

## Club Update: May 2015

[www.bendigoflames.com.au](http://www.bendigoflames.com.au)

### **FROM THE PRESIDENT:**

We are now well into the season with all teams organised and running smoothly. A big thank-you to the players who have filled in within a higher grade. This is terrific for your netball development.

Congratulations to Jess Raeburn who plays for Flames Fever (Div 3B) and who recently umpired her first game at BSNA. If anyone else is interested in learning to umpire please let me know. We have two exciting events that the committee has been working on behind the scenes – Neon Netfit and NetSetGo. Please see more information further down in this newsletter. Flames are so lucky to have such incredible expertise on the committee who can bring these experiences to our new but great club!

As I walk around the courts each Saturday it is so great to hear the positive encouragement coming from parents, grandparents and carers. Please remember to offer help to the coaches both on game day and at training.

Go Flames!

Gill Davey

### **REMINDERS:**

NO GAMES weekend of June 6 (long weekend)

Parents need to be on time to collect children from training, or make other arrangements to have their child collected. Coaches give up their time for training and have other commitments outside these times. Please be mindful of this.

### **UNIFORM'S UPDATE:**

Latest news from our dress supplier is that replacement dresses will arrive mid-June. I will keep you updated via our website and Facebook page if this changes.

We had a great response to our hoodies and had 65 ordered!! We can't wait to see

players and supporters in their Flames gear! I am hoping to be able to collect from our supplier the week of June 16 and distribute at training that week. Again, I will keep you updated if this changes.

- Josie Geddes, Uniform Officer

### **COMPLAINT'S POLICY:**

If any parent or player has a serious issue within the club, please approach your coach in the first instance to keep communication open. If the issue is not resolved to a satisfactory resolution, it needs to be put in writing within 7 days to the President, Gill Davey.

Any external complaints eg. a problem with another club needs to be directed to Gill, who will liaise with BSNA.

The committee will email a copy of the policy to all families once it is formalised.

It is timely to remind players, coaches and parents that we have all signed a Code of Conduct that needs to be adhered to.

### **BSNA OFFICE ROSTER:**

We are in need of parent volunteers to man the office for a couple of hours at a time, for timekeeping, collecting scoresheets, etc

Dates/times needed:

- Saturday 20/06: 8 – 10am & 10 – 12pm
- Saturday 01/08: 10 – 12pm
- Saturday 15/08: 2 – 4.30pm

2 – 3 people are required per timeslot. Please email [flamesjnc@gmail.com](mailto:flamesjnc@gmail.com) if you are able to fill one or more of these times.

### **BSNA RE-GRADING:**

BSNA are in the process of re-grading and moving around some teams. Please continue to check their website for any changes – this is YOUR responsibility:

[www.bendigostrathdalena.vic.netball.com.au](http://www.bendigostrathdalena.vic.netball.com.au)



**UPCOMING EVENTS:**



**Lock in Thursday July 16!!!**

Flames are very excited to announce we are hosting the first EVER Neon NetFit event in Bendigo!!!

Run by Sarah Wall (ex-Vixens/Swifts), Neon NetFit is netball fitness in the dark with glow netballs, glow body paint, lights and music! This high energy 45min netball gym class combines explosive netball movement with strength and power exercises to music and in the dark! Classes are based on netball specific fitness, teamwork and empowerment.

**Flames players ONLY**  
**will be offered an exclusive pre-sale period:**  
**June 1 – 5pm June 13.**

Players can pay \$30 – cash to coach or direct to bank account – to secure their spot (payment must be made in full).

From 5pm June 13, once the event is offered to the public, bookings need to be made through [www.trybooking.com](http://www.trybooking.com) and will be \$32 (incl. booking fee).

Spaces are **VERY LIMITED**, so get in early – this **WILL** sell out!!!

See the flyer in this newsletter for more information. Hard copies will be available at training.

Flames will run the 'Net' component of NetSetGo for Prep – Grade 2 children. Running on Monday nights for 8 weeks. Sessions will be coached by esteemed local and Flames Coaches' Convenor, Janelle Hobbs.

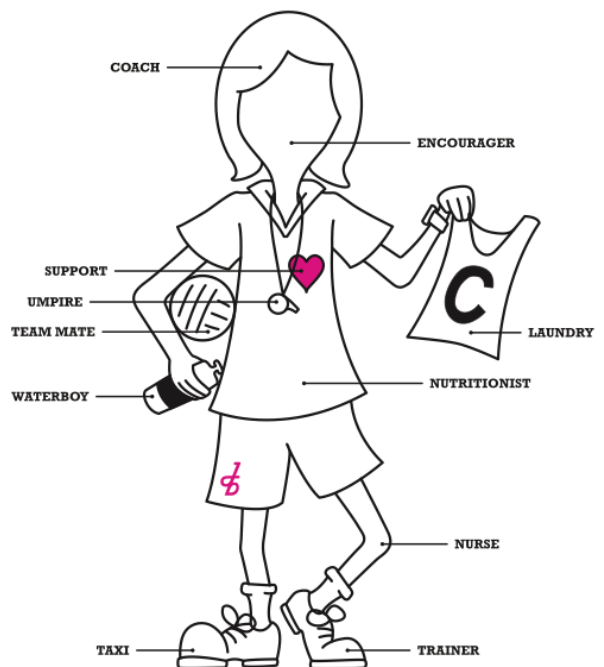
Cost: \$60/player (incl. VNA Insurance coverage, t-shirt & Gilbert netball)

Date: Mon July 20 – Mon Sept 7

Time: 4.00pm (45min sessions)

Online registrations will be accepted shortly.

**THE NETBALL MUM**

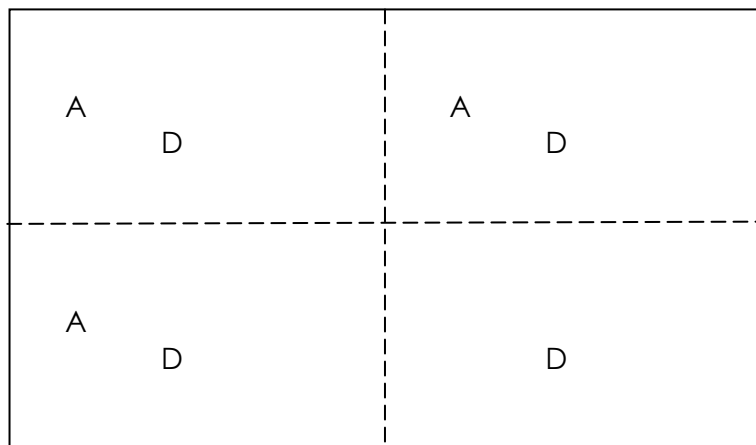


Coaching drill from our Coaches' Convenor – Jannelle Hobbs:

## DEFENDING

Objective: to defend strongly one on one and go for interception  
 No. of players: 7 players  
 Area: 1/3 netball court divided into 4 squares  
 Equipment: 1 ball, bibs, stopwatch

- Three attackers in a square each with one square 'free' vs 4 defenders, one in each square
- Attackers pass between each other for 30 seconds, but cannot pass back to the attacker they received from. The attackers can receive a pass in their square or move into the 'free' square to receive the ball.
- The attackers get 1 point for every successful pass
- The defenders get 1 point for every intercept they take or 2 points if they make an intercept when defending in the 'free' square
- After 30 seconds change roles



### **Coaching Tips**

*Stand in a stable position  
 Body angled slightly to sight ball and opponent  
 Focus between player and ball  
 Quick footwork  
 Move towards the ball using short sharp steps  
 Think about where the passer is likely to pass the ball*



Email: [flamesjnc@gmail.com](mailto:flamesjnc@gmail.com)

ABN: 94 240 032 515  
Incorporation No. A0062235U

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*Bendigo Northern Flames Junior Netball Club*



**BENDIGO NORTHERN  
FLAMES** Presents



**NEON**

Brought to you by



 Jeanieboy #NEONNETFIT  
#LIGHTUPTHECOURT

**WHEN:** 16th July, 2015

**WHERE:** Weeroona College A.T Dingle  
Building

**TICKETS:** Available through  
TryBooking.com from 12/6/15 5pm.

[http://www.trybooking.com/Booking/  
BookingEventSummary.aspx?eid=139091](http://www.trybooking.com/Booking/BookingEventSummary.aspx?eid=139091)

**COST:** \$32 (includes \$2 booking fee)

To confirm your place please visit  
**TryBooking.com**, make a full pay-  
ment and leave your details as a  
reference. You will receive a confir-  
mation email from Flames JNC once  
payment is received.

**TIMES**

**4pm** - Gr 3,4 & 5 students

**5pm** - Gr6, Yr7 & Yr8 students

**6pm** - Yr 9 +

**Further enquires:**

[flamesjnc@gmail.com](mailto:flamesjnc@gmail.com)

Gill Davey, President.



**SMASH**  
SPORTS MANAGEMENT

**2015 NETBALL VICTORIA  
REGIONAL  
CLINICS**

BE COACHED BY THE BEST

**Wangaratta**  
Venue: Wangaratta YMCA Indoor Stadium  
Date: Monday 29 June 2015  
Time & Ages: 11:00am - 1:30pm | 8-15 years

**Shepparton**  
Venue: Shepparton Indoor Sports Facilities  
Date: Monday 29 June 2015  
Time & Ages: 4:00pm - 6:30pm | 8-15 years

**Bendigo**  
Venue: Flora Hill Stadium  
Date: Tuesday 30 June 2015  
Time & Ages: 10:30am - 1:00pm | 8-15 years

**\$40**  
Per Participant



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