



HIGHVALE NETBALL CLUB



# Highvale Netball Club Annual Report 2019



**HIGHVALE NETBALL CLUB INC.**  
**Reg. No. A001 9001 H**

**NOTICE OF ANNUAL GENERAL MEETING**

**DATE:** Sunday 1st December 2019  
**TIME:** 11:00am  
**VENUE:** Eley Park Community Centre  
87 Eley Rd, Blackburn South, 3130

**AGENDA AGM:**

1. 11am – Welcome
2. Apologies
3. Acceptance of the Minutes of the 2018 Annual General Meeting
4. Presentation of 2019 Presidents' Report
5. Presentation of 2019 Treasurer's Report
6. Election of members of the Committee for the next twelve months
7. Business section of meeting closed.

*Ann-Maree Jefferis*  
*Secretary*

**STATEMENT OF PURPOSE:**

1. To promote, control and manage all teams represented by the club, and to provide healthy recreation for members of the Club.
2. To encourage, recruit and promote the game of netball.
3. To join an Association affiliated with the Victorian Netball Association.
4. To enter teams in any competitions organised by the Association.
5. To enter teams in any competition as approved by the Club Committee.
6. To encourage social life and good fellowship amongst members of the club and to promote social functions, athletic sports, recreational activities and pastimes held within the club.
7. To invest in accordance with state laws, any monies or funds of the club with any worthwhile institution as approved by the executive committee.

## HIGHVALE NETBALL CLUB WISHES TO ACKNOWLEDGE THE CONTRIBUTIONS OF THE FOLLOWING PEOPLE:

### Committee 2019

Donna Stevens	President
Nicole Newey	President
Ann Maree Jefferis	Secretary
Sharon Bierenbroodspot	Treasurer
Brooke Whiteside/Tanya Frost	Coach Coordinator
Tanya Frost	Communications Coordinator
Fiona Bahr	Uniforms Coordinator
Eliza James	Committee member
Carolyn Horvath	Committee member

### Coaches 2019

Eliza James	Rockets	Brooke Whiteside	Comets
Carolyn Horvath	Rockets	Kate Smedley	Stars
Kirsten Turner	Rockets	Viv Potter	Sapphires
Ash Turner	Rockets	Brad Frost	Sapphires
Alyssa Newey	Bullets	Peter Bartlett	Gems
Charlotte Bahr	Bullets	Donna Stevens	Emeralds
Jess Stevens	Novas	Sophie Papaefraim	Flyers
Kasey Thompson	Novas	Jessica Hunt (Team Manager)	ZigZags
Chloe Frost	Comets		
Tanya Frost	Comets		

### Umpire Acknowledgements 2019

Jess Stevens      "C-badge"

### Representative players 2019

Representative Club	Highvale representatives
Melbourne Waverley	Amelie Huppe, Maya Crombie, Sam Bahr
Waverley City	Alicia Basham, Jess Stevens, Alyssa Newey, Kasey Thompson, Summah Hinchcliffe, Amy Basham
Eastern United	Maya Loeckenhoff



## THE HIGHVALE NETBALL CLUB ALSO ACKNOWLEDGES OUR LIFE MEMBERS AND RECIPIENTS OF CLUBS AWARDS:

### Life members of Highvale Netball Club Inc.

1991 Val O'Brien  
 2009 Jody De Cesare  
 2015 Liz Joyce

1998 Ross Young  
 2009 Gayle Green  
 2018 Eliza James

1999 Colleen McDougall  
 2015 Vito De Cesare

### Club Award Recipients

1991 Glenis Mackay  
 1991 Sangita Tailor  
 1991 Colleen McDougall  
 1991 Emma Splatt  
 1991 Debbie McDougall  
 1993 Ron Waldron  
 1993 Sue Mackay  
 1994 Ross Young

1995 Katrina Hall  
 1995 Leanne McDougall  
 1996 Colleen McDougall  
 1999 Michael Hall  
 1999 Merrill Pohlen  
 2000 Trish Hall  
 2001 Pam Bartlett  
 2003 Christine Chalmers

2007 Leanne McDougall  
 2008 Bob Cave  
 2010 Sue Allen  
 2010 Vito De Cesare  
 2011 Liz Joyce  
 2017 Greg Hunt  
 2018 Tanna Reynolds

## President's Report 2019

Happy 40<sup>th</sup> Birthday to Highvale Netball Club! It is with great pleasure we present our 2<sup>nd</sup> President's Report in conjunction with this wonderful milestone for the Club. While it is a time to celebrate 40 years of HNC, there is also much to reflect upon in the year that has been 2019.

We are very lucky to have a dedicated Committee supporting us. Many thanks to Ann-Maree Jefferis our Secretary, Sharon Bierenbroodspot our Treasurer, Brooke Whiteside and Tanya Frost our Coach Coordinators, Fiona Bahr our Uniform Coordinator, Tanya Frost our Communications and Social Media Manager and our General Committee Members Carolyn Horvath and Eliza James. A huge thank you to each and every one of you. The Committee of HNC work as a team ensuring everything runs smoothly for all our members.

While it is a team effort, there are a few special “thank yous” we would like to acknowledge. Ann-Maree Jefferis put up her hand to tackle the role of Secretary this year, taking over from Eliza James. Ann-Maree had some big shoes to fill and she has filled them admirably. Sharon Bierenbroodspot took over the Treasurer’s role from Marion Hoskin which were also some big shoes to step in too. Sharon accepted the challenge and has done a fantastic job ensuring the club finances are in tip top order. Our Coach Coordinator Brooke Whiteside had to step down during the year due to her work commitments. Tanya Frost took over this role, as well as continuing the Communications and Social Media Manager role. Many thanks to you all for your hard work throughout the year. It has been very much appreciated.

As a domestic netball club, Highvale prides itself on fair play, mate ship and inclusiveness for all our members. HNC aims to create and promote a safe, fun and friendly environment for people of all ages. HNC also aims to engage with the community to offer and encourage participation in netball at a “grass roots level”. There is also the added bonus of being involved in a team sport which provides so many benefits to all who participate.

In 2019, HNC continued to maintain and consolidate our relationship with Waverley City (WCNA). While this will be the last year that WCNA run the Saturday competition at Jells Park, not much will change for our Club and its members in 2020. The competition will be run by Waverley Night (WNNA) and it will be business as usual on a Saturday. HNC will endeavor to work with and build a strong relationship with WNNA.

As a Committee we continue to try and improve communication with our members. HNC uses various channels to communicate latest news and events which include email, Team App and Facebook. At training and on game day, there are usually a number of Committee members present who are available and extremely approachable to address any questions, queries or concerns.

A change to the process of paying fees has been implemented this year. Not only does this bring HNC in line with many of the other WCNA/WNNA clubs, but this new process also means HNC will be better organised in terms of knowing the number of teams to be entered each season. It will also lessen the workload for Committee members, all of whom are volunteers with various other family and work commitments to attend to.

We want to provide our current and future members with the best the Club can offer. As a Committee we asked how this could be provided. It was decided that if HNC invested in a program for our coaches, the skills and knowledge learned could in turn be passed on to our players. We were also well aware that our coaches, all of whom volunteer their time, needed to be supported. With this in mind, HNC engaged Sarah Hogan from the [thenetballcoach.com](http://thenetballcoach.com) to provide a Coach’s Workshop and mentoring program which was recently run over 4 weeks. Sarah worked tirelessly with our coaches and a number of our players to help guide, support, and mentor them to further develop their coaching skills. She also provided written feedback and is working with us to develop a training resource our coaches can use moving forward. We think you’ll agree a very worthwhile program.

As a club, to be able to move forward, we require new members to join. To instigate this, in 2019 we decided to run a free Netball Taster Session for any new or aspiring netballers to try. These sessions were advertised, planned and run by Samantha Potter over a 3 week period. Many thanks to Samantha for organising these Taster Sessions. It is hoped that running such a program will prompt new members to come and join our wonderful netball club in the future. Hopefully something we can continue to offer next year.

It has been great to hear that many of our junior players have trialed for various representative netball teams in the area. Well done to all who trialed. HNC is very proud of you.

A very special congratulations to Summah Hinchcliffe from our U17 Emeralds, who trialed for VNL. Summah has been offered a contract to play with the Monash Hawks under 19's in 2020.

In the Winter 2019 season, HNC entered 10 teams in total. The 10 teams were made up of 1 in U11s, 3 in U13s, 2 in U15s, 2 in U17s and 2 in Open. 5 of our teams made finals - Gems, Emeralds, Stars, Comets and Bullets. Of these, 4 went through to the Grand Final, of which 2 were successful. Congratulations to under 17 Emeralds and under 15 Stars on winning their Grand Finals. Championship team for Winter 2019 is Stars – Congratulations.

Spring season once again saw 10 teams entered. At the time of writing this, we could have 7 of a possible 9 teams making finals. A fantastic effort. Whatever happens we are sure you will make HNC proud.

We will be saying farewell to a long time Committee member, Eliza James, who is stepping down this year. Eliza has worn many hats for Highvale Netball Club over the years, including player, coach, umpire and Committee member. Last year she was awarded Life Membership at HNC. The Club is forever grateful for all your hard work and dedication over the years. Without this, HNC would not be the club it is today. We wish you well but know we will still see you around the netball courts.

Many thanks to all of our coaches and team managers, who work tirelessly week after week to ensure that teams have trained, turned up to games, warmed up and taken note of all the positions the team members play and by doing so, making sure all of our Club and WCNA commitments are met.

Last but by no means least, a big thank you to all the parents. Thank you for scoring, making sure your child(ren) get to training and games, providing the lollies/fruit and for supporting your child and their team throughout the year.

Please consider becoming part of the HNC Committee. Being on the committee is a great opportunity to not only contribute to the running of the club and ensuring a great netball experience for your child, but also being part of a group of likeminded people and share in the satisfaction of a job well done. We are a team here at Highvale and it is an extremely rewarding experience (not only for yourself and your children but also for the wider community).

We would like to wish all our members a safe and happy festive season. We look forward to seeing you all in the New Year.

**Nicole Newey and Donna Stevens**  
Co-Presidents

# TREASURER'S REPORT

31 October, 2019

The following financial statements have been prepared for distribution to members and presentation at the Annual General Meeting.

These reports have been prepared by the Treasurer from bank statements, cheque books, invoices, etc., all kept under the control of the Treasurer.

The club's finances are secured by a strong balance sheet made up primarily of cash at bank of \$17,268.42.

The Profit and Loss for 2019 shows a Loss for the year of \$560.39 – the club is comfortable with this figure given our commitment to coach mentoring this year.

We implemented a new payment strategy for 2020 fees – a shorter payment window with the availability of an 'early bird' cheaper fee option. This has been introduced to assist the committee with fee collection, which unfortunately has become quite time consuming.

The take up rate of the 'early bird' fee option was approximately 50%, which we consider to be incredibly successful, therefore ensuring its viability in coming seasons. So, thank you to all our 'early birds'.

Stock of new and second hand uniforms held @ 31/10/19 is \$5,570.

This has been my first year as Treasurer, and I look forward to continuing in the role in 2020.

**Sharon Bierenbroodspot**

Highvale Netball Club  
Cheque Account Reconciliation  
Period ending

31-Oct-19

BANK STATEMENT CLOSING BALANCE AS AT 31-Oct-19 17,268.42

Highvale Netball Club Income/Expenditure Transaction Reconciliation

H.N.C. opening balance as at 01/11/18		17,828.81
Transactions - Income	01/11/18 - 31/10/19	28,150.54
Transactions - Expenses	01/11/18 - 31/10/19	-28,710.93

HIGHVALE N.C. BANK BALANCE @ 31-Oct-19 17,268.42

VARIANCE TO BANK STATEMENT CLOSING BALANCE @ 31-Oct-19 0.00

**Highvale Netball Club Inc.**  
**Balance Sheet @ 31 October, 2019**

**Current Assets**

Cash at Bank	17,268.42
Uniform Assets on Hand	5,570.00
Trusts	0.00
<b>Total Current Assets</b>	<b>22,838.42</b>

**Current Liabilities**

Outstanding Cheques	0.00
Tax Liabilities	0.00
Trusts	0.00
<b>Total Current Liabilities</b>	<b>0.00</b>

<b>Net Assets</b>	<b>22,838.42</b>
<b>Total Equity</b>	<b>22,838.42</b>



# Highvale Netball Club Inc.

## Profit & Loss @ 31 October, 2019

<b>Revenue</b>	<b>2019</b>	<b>2018</b>
Spring Club Fees (S2)	11,380.00	13,500.00
Winter Club Fees (S1)	12,780.00	14,654.00
Post Season Club Fees (2020)	2,400.00	0.00
Prior Season Club Fees (2018)	240.00	0.00
Uniform	1,350.00	2,165.00
Interest	0.00	0.00
Umpire Fees Received	0.00	0.00
N.V.	0.00	7,889.00
Photos	0.00	0.00
** Other	0.54	0.66
<b>Total Revenue</b>	<b><u>28,150.54</u></b>	<b><u>38,208.66</u></b>
<b>Expenses</b>		
Uniforms	1,148.90	2,896.58
# Team Registration	15,940.00	15,760.00
Umpire Payments	0.00	5,551.80
Umpire Courses	0.00	0.00
N.V. Expenses	543.69	8,075.00
Court Hire	2,650.08	2,784.25
Trophies	2,037.20	1,912.90
Website	38.00	0.00
Coaching Courses	2,092.50	686.00
Equipment	743.00	654.57
** Sundry Expenses	207.80	326.88
AGM Expense	2,129.76	727.83
Printing & Stationery	0.00	0.00
Payment Refund	1,180.00	240.00
Forfeit Fines	0.00	0.00
Umpire Fines	0.00	0.00
<b>Total Expenses</b>	<b><u>28,710.93</u></b>	<b><u>39,615.81</u></b>
<b>Net Operating Profit / (Loss)</b>	<b><u>-560.39</u></b>	<b><u>-1,407.15</u></b>

# From 1/1/19, umpire costs included in team registration

\*\* Sundry Expenses:- Consumer Affairs, Committee member gift

## COACH CO-ORDINATORS REPORT

I would like to start with 3 cheers to our dedicated coaches for 2019. I am very impressed with the calibre of coaches we have – so much skill, patience and time to show our players the best way to play netball. For the first time, this year we have 5 junior coaches whom have all stepped up to support the club and their teams – it is a delight to see these girls develop their coaching skills and the success they have had in developing their players and their own coaching skills.

As coaches, we all play many different roles throughout the season – we are teachers, managers, leaders, mentors, psychologists, strategists, communicators, motivators and promoters of the sport – I have enjoyed watching all of our coaches wear all of these hats, many times all at once, as they have refined their own coaching philosophy over the year.

Coaching is not just about turning up to the game on Saturday and throwing a ball at training. The amount of time and effort each of them put into preparing training plans, skill development and working on different position combinations to teach our players is incredible. I can't thank you all enough for being organized, enthusiastic, patient, supportive, knowledgeable, caring and having a passionate approach. They are volunteers who give up their valuable time and energy to bring about successes in each and every one of our players and teams.

In Under 11's we have Eliza James, with the support of Carolyn, Kirsten and Ash: developing Highvales' pocket Rockets in Section 3. Congratulations to Eliza and Ryan on the birth of your baby girl Kelsey – we wish you all well. We need to acknowledge the mentoring role Eliza maintained throughout her pregnancy to support Carolyn, Ash and Kirsten to step in once Eliza was on maternity leave, leaving them in a great position to take on the role and doing an amazing job coaching our youngest members of the club. Well done to all players and coaches who have had an amazing year with all players, thoroughly enjoying the end of years Round Robin.

In Under 13's we have 3 teams this year: Jess Stevens and Kasey Thompson (with the assistance of Donna Stevens) with Section 2 Novas. Alyssa Newey and Charlotte Bahr with Section 4 Bullets and Chloe Frost with Section 3 Comets (special Thank you to Brooke Whiteside for your diligence during the winter season). All teams have developed into stronger competitors in under 13's with the guidance of their coaches. I would like to acknowledge these 5 young ladies whom have worked hard to develop their coaching styles. It is very rewarding as a club to see our players give back to the club in such an amazing way – and to do it with composure, expertise and diligence. Thank you to the 5 of you and your reward is in how the players, parents and the club respect and value you all.

Under 15's saw Stars move up from Under 13's into under 15's section 3, to a much faster and physical game, under the guidance of Kate Smedley. Stars were the recipient of the Kevin Currie Champion Team award for the Winter season- congratulations to you all. Stars were supported in the second half of the year by Sophie Papaefraim, who brought her extensive netball knowledge to assist these young ladies to their transition to Under 15's. Under 15's section 3 also had Sapphires coached by Viv Potter and Brad Frost. Viv has mentored Brad who has never coached netball before, and he soon discovered that coaching netball was not that different from the football field and just as rewarding. In the Spring Season, Stars and Sapphires were in the same section and have been tight competition to each other all season.

Under 17's is a hard age group to coach, as other priorities enter the girls' lives. Peter Bartlett found himself coaching an expanded Gems, in section 4, as we had to disband Magic due to low numbers of players. Peter and indeed the team of Gems took on the new players like they were always part of the team, as a team they decided on how game day would be structured and made the semi-finals in the

Winter season. A special Thank you to Peter for turning up week after week to train the handful of girls that are able to come to training. Also, in Under 17's Emeralds, section 1 saw Donna Stevens at the head of this inspiring group of girls; many of the girls in this team not only play, but also coach and umpire for Highvale. Emeralds have had a successful year with a few changes as they could no longer train as a team and other competing squad teams saw change to their original structure, though they played every game with heart and soul.

Moving into Open means that they no longer have a coach or attend training but there is still a team manager/captain for each of the teams to ensure that the seasons run smoothly. Sophie Papaefraim supported Flyers whom moved into Open section 6 for the first time. The girls have a lot of fun and just enjoy playing the game of netball. With a number of them completing year 12 this year, it's been a great distraction from their studies. Our other Open team is Zigzags in section 4, supported by Jess Hunt. ZigZags struggled initially for numbers, however with a few ex Highvale players returning during Spring, it has meant they have been able to field a team each week building on their confidence and playing some great netball. Both Zigzags and Flyers will enter into finals for Spring, which is a great effort. It's great to see our Open teams continue to enjoy their netball and thrive.

All of our 2019 coaches are to be thanked and congratulated for the successes they have achieved throughout the year. Their role is largely underestimated and forever growing, yet they manage to create a fun and safe environment to empower our players, provide opportunities, build confidence and reflect, shape, focus, enhance and promote our game. One thing that makes coaching in the junior ages a little easier is the help and support of a team manager. Across our teams we have a number of parents (listed below) who have put their hands up to help with this role, from organising captains and fruit rosters to chasing up to ensure there are enough players for the games. For this, I know all the coaches and committee are very thankful for your efforts and support.

- Under 11 Rockets – Carolyn Horvath, Kirsten Turner & Ash Turner
- Under 13 Bullets – Nicki Hardwood
- Under 13 Novas – Michelle Huppe
- Under 15 Starlets – Fiona Bahr
- Under 17 Gems – Kim Bartlett

In 2019 all coaches continued using the coaching website [thenetballcoach.com.au](http://thenetballcoach.com.au) to assist them in finding the right drill, or training game. We had Sarah from the netball coach assist our coaches over 5 weeks to develop their skills and give feedback to each of our coaches. Sarah watched each of our coaches at training and on game day, freely gave of her advice on training and expertise in drills and supported all coaches in their roles. Sarah gave positive and encouraging feedback of how lucky we are to be involved in a club that is so supportive of their players, coaches and parents. She increased confidence for coaches around session planning, skill knowledge and confidence in our coaches' abilities.

Coaching is a valuable skill in itself and I encourage anyone who may be interested to take advantage of the coaching opportunities available within the club. No matter how experienced you are, Highvale NC is a great place to learn the ropes. Any coach will tell you about the great feelings of satisfaction that coaching provides, no matter how small the feat. Our proud tradition of fair play, mateship and inclusiveness stems from our coaches and we are very thankful for their time, effort and patience they continually volunteer. Congratulations on another fantastic year at Highvale Netball Club.

**Tanya Frost**

## TEAM REPORTS

### **Rockets – Under 11**

**Team members:** Paige Ryan, Shayla Turner, Bronte Turner, Alice Ryan, Analise Horvath, Leah Fuller, Shahani Gowritharan, Saige McCluskey-Basist

**Coach:** Eliza James

**Assistants:** Carolyn Horvath, Kirsten Turner and Ash Turner

### **Winter & Spring (Section 3)**

Our first year out of Development! While the gap in height between us and our opponents seemed to grow bigger, so did our desire to improve. This year has seen our skills refine and our training sessions become more complex. Holding and making space has been a huge focus and has been helped by introducing some basic court-plays, both from the centre-pass and defensive throw-ins. This has really helped us to further understand the various court positions and promoted better teamwork. In attack, we have spent time practicing driving onto the circle to best feed our goalers and are learning to work the ball closer to the post by properly positioning our wings and offering between goalers. In defence, we are learning how to defend with our feet and shoulders, though what has really been a standout is our ability to take clean intercepts on our opponents.

Rockets are lucky to have so many coaches, which has meant that we have been able to combine various small-group training drills into every session and get lots of guidance on Saturday's. Rockets might be small in size, but we have big personalities and muscle-hands to match – I am so pleased to see how the girls have matured and grown as netballers this year.

A big thank you to all the parents, especially to Carolyn, Kirst and Ash who have been an enormous help and asset to not only the team, but also to the club.

### **Bullets – Under 13**

**Team members:** Alizeh Ali Agha, Madi Harwood, Minh Nguyen, Tara Worthy, Aisha Hassan, Jade Blin-Mutum, Eryn Lawrence, Bronte Silins (Spring), Farah Hassan (Winter)

**Coaches:** Alyssa Newey & Charlotte Bahr

### **Winter (Section 4)**

Bullets started the year moving up into under 13's section four after spending the previous year in under 11's. This was a massive jump for the girls as they came across much taller, older girls. Early in the season we welcomed Eryn into the team who has proved to be a valuable addition. The improvement we saw from all the girls over this season was so amazing to watch.

Throughout this season we worked on the girl's ball handling skills, footwork, basic attack and defence skills and their transition to attack. We have seen a major improvement from all the girls in each of these aspects.

Moving into under 13's brought about some new challenges like finals as opposed to a round robin. The girls were lucky enough to make finals in their first season of under 13's after finishing top of the ladder in their section. In their semi-finals, the girls all worked well as team and secured a spot in the grand final

after winning the match 20-5. Unfortunately, the team was unable to win the grand final despite fighting hard until the very end.

We are very proud of the effort the girls put in this season and how they all bonded together so well. The girls have continued to grow and develop as netballers.

#### **Spring (Section 4)**

At the beginning of this season, Farah moved up to the Nova's but thankfully we managed to recruit our newest team member Bronte who jelled really well with rest of the team.

This season the girls stayed in section four, however a section five was created, meaning they had essentially moved up a section. Because of this, the girls came across a number of teams with a majority of top age players. This proved to be big shock to the system for all of us in the beginning of the season, but the girls have improved tremendously from it, stepping up to the challenge and are now playing faster netball.

We continued to rotate the girls through all positions to allow them to improve their skills across the court as this is still a really important part of under 13's.

Unfortunately, we didn't win as many games as our previous season, however the improvement and the development in each of these girls has been very impressive.

We could not have done this without the parents that always brought the girls to training and games and been supportive of our decisions. A massive thank you to our amazing team manager Nicki who has supported us through our high school studies and been a great communicator between ourselves and the parents.

We can't wait for what next year has to bring. Go Bullets!

#### **Novas – Under 13**

**Team members:** Samantha Bahr, Isla Bierenbroodspot, Paige Frost, Amelie Huppe, Francesca Nguyen, Ava Sayce, Katie Delaney, Farrah Hassan (Winter) Shanaye Whiteside (Spring), Meg Abburi (Spring) (Erin Jefferis – fill in)

**Coaches:** Jess Stevens & Kasey Thompson (Donna Stevens at training)

#### **Winter (Section 2)**

Being in their first year of under 13's the girls were seriously challenged, beginning their first season in section three, smashing grading and being pushed up into section two. This bubbly and passionate group of girls were a little startled by the competition, every week fighting super hard and leaving everything out on the court. Along with seven of the girls here today, the team had Shanaye and Meg, both were extremely valuable members of the team.

As the season came to an end, you could see the evident change in the girls' game. Not just on the court but off the court. Showing amazing growth and fight, they finished off the season with some really close games and left both us coaches excited for next season.

## **Spring (Section 2)**

In the second half of the year, the Nova's sadly lost Shanaye and Meg, however gained Farah from the Bullets. Being moved back into section 3, the well-earned growth from the season before was evident in the girls' game, smashing their way through grading. However, like the season before, they were moved up back into section 2! Having experienced the tough matches from the season before, the girls become definitely a force to be reckoned with. This season has been great for their netball, with constant challenges and much faster paced matches, the girls have improved so so much, and we as coaches couldn't be happier with how far they have come. Heading into next year, as mostly top age 13's, will be really amazing for these girls' netball, and we can't wait to see all this hard work pay off!

This team would definitely not be as organised if it wasn't for our team manager Michelle, you have been the best manager and mentor for both of us and we are so grateful for all you do for this team! Also, a big thank you to the parents who have been a great support, bringing their daughters every week and scoring, the team would not run as smoothly if it was not for you. Another thank you goes to Erin, who has filled in for the team on a lot of occasions, even having to rush from athletics! On behalf of the team we are so thankful for this!

## **Comets – Under 13**

**Team members:** Talya Wee, Anne Fo, Alanna Yong, Katrina Tran, Letitia Lee, Erin Tan, Chao Xin Cheng, Nisuli Weerasooriya, Sharane Gowritharan (Training)

**Coach:** Chloe Frost

**Assistants:** Tanya Frost and Brooke Whiteside

## **Winter (Section 3)**

Brooke was mentoring me into coaching for the first time and I would like to thank the girls for making my introduction into coaching such a pleasurable experience. It was Comets second year in U13's and the girls had hit their strides, learning to deal with a more physical game and made the grand final. Unfortunately, the girls lost the grand final by 5 goals, but I couldn't have been prouder of them.

## **Spring (Section 3)**

Brooke left us as coach, and I became the main coach of Comets with Tanya as support. The girls continued to work hard and develop the skills I have taught them. I have really enjoyed watching Comets develop as players and most importantly how they play as a team. And I am so proud of you all for making the finals again!

Thank you to each of the girls and their amazing parents for all their support this year. It is lovely to see so many of you supporting your daughters on game day and training.

**Talya** – Makes great position at the centre pass and always chases the ball down and fights for possession.

**Anne**- Works hard every week, both at training and on game day, you have really learnt how to watch both the player and the ball this year.

**Alanna** – Can read the play and create position on the court – it's not a game until Alanna has done one of her magic flick throws and made a play out of nowhere.

**Katrina** – You use your voice to help support the team, which is exactly what we need, using your change of direction you work hard to create position.

**Letitia** – Able to remember new drills easily and able to follow the ball in for her rebounds – on the odd occasion she misses.

**Erin** – One of our all-rounders – able to adapt to any position and you work so hard to do everything we ask.

**Xin** – Able to run all game long, finds the space and appears when her teammates are struggling to find an option to pass to.

**Nisuli** – New to the game this year, you've learnt how to stick with your players and your movement in the defensive circle have been your strength this year.

**Sharane** – Always works hard at training, is polite and attentive and we are ready to have you on game day if you want to play.

## **Stars – Under 15**

**Team members:** Jessica Bahr, Maya Crombie, Ameera Merza, Srujani Ravi, Megan Smedley, Maddie Redlich, Alicia Basham, Sandra Chaw, Cayenne Rabot, Dilara Herath

### **Winter (Section 4)**

**Coach:** Kate Smedley

This year saw a move up an age group to U15, a name change (Starlets to Stars) and a move into netball dresses, reflecting the maturing of this great group of girls. Stars had a very stable line-up this year, and we welcomed three new additions, Cayenne, Sandra and Dilara. All three have fitted into Stars seamlessly, and have proved very valuable additions to the team. We also welcomed Alicia back to the team.

Stars moved from U13 section 3 to U15 section 4, and we had an amazing season, winning all but 2 games (1 loss, 1 draw) to finish 20 points ahead of the second placed team, and taking out the Highvale Netball Club Championship team for Winter 2019. After a tense semi-final, we took out the grand final against St Andrews 20-14.

I'd like to acknowledge Tanna Reynolds' assistance for the first half of the season, the girls and I learnt a lot from her, and she did a great job teaching Stars some really useful skills and drills that I have continued to use with the team. As a current player, her match and tactical knowledge and tips were invaluable.

### **Spring (Section 3)**

**Coach:** Kate Smedley

**Assistant coach:** Sophie Papaefraim

This season saw Stars move up to U15 section 3, and the addition of Sophie as assistant coach. Again, having a current player coaching is invaluable, as her knowledge of match play and tactics far surpasses mine!

Stars have had another great season; it was a bit daunting moving up a section, but we had a great start, winning 5 of our 6 grading games. Stars finished 3<sup>rd</sup> on the ladder, only one game behind the top team. We have a really good chance of making the grand final, having beaten our semi-final opponents in our two matches this season.

I have thoroughly enjoyed coaching Stars this year, we have some good depth and versatility, which provides flexibility in positions. Stars have four strong shooters in Alicia, Maddie, Cayenne and Jess who all work really well together. Our defence have been fantastic this year, with regulars Maya, Dilara and Srujani proving very tough, and Maddie and Alicia rotating in when needed. We have a very speedy group of mid-court players, with Megan and Ameera sharing centre duties, and Sandra doing a great job in both WA and WD.

Thanks to all the girls for another fun year of netball, and to all the parents for their support this year.

### **Sapphires – Under 15**

**Team members:** Lailaa Agha, Remy Bartlett, Amy Basham, Milly Moschetti, Aileen Nguyen, Manal Moukafi, Emma Vu, Aryn Teh, Novica Pearsall,(Spring), Aryl Teh (Winter), Lauren Tie (Winter)

**Coach:** Viv Potter & Brad Frost

#### **Winter (Section 2)**

The Winter season was a difficult one for Sapphires as they adjusted to lots of changes to the playing roster – welcoming Milly, Aileen, Manal and Emma whilst farewelling Gabby, Novica and Alicia at the same time as moving up a section. This meant developing new combinations in all areas of the court, and given the team size there were also frequent changes on court during matches.

The girls worked hard at training on their skills and on developing those new combinations. On Saturday's they showed a steady improvement throughout the season, as they learned to trust each other and became more confident in their role within the team. In patches, the play was sublime, however an inability to perform for 4 quarters cost the team a few wins. Sapphires finished the season with 3 wins and a draw (all in the latter part of the season), confident that they were well placed to perform strongly in the Spring season.

#### **Spring (Section 3)**

The Spring Season has allowed Sapphires to show what they can do!

We welcomed back Novica and farewelled both Lauren and Aryl. Every week the girls worked hard at training and this translated into improved skills, a greater tactical awareness and ever improving understanding between players on Saturdays.

The defence, led by Amy, Manal & Milly stood strong repelling most attacks, whilst the shooters led by Remy, Novica & Aryn began to display real confidence in each other as they varied their approach to goal and were ably fed by the mid-court led by Lailaa, Emma and Aileen.

With one round to go, Sapphires are top of the ladder (11 wins and 3 losses), looking forward to playing finals and hoping to go "all the way"!

Brad and I have been privileged to work with such a talented group, who are keen to learn and improve their game.



## **GEMS – Under 17**

**Team members:** Nisuli Manamperi, Harmandeep Kaur, Charli Bartlett, Helini Mendis, Felicia Nguyen, Kay Nixayathirath, Ellen Tofts, Chloe Frost, Delaney Gray, Sehansa Ranawaka

**Coach:** Peter Bartlett

### **Winter (Section 4) & Spring (Section 4)**

With three additions to our 2018 squad, there was little time to adjust as the GEMS launched into the 2019 Winter season. Delaney returned to the team as a former 'Hopper' after taking a year away from Netball to focus on AFL. The physicality of AFL had her well placed to tackle key defensive positions where she forced many turn overs and helped to ensure that the GEMS were hard to score against. Sehansa complemented the team beautifully...a superb fit as a quality GK. We were often left wondering how she managed to get her hand to so many balls when she had appeared out of the contest. Chloe's gymnastics background bought with it her great agility. She was a big improver throughout the year, transitioning into a very dynamic mid-courter and key link player for us.

Nisuli continued to improve and strung together some great games, filling in admirably when we needed a centre but notably developing great confidence and improvement in both the offensive and defensive elements of her game. Charli, whilst continuing to be a key reliable shooter, demonstrated an illuminating improvement when given the opportunity for greater movement on the wing, displaying both improved confidence and a greater physical presence.

Whilst Kay's educational commitments saw some delayed starts on Saturdays and reduced court time, she continued to assert her authority in the mid court with skill, energy and always with the most refreshing positive attitude. A mid-season ankle injury forced a number of the GEMS to step up to cover our X-factor Felicia. At her best, opposition teams had no answer for her dynamic court movement and her polished finish as our sharp shooting GA. Harmandeep continued her improvement throughout the season as a hard edged defender and enhanced her reputation as a big game player, bringing some of her best performances in finals.

Helini cemented herself as a key strong bodied Goaler who always made her presence felt and continued to provide an important voice for us on the court. It was another great year from Ellen who was rock solid and ever reliable as Goal Defence and the archetypal quiet achiever.

After a slow start to the Winter season in an elevated division, there were some who thought that the GEMS unbroken record of finals appearances was about to end. The girls persevered and worked hard, gelling together as we found the strongest combinations to best utilise the strengths of our new players. After a 1 goal loss and a draw, the GEMS strung together 4 consecutive wins to drag themselves into fourth position and a spot in the finals, eventually falling short in the semi- final to the eventual premiers.

Again the GEMS vs parents/ siblings game was a highlight of the training calendar with a hotly contested draw and some stiff and sore parent bodies the following day! The team's endurance was also tested at a mid-season dinner at Sofia's with the challenge of trying to make an impact on the enormous pasta servings!

The demands of VCE studies saw a drop off in training later in the Spring season. With ¾ exams behind them, the girls pulled together for a big finish to the season. A win in the final game saw them climb to the top of the ladder ready to tackle another finals campaign.

Above and beyond the wins, losses and draws was the positive spirit that the GEMS maintained...always displaying respect to themselves, each other and their opposition and playing the game of Netball as it should be played. Congratulations on another great year both on and off the court.

## **Emeralds – Under 17**

**Team members:** Charlotte Bahr, Hannah Jefferis, Summah Hinchcliffe, Maya Loeckenhoff, Alyssa Newey, Ally Redlich, Lucy Searle, Jessica Stevens, Kasey Thompson. Paris Collins (Winter)

**Coach:** Donna Stevens

### **Winter (Section 1)**

2019 started off as an interesting year for Emeralds. With a number of girls playing under 17 representative netball on Wednesday nights, has meant they could not train as a team. So we organised a few training sessions on a Sunday, offered training at Sportlink for those who could make it and attempted some training before a game. It was going to be a challenge to see how much training impacted their game day.

Winter saw the girls in section 1 with a lot of the usual teams. Grading games came and went with some pretty tight hard-fought matches. These made the girls realise that they needed to keep their basic skill level up, work on how to get through a zone defence and communicate more out on court. Once we opened up into the real season, looked at our individual training needs and worked hard to communicate, we were able to settle down and play our game. It saw us only lose one game for the rest of the season against our arch rival Holy Saviour.

Heading into finals having scraped into first spot thanks to a 13 goal win in the last game (against Holy Saviour) saw us pretty hungry to get another premiership. Unfortunately, we lost Ally heading into finals with an ankle injury and Kasey in the Semi-final to a foot injury – what is it with the feet! Thankfully this is where 10 players comes in handy. Anyway, we won the semi quite convincingly and reached our 6th grand final appearance.

I must admit I was very nervous this time around being 2 players short. I will give both Ally and Kasey credit they were by my side the whole game and rode the ups and downs with me. It wasn't easy being on the sideline and not being able to help your team out. With big hearts and a never say die attitude, the girls out on court played an awesome game. Holy Saviour put the zone on us, however we were ready to fight and talk through it. One goal up at half time, an even third quarter and a blitzing 9 goal haul in the last saw the girls take home the win by 7. An awesome team effort and another very proud coach moment.

### **Spring (Section 1)**

Spring has seen Paris move on to her passion of performing arts. She has been such an integral part of our team on and off the court over the years, she will be sorely missed. Good luck Paris with your new endeavours. However, as the saying goes 'the show must go on'...

Spring has seen the association amalgamate section 1 and 2 together in under 17's, an interesting concept with 8 teams in total, meaning all teams will make finals. Once again grading matches were not our forte', we lost 2 of the 5 we played. We also had Kasey out with her injured foot, Lucy and Ally at aerobics and Summah off playing footy league. So I guess it wasn't a great start.

Having said that though, this team seem to always fight to get back out there as a team, communicate well and pull things together when it matters. With very little training together, they have won all of their

games since grading. With only 1 game left at the time of writing this, it sees them sitting on top of the ladder putting them in a good position to fight it out for a 7th Grand final appearance.

Grand finals are not given, they are earned. They take hard work, commitment, patience, passion, communication, loyalty, and a love of the game. No matter what happens out there I know these girls have all of these traits and will give it their all. GO Emeralds!

Special thanks goes to the fantastic parents who score, provide refreshments and support my crazy ways and to Rebecca for being my scoring and stats person this year. We could not do it without you all.

A special note: a huge congratulations and a great recognition for her hard work goes to our own Summah Hinchcliffe who has been selected in the VNL club Hawks Under 19 team for 2020. We could not be any prouder. Well done Sum go get em!

### **Flyers – Open**

Team members: Zoe Spicer, Ritika Singh, Caylie Moore, Gemma Thompson, Mekayla Mihopolous,, Sneha Mantha, Sophie Papaefraim, Isabella Kerrison, Shaniya Vilash (Spring)

**Team Manager: Sophie Papaefraim**

#### **Winter (Section 6)**

This year saw the Flyers come into the Open section from Under 17s last year. Coming into Open can be a little tricky to get used to playing up against ladies of all different ages. As always though Flyers handled themselves like absolute champs. Picked up a few wins which built up some confidence, so that saw us finishing 5th on the ladder.

#### **Spring (Section 6)**

Spring we had a new addition to the team, Shaniya who has been an asset to this team not only bringing the squad up to 9 but her skill level in defence and across the court has been amazing.

Another positive note, saw us with more wins than losses, each week just kept getting better and better, and wouldn't you know it **WE MADE FINALS!** So exciting and I couldn't be more proud.

### **Zigzags – Open**

**Team members:** Tina Anagnostou, Anokhi De Silva, Kirsten Hallett, Jessica Hunt, Rebecca Stevens, Cassandra Le Fleur, Jasmine Delaney, Elysia Roufos, Michelle Stackpoole (Spring) and Monica Hunt (Spring)

**Team Manager:** Jessica Hunt

#### **Winter (Section 3)**

At the start of the new season ZigZag's were ready to continue to play hard hoping to get to finals for another chance to win. After spring season in 2018 we lost two valuable team members, but we regained

another wonderful player Ely and amazing GD who was returning after having time off. Throughout the winter season we didn't have much luck winning many games, we started off the season strong but as we went on, we struggled to get all players on the court.

ZigZag's never gave up and managed to play our hardest no matter what. This persistence helped us all to develop and become stronger as a team. Sadly, we finished last on the ladder, but it gave us the drive to push harder for next season.

#### **Spring (Section 4)**

After a bit of a disappointing winter season the team came back with a new sense of excitement, ready for a new season. This enthusiasm helped us to begin to win more games and work closer together as a team. During the season we had Michelle join us to play GA and with her amazing talent and expertise has helped us immensely. We also had Monica join in to support the team by playing half games, which has been another great support. Unfortunately, due to recent injury Kirsten had to miss the last couple of weeks due to surgery, but we all wish her a speedy recovery.

With the new team additions and ZigZag's are overall thriving together as a team we are currently 3rd and are hoping to win our way through to the finals.

