

CCGS Senior Netball Newsletter 2017

Issue 9
26th July 2017



CENTRAL COAST GRAMMAR SCHOOL

SENIOR NETBALL 2017

Results from 22nd July - Round 8

Firsts were defeated by Oakhill 2 51 to 44
Senior B's defeated Redlands 3 by 39 to 21
Intermediate A's won against Redlands 43 to 18
Intermediate B's lost to Redlands 41 to 16
Junior A's defeated Redlands A2 41 to 16
Junior B's defeated Oxley 28 to 7
Junior C's had a BYE

Round 9 – Saturday 29th July

Firsts vs Oakhill 1 CCGS Crt 1 8.30am
Senior B vs Oakhill 5 CCGS Crt 2 11.00am
Inter A vs Junior A (friendly) CCGS Crt 2 8.30am
Inter B vs SACS CCGS Crt 1 11.00am
Junior A vs Inter A (friendly) CCGS Crt 2 8.30am
Junior B vs SACS CCGS Crt 1 9.45am
Junior C vs SACS CCGS Crt 2 9.45am

Firsts Match Report

Firsts were defeated by Oakhill 2 51 to 44

This week, the Firsts played against Oakhill 2 in a game which tested our mental and physical endurance, where with no subs, every player was required to put in 100% effort, 100% of the time. A tough match, with the score fluctuating up and down in favour of both teams, unfortunately we had a loss, going down 44-51. Even though we didn't come away with a win, it was a great opportunity to work with some younger players, with Charlee Napier Hill playing up from the Inter As and having a fantastic game. Looking forward to the next two games, keep it up girls!

Zoe Mitchell

Inter As Match Report

Inter A's won 51-18 against Redlands

The inter As had a fabulous game on the weekend, having a convincing win over Redlands. The team showed outstanding teamwork and sportsmanship throughout the whole game. They never gave up and tried their best. By the last quarter, Redlands and Grammar were chatting, laughing and were cheering at each others great plays and goals. Overall it was a very enjoyable game!

Bianca

Intermediate B Match Report

Intermediate B's lost to Redlands 41 to 16

We had a lot of great intercepts in our game; the score does not reflect the effort and gains the girls have been making in training. The last quarter caught us and this is fitness levels. The next development for the girls is a fitness programme that they can maintain into next year. Many fine individual efforts but we need to be consistent and use our training skills in the game. Remember girls you are better than the score on the board – we are going to train hard to the end.

Jacquie McAtamney

(Coach)

Junior As Match Report

Junior As defeated Redlands 42-16

Our first game back after a few weeks break and it was an early, cold morning which saw the girls take a little time to warm up. We had a slow start, but once they warmed up the girls gained a small lead at the end of the first quarter. The team continued to expand the lead significantly through accurate shooting and great defense. By the third quarter our passing improved and the girls kept the ball up their end only allowing a small number of goals to be made by Redlands. The final score was 42 to 16 showing the strength of the team. Semis here we come!! Well done girls!

Susan Davison
(Manager)

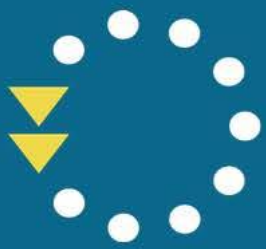


CCGS Netball 2017

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 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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