

Power Press

Bi-Monthly newsletter of the Laurimar Netball Club



Laurimar Power Netball Club

Dates to Remember

- > Saturday 3rd May
Canteen Duty
- > Sunday 4th May
Blaze Tournament
- > Sunday 11th May
Mother's Day
- > Sunday 18th May
Melbourne Vixens vs
West Coast Fever
- > Sunday 1st June
Junior Presentation
Day

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From the President

Welcome to the Easter Edition of Power Press.

The beginning of the Netball year has been full of tremendous surprises and great opportunities to show how great our netball club continues to be.

Our NNL teams kicked off the new season last night, and although they did not win, their preparation and practice games have demonstrated they will be a force to contend with. We welcome Bridie Flagg to the club as head coach of the Section 3 team and thank Kate Murnane for continuing to organise the girls in Section 2.

Tournament trials were held and teams selected to represent Laurimar Power at the Blaze tournament in Diamond Creek on Sunday 4th May. If you have the chance drop down and see the girls play on what will be a very busy day of tournament netball. Thanks to Adam Wharton for organising our tournament opportunities.

We have also seen great community spirit recently with our first fundraiser of the year at Bunnings Mill Park. The Bunnings Sausage Sizzle raised over \$800 again and proves to be a terrific fundraiser. Bunnings also donated two portable tables for our functions and registration days. Thanks to Michelle for organising this.

Our next commitment is Canteen Duty on Saturday 3rd May where we will need mum's, dad's and players over 14 to pitch in and volunteer their help.

I recently had contact with the City of Whittlesea about community grants and we will be applying for a grant to fund umpire training this year. It has been great to see Ashlee, Kate and Akira on the courts at Diamond Creek and we want to offer more of our members the chance to take on this valuable role. I will let you know of the outcome of the grant process.

In this edition we are calling for nominations for the 2014/2015 committee and a new Junior Committee. The aim is to form and teach a junior committee the roles and responsibilities of these volunteer groups, and to provide a voice for our junior members to have input back to the Committee. See inside for the nomination forms and information.

Finally, we are again organising a Melbourne Vixens game offer as a group booking with the club for Sunday 18th May. Last year we had over 90 tickets booked and we are aiming to exceed this. See inside for further details.

Go Power!

Ian Landy (President LNC)

Melbourne Vixens vs West Coast Fever - Sunday 18th May

This year LNC has made a group booking for members to attend the Vixens vs West Coast Fever at Hisense Arena on Sunday 18th May at 12.20pm. Members and families will be able to purchase tickets for \$15 on Thursday 1st May at Community Bank Stadium and Saturday 3rd May at our club tent at Diamond Creek Outdoor Netball courts. Bookings will only be taken for tickets purchased with cash on these days. Last year we had over 90 people attend the Vixens game giving us a great Teal and Black block in the audience.

So reserve the date and bring your cash to purchase tickets to see the ANZ Championship Vixens.



Happy Easter!

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Tournament News

Thanks to all who tried out for the Blaze Tournament Teams at Plenty Valley CC last weekend. The trials were a great success and the following players have been selected to represent Laurimar Power on Sunday 4th May at Diamond Creek.
11&Under - Ashtyn Wharton, Jorja Stanton, Kezza Rewhas, Hannah Elliot, Malone Piper, Rebecca Brown and Chanelle Ianni. Coach: Adam Wharton.

13&Under - Sophie Barnes, Gemma Maher, Chelsea Pearson, Holly Pearson, Jennifer Scordo, Monique Ferris, Pam Floros, Chloe Brown and Jamee Bradley. Coach: Kath Scott

15&Under - Amy Keating, Maddi Solyom, Brittany Solyom, Aleigha Walters, Jenna Robinson, Sharni Laidlaw, Tanasha Wharton, Liana Pritchard and Akira Kraweic. Coach: Ian Landy

17&Under - Ashlee Landy, Jaynaya Wharton, Alienna Jones, Tilly Jones, Kate Keating, Natalie Moran, Chloe Freeman, and Victoria Roberts. Coach: Bridie Flagg



Coaches Corner

Looking for new ideas for training. Try googling "you tube netball drills" It is very useful when you are stuck for training nights!!

Here are a couple of examples

<http://www.youtube.com/watch?v=I6060v-EvZA>

<http://www.youtube.com/watch?v=vpB-t9qqp0>

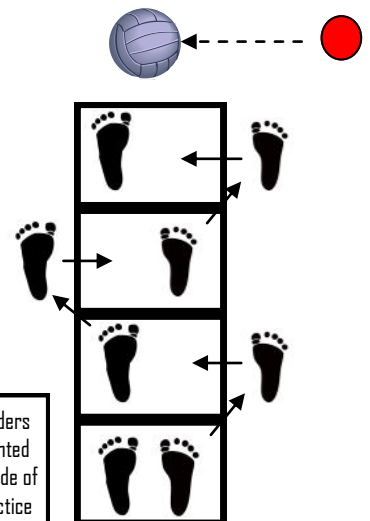
http://www.sesdweb.net/3757201013142825680/lib/3757201013142825680/Ladder_Drill_Info_For_Sports.pdf



Using two ladders, participants are to place both feet into the first square then stepping out to the right of the next square then left leg then right into the 2nd square, left leg to go out of the 3rd square with right then left into the 3rd square & repeat the process to the end.

The thrower will pass the ball with a run on throw then the worker will repeat the footwork with the next ladder & another thrower will pass the ball with the worker catching on the appropriate outside foot & return the pass. The workers need to be about 5 seconds behind each other.

Repeat the process, this works as a group activity for approx 2 teams



The ladders are painted on the side of the practice court



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Junior Committee - Calling for Nominations

The Laurimar Netball Club is committed to offering our junior members the opportunity to improve their skills in playing, umpiring, coaching and now being part of a committee.

The club is calling for nominations for a Junior Committee President, Vice President, Secretary, Treasurer and General Committee members to form the first LNC Junior Committee.

The committee will meet 6 times a year under the guidance of the club committee and report back to the LNC committee. If you are interested in nominating for one of these positions complete the nomination form and return it to Ian Landy before the cut off date.

An election will be held at the club Annual General Meeting on Sunday 1st June for the 2014/2015 year.

The jobs of each role are described as follows:

President - Chair the committee meetings, help others to do their role, represent the club at functions, provide the casting vote where any committee vote is tied.

Vice President - Chair the committee meetings in the absence of the President, help other to do their role, represent the club at functions that the president cannot attend.

Secretary - Prepare the agenda for the meetings, take the minutes of the meetings and present a report to the LNC Committee

Treasurer - Maintain a record of any financial income or outgoing funds as generated by the committee.

General Committee - Tasks as required by the Junior Committee.

If parents have any questions in relation to their child becoming involved in this new initiative please contact Ian Landy on 0409571416 or email lncpresident@hotmail.com.au



Ian Landy
On behalf of the LNC Committee

Treasurer's Report

A big thank you to all players and families for completing their match fee payments for the February to June Season. Unfortunately we still have some fees that are yet to be paid.

The club policy is that after week 3 any player who is un-financial will not be allowed to take the court.

As we are now past this time for all competitions coaches are being provided with the names of any players who have match fees outstanding. Coaches will be told that unless evidence of payment is provided, they are not allowed to let the player take the court.

Some of our players and families have taken advantage of payment plans. This can be a great way to spread your payment over a longer period of time.

If you have any questions in relation to match payments, payment plans or if your coach does not let you take the court please contact club President, Ian Landy on 0409 571416.

Payment options are as follows:
(Pls use the members name as reference)

Direct Deposit -
Bank: Bendigo Bank
BSB: 633 000
Acc No: 141144485
(Players name to be the reference)

Cheque -
Laurimar Netball Club
PO Box 206
Mernda 3754
(Please write on the back the name the members name)



Or alternatively cash can be paid into the Bendigo Bank to the Laurimar Netball Club account using the players name as the reference.



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Fundraising News

We had a Bunnings Sausage sizzle early in March. It was a great day and we raised \$814 for our club. Thankyou to our wonderful members who helped out on the day!! Bunnings Mill Park also donated two portable tables for our future functions and registration days Thanks to the activities organiser Michelle for her support with these great assets.



Laurimar Football Club

The Laurimar Power Football Club is seeking players for the U10's and U14 teams for the 2014 season. If anyone wants to join please contact info@laurimarfc.com.au .

Season 2014 has commenced but new players are always welcome. Any questions contact Alasdair Walker 0408 038 227

Training is held at Laurimar Reserve during the week with games on Sundays.

For more information on the Laurimar Power Football Club go to

www.laurimarfc.com.au

or go to Facebook and search laurimarfc .



April/May Member Special Offer



Aussie Hot Dog + Bag of Chips + Free Pop-Top only \$4.00

Conditions Apply:

You must present this voucher to receive this offer



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Net-Set-Go News

Net Set Go is off to a great start for 2014!

The group is bursting at the seams and will move to Hazel Glen Primary School after the holidays where we have been able to secure permanent indoor facilities.

The children and their parents have been working on developing their skills and already we have seen some participants who look ready to take the court.

San Remo Net Set GO! is Netball Australia's Junior Netball Program. It has been developed to provide children from the age of 5 to 8 years with the best possible learning and playing experience that enables them to develop a positive introduction to netball. The program runs at Laurimar Primary School on Wednesday's. First-time Net-Set-Go participants receive a sports bag, which includes their very own netball along with other prizes. The program incorporates skill activities, minor games and modified matches and will be coordinated to ensure a quality experience for all participants.

Activities are aimed at learning and developing movement (run, jump etc.); hand eye coordination (catch, throw); and coordination (balance, spatial awareness etc.), development of motor skills. Participation is in a safe learning environment, it assists in the reduction of social health issues, such as childhood obesity, through physically active involvement & it is fun for all participants, regardless of ability.

It leads to increased junior participation and lifelong involvement in an active lifestyle. Recently the NSG packs arrived and the children look great in their T-Shirts and all have a ball to practice with.

See you after the holidays on Thursday 24th April at 4.15pm at Hazel Glen PS Gymnasium.

Nicole Pearson (Net Set Go Coordinator)



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0418-101-753 (Trea)

E-mail:

laurimarnetballclub@hotmail.com.au



Laurimar Netball Club

Mid Year Presentation

Our Junior Presentation and AGM will be held on

Sunday 1st June

Put this date aside in your diary



www.laurimarpowernetball.com



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Thankyou to **Ray White Greensborough** for their sponsorship!!

Scott Conboy & his team are experienced professionals & are willing to assist any of our club members or family/friends. They are offering a 10% return of their commission to our netball club when a house has been sold through them via a referral from the club. So if you or any friends/family are in the need to sell or purchase a home or in need of a rental, please don't hesitate to contact Scott or one of his team on 9432 7000 / 0418 148 615.



Thankyou to Steve at **Debba's Fish N Chips** for their ongoing support & sponsorship.



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