Last weekend our teams travelled to two different locations—Firsts, Inter As and Junior Bs to SACS home ground the Noel Martin Indoor Centre in Sydney and the Senior B and Inter C teams to St Paul’s school in Penrith. As you’ll read in the match reports on the following pages, every game had its special moments and it was great to hear all teams were giving their utmost. With only two more games to be played, every point counts.

This weekend’s games are all at home. As this will be the last home game for our Year 12 players I’d like to ask everyone to make a special effort to come along and support their teams—Senior Bs play at 8.30am and Firsts at 9.45am. Looking forward to a great Round 9!

Jacqui Paradise
jparadise@ccgs.nsw.edu.au 0408263891
Maddy Paradise m.a.paradise104@gmail.com

Round 8 Round Up

What a great afternoon of netball we had on Tuesday with visiting school Royal Grammar School from Worcester, England!

With a squad of 20

CCGS players lining up to take on their Firsts and Seconds team, the “friendly” competition soon become full on as both schools stepped into top gear for the game. This was the last game for RGSW who had been on tour in Australia for 19 days. We were fortunate to enjoy their company both on the court and off through billeting. Thank you so very much to all families who hosted girls for two nights; from all reports, everyone thoroughly enjoyed their time together.

Special thanks to umpires Maddy P, Maddy A and Marg Alexander, scorers Daphne Wayland and Georgia Gibson and mega manager Liza Whitfield.
First Match Report

CCGS Firsts 55—SACS 32
First game back for the term began as a challenge for the Firsts team, playing goal for goal in the beginning, but regaining composure and coming away with a great win over St Andrews. The girls fought hard for the ball after quarter time and built up a lead that they were able to maintain for the rest of the game. The speed into the attacking circle was too strong for SACS, and the pressure applied during defence led to many held balls and forced mistakes. An overall team effort with all players contributing greatly to a well deserved and much need win, 55 to 32. Hopefully we can continue with the same determination in the coming matches.
Bella Jeffrey

Senior B Report

CCGS Senior B 33—St Pauls 23
The girls played really aggressively on the weekend which was our goal after our training session during the week. After initially turning the ball over in the first quarter, the girls settled down and built up some momentum to take a slim lead at quarter time. St Paul's were playing a girl short in the first half which played to our advantage. Our shooters, Sarah Newell and Caitlin were exceptional on the weekend and rarely missed a goal. The girls were all strong in defence which meant the opposition were often penalised for held ball. I was really proud of the girls for their 'hands over the ball' defence tactics which proved the difference between the two teams and ultimately led to their victory over St Paul's 33-23. Nikki was strong in defence as was Marie-Claire in attack probably Mozzie's best game all season. Stazzi and Taylah had strong games as centres and Sarah Fitzgerald and Jess Redmond did well in defence. Well done girls, a well-deserved win!

Liza Whitfield

Intermediate A Report

CCGS Inter As 22—SACS 23
The score from this game had us as the losers in a hard fought 22/23 battle but there were only winners from my perspective! ALL my girls took on board te extra defence advice and practice given by Amber during the week and used it well. This team played today as netball is intended—100% effort and 100% teamwork and I was immensely proud to be associated with them. Give yourselves a big pat on the back girls!

Cheers,
Liza Whitfield

Intermediate C Report

CCGS Inter Cs 24—St Pauls 24
Inter C’s travelled to St Pauls Grammar School for our first meeting against the team, due to their mid season advancement from Inter D competition. What ensued was the closest match we’ve experience all year, at almost each quarter the scores were tied. Entering the 4th quarter our CCGS girls were down by 6 points, they increased their level of intensity by 10 fold and with 30 seconds remaining were up by one point. To the joy of St Pauls, they were able to score the final goal, producing a 24 all result, an intense match that probably stole years off the coach’s life!
Kirsty Wilson

Junior B Report

CCGS Jun B—SACS
My mighty Junior b's faced some great competition on the weekend. In the first quarter, we were really giving them a run for their money! But due to a lack of fresh legs to take the court, the game unfortunately slipped away. The girls are to be commended on their persistence and continued good spirit in the face of defeat. I am so proud of their cohesion and cooperation, these fine young women will, with continued commitment, become very strong netballers. Bring on Chev this weekend!
Maddy Paradise
ROUND 9 HOME GAMES

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<td>9.45am</td>
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<td>11.00am</td>
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<td>Inter C</td>
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Training the Inter A way...lunges, push ups, crunches and leaping like lunatics!

COME & CHECK OUT THE PROS IN ACTION!

If you’re keen to come and learn a little bit more about higher level netball coaching, come along and watch the Central Coast Academy training sessions in the RLC. Coming up are some guests who will certainly have a wealth of knowledge and experience to share.

Wed 7th August 5:30pm RLC
Sue Hawkins (NSWIS/Netball NSW Head Coach)

Wed 21st August 5:30pm RLC
Susan Pratley (GS/GA for Swifts and the Diamonds)

The recently announced association with the Central Coast Academy of Sport exposes our school to some fantastic netball talent. Below is an excerpt from their program objectives listed on their website.

The purpose of the Central Coast Academy of Sport netball program is to provide a localised training environment that allows eligible aspiring young netballers of the NSW Central Coast region to access quality development opportunities and support as they progress through the Netball NSW pathway.

The Central Coast Academy of Sport implements the Long Term Athlete Development Guidelines for NSW Regional Academies of Sport, as set out by Netball Australia in conjunction with Netball NSW.

The academy program is aimed primarily at individual skill development with a focus on preparing scholarship athletes for NSW state team selection trials and the further representative opportunities that lay ahead.

In addition to the athlete development, the academy program also focuses on development and the further educating of local coaches and umpires under the Netball NSW guidelines.