

CCGS Senior Netball Newsletter 2017

Issue 10
3rd August 2017



CENTRAL COAST GRAMMAR SCHOOL

SENIOR NETBALL 2017

Results from 29th July - Round 9

Firsts were defeated by Oakhill 1 40 to 15
Senior B's lost to Oakhill 5 28 to 15
Inter A's played a friendly against Junior A's winning 43 to 18
Inter B's won to St Andrews 38 to 20
Junior B's lost to St Andrews College 23 to 24
Junior C's defeated St Andrews College 29 to 4

Round 10 – Saturday 5th August

Firsts vs Barker CCGS Crt 1 8.30am
Senior B vs SPGS CCGS Crt 1 11am
Inter A vs Barker A2 Crt 1 9.45am
Inter B vs BMGS CCGS Crt 2 11am
Junior A vs SPGS CCGS Crt 2 8.30am
Junior B vs SPGS CCGS Crt 2 9.45am
Junior C vs BMGS CCGS Crt 1 12.15pm

Intermediate B Match Report

Inter Bs defeated St Andrews 38-20

Terrific game today for the Intermediate B team. After a few good training sessions and excellent defence, especially from the attacking players....they came away with a win 38-20. The girls are working hard on their front cuts and timing. Well done! That was Jessica's last game for the season as she is away all of next week. Thanks for the consistence attendance at training. Last game this week at CCGS.

Jacquie McAtamney
(Coach)

Junior As Match Report

Junior As vs Inter As

As both teams had a bye, a friendly match was arranged to give the girls an extra game and some additional game time training. It was a tough game but the Junior A girls held their own during the entire game. The score is not relevant and doesn't reflect the effort of the team.

Well done girls and see you on Saturday for our last game at CCGS for the season.

Susan Davison

(Manager)

Junior Cs Match Report

Junior Cs defeated St Andrews 33-4

A good game on Saturday, we won 33-4 and we played St. Andrews. We did well and we have definitely improved over the season. The opposing team fought well considering they were a player down. Good wishes to Isobel Lamont who has broken her arm.

Phoebe Langford

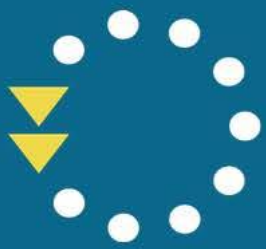


CCGS Netball 2017

7	17 June 17	Firsts (Div 1)	VS Chevalier	Chev (McGrath Hall)	9.00am
		Senior B (Div 4)	VS Chevalier	Chev (McGrath Hall)	10.15am
		Intermediate A (Div A)	VS Chevalier	Chev Ched Crt 3	10.15am
		Intermediate B (Div C)	VS Barker	Brick Pitt Crt 3	12.15pm
		Junior A (Div A)	VS Chevalier A1	Chev Ched Crt 3	9.00am
		Junior B (Div C)	VS Chevalier	Chev Ched Crt 4	10.15am
		Junior C (Div D)	VS Chevalier	Chev Ched Crt 4	9.00am
8	22 July 17	Firsts (Div 1)	VS Oakhill 2	CCGS Crt 1	8.30am
		Senior B (Div 4)	VS Redlands 3	CCGS Crt 1	11.00am
		Intermediate A (Div A)	VS Redlands	CCGS Crt 1	9.45am
		Intermediate B (Div C)	VS Redlands	CCGS Crt 2	9.45am
		Junior A (Div A)	VS Redlands A2	CCGS Crt 2	8.30am
		Junior B (Div C)	VS Oxley	CCGS Crt 2	11.00am
		Junior C (Div D)	VS BYE		
9	29 July 17	Firsts (Div 1)	VS Oakhill 1	CCGS Crt 1	8.30am
		Senior B (Div 4)	VS Oakhill 5	CCGS Crt 2	11.00am
		Intermediate A (Div A)	VS Jnr A (friendly)	CCGS Crt 2	8.30am
		Intermediate B (Div C)	VS SACS	CCGS Crt 1	11.00am
		Junior A (Div A)	VS Inter A (friendly)	CCGS Crt 2	8.30am
		Junior B (Div C)	VS SACS	CCGS Crt 1	9.45am
		Junior C (Div D)	VS SACS	CCGS Crt 2	9.45am
10	5 August 17	Firsts (Div 1)	VS Barker 1	CCGS Crt 1	8.30am
		Senior B (Div 4)	VS SPGS	CCGS Crt 1	11.00am
		Intermediate A (Div A)	VS Barker A2	CCGS Crt 1	9.45am
		Intermediate B (Div C)	VS BMGS	CCGS Crt 2	11.00m
		Junior A (Div A)	VS SPGS	CCGS Crt 2	8.30am
		Junior B (Div C)	VS SPGS	CCGS Crt 2	9.45am
		Junior C (Div D)	VS BMGS	CCGS Crt 1	12.15am
	12 August 17	Semi Finals			
	19 August 17	Finals			

ISA Netball Venues

Barker	"Brickpit" Thornleigh Indoor Stadium, Dartford Road, Thornleigh (Off Pennant Hills Road)
Oakhill	Oakhill School Gym, Old Northern Road Castle Hill
BMGS	School, Matcham Avenue, Wentworth Falls
St Spyridon	St Spyridon college Senior campus. 1130, Anzac Parade Maroubra.
SPGS	School Courts "The Centre", 53 Taylor Road, Cranebrook
Redlands	NBISC, Jackson Rd, Warriewood
Chev	School courts, Charlotte Street Bowral. Enter from Charlotte Street, park in carpark behind hall.
Oxley	Railway Parade, Burradoo
SACS	Noel Martin Rec. Centre, Darlington Road, Sydney University
CCGS	Carlton Rd, Erina Heights



COASTSPORT

PHYSIO + SPORTS MEDICINE

CCGS INJURY CLINIC

What to do when you get injured at school sport?

R

REST

No activity, running, sport

I

ICE

Ice for 20 minutes every 2 hours

C

COMPRESSION

Use a compression bandage or skins to assist swelling management

E

ELEVATION

Elevate the affected/injured body part to assist swelling management

Visit the Coast Sport Physiotherapist at the CCGS clinic.

Location: First aid room of the RLC

When: Mondays between 3-5pm

Booking: Email (paul.geddes@ccgs.nsw.edu.au) or talk with Paul Geddes to organise a time

Cost: \$40 (claimable via private health)

If you are unable to attend the CCGS Clinic, please call our rooms on 4356 2588 to organise a time in the Coast Sport Clinic to have your injury assessed.

Feel Well | Move Well | Perform Well



COASTSPORT

PHYSIO + SPORTS MEDICINE

OPEN 7AM to 7PM

6 Days Per Week

Services:

- Physiotherapy
- Podiatry
- Sports Nutrition
- Exercise Physiology
- Massage
- Clinical Pilates
- Yoga
- Work Injury
- Sports Coverage
- Sports Medicine
- Sports Screening
- Orthopaedics



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