

CCGS Senior Netball Newsletter 2017

Issue
7th June 2017



CENTRAL COAST GRAMMAR SCHOOL

SENIOR NETBALL 2016

Results from 3rd June Round 6

Firsts lost to Redlands 45 -41
Senior B's lost to Barker 41-16
Inter A's lost to Barker A1 55 -27
Inter B's lost to St Spyridons 35 to 20
Junior A's lost to Redlands 33-21
Junior B's won against St Spyridons 36-26
Junior C's won against St Spyridons 26 – 6

Round 7 – Saturday 17th June

Firsts vs Chevalier (McGrath Hall) 9.00am
Senior B vs Chevalier (McGrath Hall) 10.15am
Inter A vs Chevalier (Chev Ched Crt 3) 10.15am
Inter B vs Barker (Brick Pitt Crt 3) 12.15pm
Junior A vs Chevalier (Chev Ched Crt 3) 9.00am
Junior B vs Chevalier (Chev Ched Crt 4) 10.15am
Junior C vs Chevalier (Chev Ched Crt 4) 9.00am

Bus to Chevalier

Students need to be at the RLC at 5.45am and return at 3pm. The bus will leave promptly at 6am. Please bring warm school jacket, water, food and money (in case there is a good stop on the way home).

Reminder: full school sports/netball uniform is to be worn on the bus – no extra ugg boots or hoodies are to be worn.

New Physio Clinic at School

Please see last pages of the newsletter for further details

Firsts Match Report

CCGS Firsts defeated by Redlands 41-45.

This week's game was one of suspense and tension, with the firsts playing Redlands on the Northern Beaches. Whilst we tried our hardest and were winning at one stage, Redlands eventually secured a lead and won 45-41. At the end of the day, this showed our potential and improvement since last playing them. We may not have won, however it was a good opportunity to put some of our drills and plays into action, and we will continue to incorporate them into the future.

Keep it up girls!

Zoe Mitchell

Inter As Match Report

Inter A's lost to Barker A1 55 -27

This week we knew we were up for a challenge as we were playing Barker 1. We started off well after shaking off the nerves and getting into the game. Even though we couldn't pull through and get the win in the end, we all played really well as a team and kept encouraging each other. The team managed to work extremely well as a team and play a great game of netball. We have improved immensely from the start of the season and come together as a team. We're looking forward to seeing how well we can do for the rest of the season!

Intermediate B Match Report

Inter B's lost to St Spyridons 33 to 20

CCGS Intermediates had a loss 33 to 20 but showed great determination all game. A few lovely passages of play where CCGS showed control and great team work. The defence was much better this week with a lot of touches and intercepts.

Jacquie McAtamney
(Coach)

Junior As Match Report

Junior A's lost to Redlands 33-21

The girls went into this game determined to win against this strong team who had defeated us in the first round but it was not to be this time and certainly not from a lack of trying. The first quarter saw some great defence and excellent intercepts by many of the girls but we began to lose a bit of ground through the second quarter where we were down 9-17. When the girls got the ball into our circle we saw some great shooting but Redlands were full of energy and had an equally accurate shooter. The girls began the third quarter strongly and began to gain some ground and held their own against Redlands but eventually succumbed to this strong team in the final quarter. A great game girls, where you showed determination and a never give up attitude. Well done.

Susan Davison
(Manager)



Junior Bs Match Report

Junior B's won against St Spyridons 36-26

On Saturday the 3rd, Junior B's versed St Spyridons. It was a hard game but everyone kept going and didn't give up. We all improved a lot from last week to this week. In the end we ended up winning and the overall score was 26-36.

Lucy Hughes

Junior C Match Report

Junior C's won against St Spyridons 26 – 6

Our game on Saturday was a great experience. I think our team really works well together and we bond closely. We are all friends outside of training as well. So I believe this helps our games and our bonding a lot. On Saturday we won 26-6 it was a lot of fun playing on a new court and being challenged. I can't wait for future games and wish our team the best.

Scarlet Rubie.



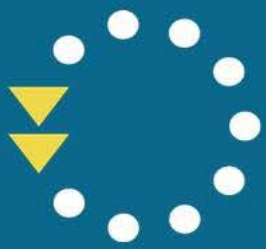


CCGS Netball 2017

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 August17	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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