

CCGS Senior Netball Newsletter 2017

Issue 8
21st June 2017



CENTRAL COAST GRAMMAR SCHOOL

SENIOR NETBALL 2017

Results from 17th June Round 7

Firsts were defeated by Chevalier College 44 to 36
Senior B's were defeated by Chevalier College 24 to 50
Inter A's were defeated by Chevalier College 38 to 26
Inter B's were defeated by Barker College 27 to 22
Junior A's lost to Chevalier College 21 to 20
Junior B's won against Chevalier College 27 to 18
Junior C's Won against Chevalier College 16 to 3

Round 8 – Saturday 22nd July

Firsts vs Oakhill 2 CCGS Crt 1 8.30am
Senior B vs Redlands 3 CCGS Crt 1 11.00am
Inter A vs Redlands CCGS Crt 1 9.45am
Inter B vs Redlands CCGS Crt 2 9.45am
Junior A vs Redlands A2 CCGS Crt 2 8.30am
Junior B vs Oxley CCGS Crt2 11.00am
Junior C BYE

Firsts Match Report

Firsts were defeated by Chevalier College 44 to 36

This week's Netball Firsts game against Chevalier was an absolute nail biter, with the girls putting up a fight the entire game, right to the end buzzer. With a very early start and a long trek down to Bowral, we played really well, with a mere 7 point difference between Chev and Grammar. Although the girls came away disappointed with the loss, they should all be proud of themselves for their amazing effort and attitude throughout the whole game and I'm looking forward to seeing these girls develop further throughout not only this season, but the seasons to come.

Emelia Corlett

Intermediate B Match Report

Inter Bs lost to Barker College 22 - 27

Intermediates lost 27-22 in the last few minutes of the last quarter. Well played girls! - a lot of great passages of play. Great defensive work with the new combination of Meg and Bianca and Great effort Hannah in those first 3 quarters. Kathryn has returned after injury and showed some steady play and excellent defensive stance against her players. Katie's four quarters of centre were continuous with great defense in the last quarter. Emily, Bianca and Olivia shot well but had a little trouble and times getting good position. Jessica was our utility and I particularly liked her driving defence as a Wing defence. I noticed in the beginning of play those front cuts were sharp and then tiredness crept in and the passes and timing were not as crisp. Well done those girls using the training emphasis in their play. Defensive running with lots of small foot and low body position helps to get there in time. Also getting in that defensive position with both hands straight up before the opposition can move into their next play caused a lot of turnovers and play our way, as well as running to the next position to defend.

Jacquie McAtamney
(Coach)



Junior As Match Report

Junior A's lost to Chevalier College 20-21

A very early and cold start to our day visiting Chevalier College in Bowral for our round 7 match. It was a difficult start against Chev whose shooters were in fine form. We worked hard but it took a while to warm up and begin our usual playing. The second quarter saw the girls fight back to a 10 all score and under Sophie's advice we kept them out of the circle reducing their opportunities to score. We kept up the strong lead through the third quarter but as the fourth quarter drew to a close, Chevalier gained ground and in a nail biting finish scored the final goal beating us by one point. A great effort girls.

Susan Davison
(Manager)

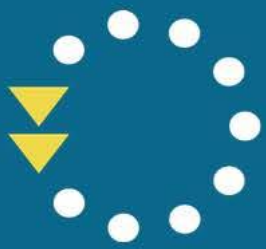


CCGS Netball 2017

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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