able to deflect a shot once the ball is on a downward flight towards the ring, including touching the ball up through the net.



~~PENALTIES~~

SANCTIONS ✓

Once a player taking a penalty pass is in the correct position, the player may choose either to play the ball immediately or to wait for the infringer to stand out of play. However, it is important to note that the changes to the rule regarding the taking of the penalty pass do not remove the requirement for a player who is sanctioned for a major infringement to stand out of play.



The use of the word 'Penalties' has been changed to 'Sanctions'. Sanctions will include Free Pass and Penalty Pass. Throw In and Toss Up are considered actions as opposed to Sanctions (or penalties under the current version).



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