

Nets and Balls News

July 2008

Volume 2, Issue 1

Upcoming Dates of Interest:

- Umpire theory review sessions— July 2008
- Umpire theory tests—August 2008
- Umpire practical review sessions— September and November 2008
- Umpire practical tests— September and November 2008
- PCNL game —September 27th in San Francisco
- PCNL game —September 27th in San Francisco
- Love in LA LA Land Tournament and PCNL Finals —November 15th and 16th

Netball America Hits 100 Members!!!

Welcome to our newest members:

- The Los Angeles Waves Netball Club
- The San Francisco Southern Stars Netball Club
- Vicki from Connecticut
- Lynne from Illinois
- Emma from Arizona
- bollablue from Colorado
- CometGS from California
- David from California
- Sasharmer from Kansas
- Zoefernandez
- Maya50
- Sanderson from California
- UmpireVIP from California
- Sschager from Arizona
- Ssesanga from East Africa
- Carolynnnetate from Boston
- Rezler from Florida
- Greg from Sydney
- Christine from Brisbane



- Bnharb from Massachusetts

It's great to have you all as members!!

Inside this issue:

- Teaching Coaches How To Coach 2
- Umpiring Tips 2
- PCNL Update 3
- Flying Tips 4
- IFNA Netball Academy 4
- Netball T-Shirt Competition

Umpire Champions

Congratulations to:

- Chrissy Campbell
- Natalie Zimmer
- Sharon Semple

for passing their C Badge practical exams.

Well Done!!



Coaching Report: Teaching Coaches How To Coach

by Rhonda Lelo, Los Angeles Waves Netball Club



In February 2008 Netball America members took the opportunity to attend a Netball America coaching course "Teaching Coaches How To Coach". Members completed theory and practical components of this course.

The theory component ran over a weekend, while the practical components ran over two weekends.

This is a basic level coaching course that covers Nutrition, Training, First Aid, and Training Plans. The goal of this course is to teach people how to conduct an entire training covering all the key aspects of being a good coach.

Rhonda Lelo said, "Often times coaches tend to focus on drills and physical fitness and forget about the other important aspects of coaching a team - the players and their needs!!"

This course is ideal for beginner coaches and people wanting to teach junior players.

Netball America will be conducting this course again during the 2nd half of 2008.

Contact info@netballamerica.com for more information.

Umpiring Tips by Prue Plummer-D'Amato, Thousand Oaks Comets Netball Club



Umpire tip: communicating with the whistle

The whistle blow to penalize an infringement and to indicate that a goal has been scored is short and sharp. The whistle to indicate to the timekeeper to stop/start time (including the whistle to indicate to the players and officials that it is the end of a quarter) is a long roll.

Umpire note: coin toss

The toss for first Center Pass is performed by the Captains. (The umpire does not conduct the coin toss.) The Captains then notify the Umpires and Scorers of the result. [Rule 3.5.1]

The Umpires shall toss for goal end after being notified by the Captains of the result of their coin toss. The umpire winning the toss shall control the half of the Court designated the northern half. (Decide which half is the "northern" half before the toss!) [Rule 3.1.4]

Rules Q&A

Q. The Red WA is taking a Throw In on the side line. She tries to bounce pass it to the Center but it hits the Blue WD's knee and rebounds back to the Red WA who catches it, still standing outside the court. Is it a Red Throw In?

A. Yes. The last player on Court to touch the ball was the Blue Center. [Rule 10.1; Rule 18.4.1(i)]

About Prue Plummer-D'Amato

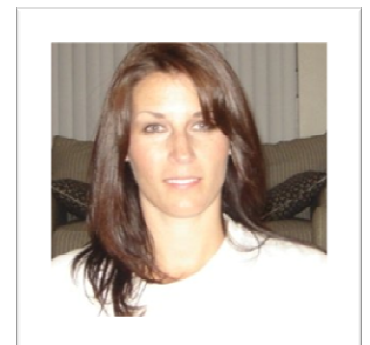
Prue is originally from Australia and is now living in California. She is an active member of the Thousand Oaks Comets Netball Club. She has been living in the USA since 2004.

We are fortunate to have Prue in the USA as she is a well respected and esteemed international umpire.

In 1996 she was awarded the All Australia (AA) umpiring award, then the IFNA Umpires Award in 1998. The IFNA Umpiring Award was endorsed in 2001.

Prue was a member of the National Pool of Umpires in Australia from 1996 until moving to the USA in 2004. Prue umpired in the National league and National championships. Prue has umpired international tests and was invited to umpire the World Netball Championships in Jamaica.

Prue was a qualified tester to A badge in Victoria, Australia and was on the exam setting and marking committees for Netball Australia. (This committee wrote and marked the Section II theory papers, which candidates must successfully pass before they can be considered for the AA award.)



PCNL Update *by Carey Dunlop, Los Angeles Waves Netball Club*

The Pacific Coast National League (PCNL) kicked off its second season on May 17th with games held in Thousand Oaks, California.

The Thousand Oaks Comets Netball Club were gracious hosts and participants in the event. The San Francisco Southern Stars, San Diego United and Los Angeles Waves Netball Clubs were also in attendance.

The players did their best on the day to battle the stifling heat (it was the hottest day in May on record). They were assisted by the organizers, who adapted to the conditions and allowed the teams to take additional water breaks during the games. These breaks were very much appreciated!

The Comets were troopers, playing three full games on the day. The other teams played two games. The standard of netball was very high. Every game was tightly contested and competitive. The spectators were treated to some great games. The umpires did a fabulous job keeping cool heads in very hot conditions. The PCNL follows the international netball match rules whereas most tournaments are modified versions due to time constraints. As a result, we have seen improvement in the skill level of umpires and players.

The Stars were impressive, winning their games against the Comets and PCNL Title Holders, Riptide. The game against Riptide was a tough one, but the Stars were the superior team with strong defense, consistently speedy drives down the court and accurate shooting.

United also had a strong day on court, winning their game against the Comets and drawing with Tidal in a game that was quite the nail-biter!

Unfortunately, United also had a knee injury to contend with. All the best for a speedy recovery Kate!

Tidal played well to win their game against the Comets and draw with United, which was a first! Tidal displayed great team work and determination.

The Comets were unlucky not to get a win on the day. They played valiantly through the heat, with effective defense and a quick mid court. Claire's shooting was as reliable as ever.

Riptide has had better days on court. The team played well, but struggled in the heat against a better team. There were plenty of lessons learned for us from this experience!

Final scores:

United 42	Comets 32
Stars 29	Riptide 22
Tidal 30	United 30
Riptide	United (postponed)*
Stars 36	Comets 10
Tidal 19	Comets 12

*The game between United and Riptide was postponed to June 14th. Riptide won this game 58 points to 33.

Current PCNL points total:

Team Name	Points	Games Played
Stars	10	2
Tidal	8	2
United	8	3
Riptide	6	2
Comets	2	3
Cowgirls	0	0

We are looking forward to the next round of PCNL games in San Francisco on September 27th.

PCNL
"Come down
and see a game in
a town near you!"



Riptide after the June 14th PCNL game in Carson, Los Angeles.



Netball America Members
Newsletter

www.NetballAmerica.com

Email: Info@NetballAmerica.com

*Creating harmonic, passionate,
progressive Netball
communities around America*

Flying Tips *by Jo O'Key, Los Angeles Waves Netball Club*

For all you jet setting Netballers here are some great flying tips from our own Netball America flight attendant Jo O'Key.

1. Start taking a hand held fan. Some airlines will be not turning on the APU (Auxiliary Power Unit—which give air conditioning while on the ground) until take off. According to Alaskan Airlines representatives, "If APU usage is reduced by at least 15 minutes per flight at our current schedule of 500 flights per day this will save Alaska Airlines over \$5,800,000 in fuel costs."
2. When packing cooler bags, freeze food items and use them as an ice pack rather than carrying separate ice packs with you. This will save carrying the icepacks on your trip home.
3. Always pack a swimming suit, change of underwear, iPod, book and 4 once size toiletries in your hand bag and "CHECK" the rest. Better on your back and better for you to run from gate to gate.
4. Bring your own herbal tea's to airports. It's cheaper and better for you while you wait for connections and on the plane. Just ask for some hot water.
5. When booking travel, always click on the button "flexible with dates". This will show you the prices before and after your chosen date, and you might not be so inflexible when you see the difference in prices.
6. Take an empty water drinking container and ask the Flight attendant to fill it up as soon as you get on the plane, while boarding, NOT when preparing to close the front door.



IFNA Netball Academy Update

The Netball Academy is the educational division of the International Federation of Netball Associations (IFNA) and was established in 2006 to deliver 'Best Practice' academic programs, in order to ensure that IFNA athletes, administrators and event organizers from across the globe have access to the highest quality education.

The Netball Academy Executive Education Programs provide industry executives with the opportunity for personal development, helping them to manage and successfully operate their own organizations and events, establishing themselves as leaders within their field.

The Netball Academy runs a series of 2-5 Day programs, all of which are held here at the Man-

chester Business School in Manchester.

Available programs as follows:

- 2 Day Executive Administration program, 15-16th July, 25-26th November 2008.
- 2 Day Risk Management and Governance program, 17-18th July, 27-28th November 2008.
- 3 Day Athlete Performance Pathways program, next date is still to be confirmed.
- 5 Day Intensive Event and Administration Program, 3-7th November 2008.

Contact info@netballamerica.com for registration forms and more information.

Netball T-shirts!

Okay we're stocking up our online store and are getting ready to launch soon. We've discovered there are not enough smart NETBALL shirts out there. I mean how many of us actually like the "I ♥ Netball" shirts? (sorry if you do) ... Anyway what better way to get some great ideas but to ask you. We're looking for your favorite netball slogans, sayings, poems WHATEVER to print our shirts. BUT – there's a catch...

The person that comes up with the **best**, and **original**, Netball "Quote, Saying...etc" will **WIN a \$20 gift card from Target.**

Trust me this won't be the first time we'll be reaching out to our members for ideas. The power of Netball America is its MEMBERS! With this power of sharing and networking together we can spread NETBALL throughout America.