



Redbacks Netball Club

Newsletter 1, 2017

Fitness & Footwork Sessions with Katie Walker!

Katie Walker (ex-Firebird) will be running fitness and footwork sessions for Redbacks players to prepare for the coming season. This is an amazing opportunity for Redbacks players born 2007 and older and offered on Saturday Feb 4, 11, 18 & 25 7:45am for an 8:00am start. The sessions cost \$10 per netballer per session and there is a total of 4 sessions. It will be valuable to attend all sessions in a progression and development of skills. What an amazing opportunity!

Skills and fitness sessions:

All club members are encouraged to come along from 4 - 6pm on Sunday 22nd January and Sunday 29th January. These sessions will be fun and include a warm up session, run around the courts, shooting session, fast feet session and game time. This will ensure your daughter is prepared and ready for the team allocation sessions and excited about the coming 2017 season. Apologies for the date/day inconsistency error in the previous newsletter.



Coaching in 2017

There has been a good response to requests for coaches this year. Please consider co-coaching as an option, or supporting a junior coach for your team.

If you are interested in the important role of coaching or co-coaching please contact Cathy.

cathycarmody@gmail.com

2017 Registration

Registration numbers have been down, with increasing action this week! It may be that the new system of registration is to blame. Please contact the committee via the website if you are having trouble with the process or new my netball website.

Registration Closes Friday January 20th

Team Allocation Days

A quick reminder to bring a water bottle and ball to the team allocation days. Please wear netball sneakers and sports clothes. Players will need to attend all team allocation days.

Redbacks Carnival 2017

Redbacks Invitational Netball Carnival is booked for Saturday 11th March. This is the weekend before the season starts and should enable our teams to be well prepared for the first games. Please save this date as it is anticipated that all teams will participate in this carnival.

Redbacks Rule Reminder!

Each newsletter will include a netball rule reminder/refresher. Rule 13: Playing the Ball A player may:- (i) catch the ball with one or both hands; (ii) gain or regain control of the ball if it rebounds from the goalpost (iii) bat or bounce the ball to another player without first having possession of it. (iv) tip the ball in an uncontrolled manner once or more than once and then (a) catch the ball; or (b) direct the ball to another player; (v) having batted the ball once, either catch the ball or direct the ball to another player; (vi) having bounced the ball once, either catch the ball or direct the ball to another player.

Games commence Saturday 18th March 2017