

# Currambine Netball Club Newsletter—July 2022



## EXCITING NEWS...!!!

We are absolutely thrilled to announce the roll out of our **Athlete & Official Development Program**, a three pronged approach to build the confidence and capabilities of our members through three pathways: athletes, coaches and umpires.

Our program is looking to encourage member development to continue providing them a positive, enjoyable healthy and active lifestyle.

(More exciting details on the following pages!!!)



## SEASON SO FAR...!

Welcome to the latest edition of the CNC Newsletter...

With the grading rounds complete, the 2022 Winter Season is now well underway! Can you believe that we're at the half way mark of the season already... and we cannot thank all our teams enough for rolling with the COVID challenges that have been thrown at them (lots of opportunities for fill ins at least!).

Some highlights from the first half of the season include:

- Preseason Keep Fit & Skilful program, including development sessions with Plus Fitness Currambine
- Our inaugural Round Robin carnival & fundraiser
- The launch of our "Umpire Squad"

We're looking forward to everything the back half of the season brings! Good luck to all, hope you enjoyed the school holidays.  
Go CNC!!!



## BIG NEWS!!!! ATHLETE & OFFICIAL DEVELOPMENT PROGRAM...

We have been working on an Athlete and Official Development Program at CNC and we are thrilled to announce we have successfully applied for, and been awarded, a small grant from the City of Joondalup under their 2021-2022 Community Funding Program to help deliver this initiative.

**Tell me more...!!!**

An active, healthy and constructive outlet is so important to everyone of all ages, but particularly for kids progressing through primary and secondary school. Two big drivers for athletes giving up sport are increased pressures at school and injuries. The highest incidence of injuries for netballers is typically when they are adolescents and this coincides with the time of the most significant pressures at school.

We know our members are passionate about netball, but playing it isn't the only way to be active and involved in the sport. We want to provide as many options as possible for them to stay involved in the sport, and diversifying our offering and adding fun alternatives is part of that.

**So what can we expect...???**

Fun, fitness, learning opportunities, development and more pathways to enjoy being part of Currambine Netball Club!!!

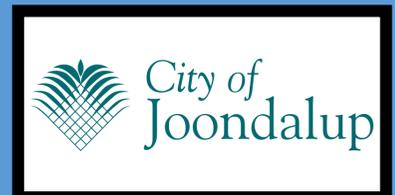
**Athletes** — a focus on fitness & injury prevention in addition to normal training activities. We have funding to run additional fitness sessions at Plus Fitness Currambine, with a focus on specific netball related fitness, strength & conditioning. Offering these sessions will provide extra opportunities for members to take some time for themselves, to keep fit and stay active.

We will advise these session dates & details shortly.

**Umpires** — we have developed our own in-house umpire training and mentoring program delivered by accredited umpires with a view to progressing more of our members to holding an umpiring qualification (C-badge or higher). We have funding to help kickstart this initiative.

Members turning 12 in the current year can ask to join the waitlist — please email [umpirecoordinator@currabinenc.com.au](mailto:umpirecoordinator@currabinenc.com.au) if you're interested!

**Coaches** — CNC coaches are all volunteers from within the club and our extended family. By offering skills training to coaches we will show a commitment that the club values their contributions and is behind their development. Also, by encouraging our athletes from U15 to U18 to take on apprentice coaching roles we will foster an environment where they give back and share their experience with our younger athletes. We have funding for accredited training via Netball WA for Foundation and Development level coaching to upskill our apprentices, assistants and coaches!



## Preseason Round Robin...!!!

We are absolutely delighted at the awesome turnout and success of the inaugural Round Robin event on the eve of the season.

This gave our teams an opportunity to have some fun, get to know their teammates and to get some match practice prior to Round 1. Not to mention we also got most of our team photos done too!!!

Despite planning for rain, the sun was out (perhaps a bit too much) and we enjoyed a carnival atmosphere with awesome spectator turnout. From the feedback received we believe a great day was had by all!!!

A massive thank you to all who helped plan, procure, fundraise, coordinate, set up, cook the BBQ, take photos, spectate and last but certainly not least thank you to our athletes, umpires, coaches & managers who participated in the event!!!



## JETS!!!

Congratulations to our CNC representatives:

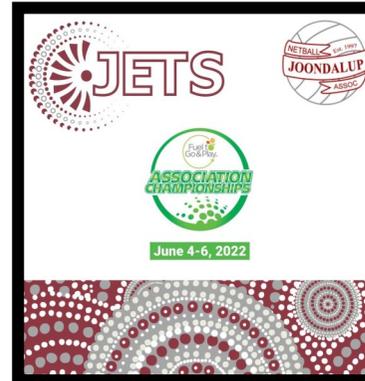
Amelia Fredman, Sanne Grimme, Stephanie Inkster, Jasmine McAllister, Imogen McSweeney, Heidi Pettigrew,

Laylah Sanders, Bonni Strykert & Mikayla Va'a who all took part in the Fuel 2 Go Association Championships via JETS!!!

Congratulations Amelia & Jasmine for receiving Gold Attitude Awards and to Heidi and Imogen for Best on Court Runners Up for 12A and 12B respectively!!!

And congratulations to the following IU CNC athletes selected for Future JETS: Amy Daniels, Abbie Howell, Zilah Mowll, Giselle Steyn & Emily Swallow...!!!

Absolutely fantastic effort girls, we're all proud of you!!!



## OUR AMAZING SPONSORS & PARTNERS... !!!

