

CCGS Senior Netball Newsletter 2017

Issue 11
10th August 2017



CENTRAL COAST GRAMMAR SCHOOL

SENIOR NETBALL 2017

Results from 5th August - Round 10

CCGS Firsts were defeated by Barker 1 53 to 28
Senior B's were defeated by St Pauls Grammar School 31 to 22
Inter A's defeated Barker A2 49 to 24
Inter B's defeated Blue Mountains Grammar School 40 to 23
Junior A's were defeated by St Pauls Grammar School 35 to 20
Junior B's defeated St Pauls Grammar School 37 to 18
Junior C's defeated Blue Mountains Grammar 25 to 17

ISA Netball Semi Finals

Congratulations to the teams moving into the semi finals:

Senior B's will play Chevalier at 11:30 at Netball Central Homebush

Inter A's will play Chev at 8:30am at Homebush Netball Central

Inter B's will play St Spyridons at 1pm at Homebush Netball Central

Junior A's are playing Redlands at 11:30 at Homebush Netball Central

Junior B's will play St Spyridons at 9am at Oakhill College Castle Hill

Junior C's will play St Andrews Cathedral at 10:30am at Oakhill College Castle Hill

****Parking at Homebush is available in P3 and P4 for \$6 for the day. Ticket must be validated at Netball Central Reception****

Intermediate A Match Report

Inter A's defeated Barker A2 49 to 24

This week as a team we played against Barker 2. It was team building week, as the games wasn't as challenging as we thought. As our coach Cathy was away as a team we worked out what our strengths and weaknesses were and how to improve. As the game continued on and as our lead significantly rose, everyone had a lot of fun and enjoyed themselves. Before our game this coming weekend in the semi finals. As the season is now coming to an end I have seen such improvement from everyone and we are working much better on the court and bringing the ball down to our shooters.

Bianca

Intermediate B Match Report

Inter Bs defeated BMGS 40 - 23

A fantastic game today girls. Great team work. We were beaten by Blue Mountains Grammar last time and a determined effort and great teamwork gave us a win.

Jacquie McAtamney
(Coach)



Junior As Match Report

Junior A's were defeated by St Pauls Grammar School 35 to 20

Another great game by the Junior A girls. The morning was cold in the RLC and it took a little bit for the girls to warm up but they showed their usual tenacity and held their own against the leading team. The girls should be very proud of their efforts this season and have shown their dedication through their commitment to training and always trying their best. Well done on making it to the semis! See you all at Homebush on Saturday.

Susan Davison

(Manager)

Junior Cs Match Report

Junior C's defeated Blue Mountains Grammar 25 to 17

We had a great game on Saturday against BMGS. They really challenged us and it took a while for us to find our rhythm and play strongly enough to beat them 25 – 17. Everyone was on the edge of their seat to see who would win! Thanks to our girls and BMGS for such a great effort.

Chloe Browne



Pa
Senior N

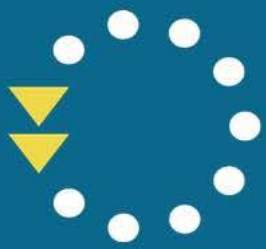


CCGS Netball 2017

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
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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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