

Nets and Balls News

Balls News



April 2009

Volume 3, Issue 1

Upcoming Dates of Interest:

- Netball at Staples Center
- Friday September 11 from 4.30pm
- LALA Land Tournament—September 12 & 13 Carson, Los Angeles
- World Youth Netball Championships in the Cook Islands —11th to 20th August
- Pacific Coast Netball League:
- April 4 at Carson, Los Angeles
- April 25 at Alberta, Canada
- May 17 & November 21 at San Diego, California
- San Diego's Fun in the Sun Tournament—May 16
- Nationals at Washington, Seattle June 13 and 14

Netball at the Staples Center!

"It's gratifying to see another of "our" traditional sports (along with rugby that is) gaining in profile in the United States. Best of luck with the showcase event at the Staples Centre."

- The Honorable John Mataira, Consulate General of New Zealand—Los Angeles

Netball America Night with the Sparks



Friday, September 11th @ 7:30PM
Lisa Leslie's FAREWELL game



VS



Come watch Netball being played on the Sparks court at STAPLES Center at 5:00PM! Then stay and watch the legendary Lisa Leslie play her farewell game at 7:30PM.

Tickets can be purchased at www.netballamerica.com.

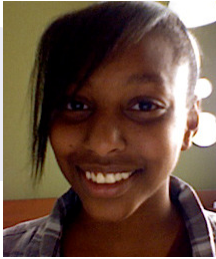
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Could This Be the First All American Born Netball Team?



A Group of American Girls are Enjoying Netball



“What’s Netball?”

Yara Gorashi - American

Playing Netball / Palos Verdes

Peninsula High School

“What’s netball?” I’ve seen that over the past year or so, this question comes up a lot. My name is Yara Gorashi and when I started playing netball in my 8th year of school I immediately fell in love with the sport. Unfortunately when I graduated from my middle school, I found out that Netball wasn’t offered as



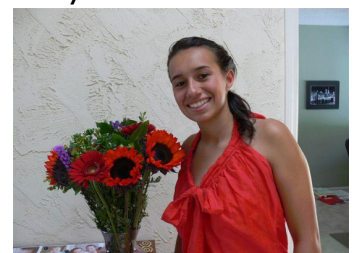
a sport at my high school. Knowing this my friend, Elizabeth Brajevich, and I took it into our own hands to find a way to get this great sport to be a part of our school. We picked up a club charter form, wrote a one page essay on why we would like to make Netball into a club, and about a week later we got the message that Netball was now an official club at Palos Verdes Peninsula High School. After the excitement of this big news passed, we decided it was time to get down to business. There was much technical business about insurance and money that we needed figured out in order for the club to continue. After that, we decided to raise money for bibs and personalized t-shirts. Luckily, our school gives every club the opportunity to make money selling things at the annual Homecoming Carnival. The squad

thought it would be a good idea to sell root beer floats because there’s nothing better than a cold drink on a hot California day. We managed to make a bit over a hundred dollars which was big profit and combined with club entrance fees, we had enough money to buy two sets of Netball bibs, in black and gold (our school colors). By late November our club was stable and our new Netball players were learning at a very good pace. This was great news due to the fact that at our local Netball courts there was going to be a Tournament that we planned to have a demo game in. It was a lot of fun and all the girls had a wonderful time, which is the main reason for the Netball club. This whole experience has taught me a lot, and I hope to keep playing Netball for many, many more years.



U/21 National Team

Congratulations to Victoria Lelo and Natacha Cuveliar from Los Angeles Waves who made the USA u/21 Team. Well done and good luck in the Cook Islands.



Netball America Now Has 133 Members!

Volume 3, Issue 1

Welcome to the newest members
of Netball America:

- San Diego United Netball Club
- Phoenix Heat Netball Club
- Priscilla
- Rick
- Ellen
- Lisa
- Lindsey
- Riette
- Sara
- Nerida
- Chantal
- Nonni
- Jeff
- Karen

Your Continued Support

Helps Grow Netball in

America Every Day

Excellence in Umpiring

What a successful year for umpiring!

We had 15 umpires go through rigorous practical tests. In addition to this, the umpires are required to conduct theory sessions as well as pass the required level of the Beep Test. We had official Beep Testing done for the umpires in San Francisco and Los Angeles.

A big thank you to the 4 testers and also to the Umpires for their efforts during the past year. The feedback from visiting players, including International teams, is that this is the highest quality of umpiring they have seen in the US. As an added bonus, Netball America's umpires are getting paid for their umpiring.



Basketballer Playing Netball

Netball America interviewed Kelly MacGaunn, one of the newest American basketballers to learn Netball and this is what she had to say:

Netball America: "What's the biggest difference you've found between basketball and netball?"

Kelly: "The proximity of the players—you are not able to be as close as you can in basketball and you need to avoid contacting the other player. Also, everyone has their certain areas they can move on the court and I have to wear a 'bib' over my shirt. Shooting without a backboard is certainly a challenge."

Netball America: "How have you found not being able to dribble?"

Kelly: "The skill of passing is more refined and skillful in netball. It's definitely more precise than basketball."

Congratulations to:

- Jo O'Key, LA Waves / A Badge
- Rhonda Lelo, LA Waves / A Badge
- Sonya Ottaway, LA Waves / A Badge
- Lisa Washington, Emerald City / B Badge
- Karen GP, Thousand Oaks Comets / B Badge
- Minette Viljoen, SF Stars / B Badge
- Ava Hector, Phoenix Heat / C Badge
- Jodie Roberts, LA Tidal / C Badge
- Karen Walker, Thousand Oaks Comets / C Badge
- Marijke van Niekirk, LA Tidal / C Badge
- Priscilla Fung, Richmond / C Badge
- Tori Lelo, LA Riptide / C Badge

for passing their Practical Exams

Great Job!

Don't forget the new rule books are out and available for purchase at www.netballamerica.com.



International Day by Chrissy Campbell, LA Waves

International Day Netball Tournament, January 24th, 2009. Victoria Park Netball Courts, Carson, CA. Written by Tournament Organizer: Christina Campbell (Secretary, LA Waves)

The 4th Annual International Day Tournament, hosted by the Los Angeles Waves Netball Club, started out with an opening by His Honor, John Mataira the New Zealand Consul General (who also played for the New Zealand team – Go John!). This tournament has a twist with local clubs mixing things up and playing for their home countries rather than their clubs. The line up sounded like a netball world cup (sort of), the teams were South Africa, Great Britain, New Zealand, Australia, USA, United Kingdom and two

mixed country teams – ANZAC (Australia and New Zealand) and JAC United (Jamaica, Canada, and Asia – Hong Kong and Singapore). Teams were dressed up in the appropriate colors and national flags were abundant! In a true round robin tournament, all teams played each other with umpiring conducted mostly by umpires qualified through Netball America. While the quality of umpiring was outstanding, the tournament clearly showed the need for MORE qualified umpires as the physical and mental strain on the 10 umpires, who not only officiated, but also played definitely showed by the end of the day.

At the end of the day the tournament was won by JAC United, Great Britain were runners up. The New Zealand team won the best-dressed award! But the truly exciting part

of the day was that for the first time we had a USA team, mostly consisting of young ladies from Peninsula High School in Ranchos Palos Verdes who have been learning netball from Waves Head Coach and Netball America Official, Rhonda Lelo. The girls blew everyone away with their netball skills – especially since they hadn't even heard of the sport until about a year ago. These young ladies are now all members of the LA Waves and we consider them to be a big part of the long-term future of netball in Southern California. What a great day for USA based netball!

“I was more than happy to participate in the International Day netball tournament.....I thoroughly enjoyed myself.....I was very pleased to see the very high level of participation, enthusiasm and skill displayed at the tournament.....also from relative newcomers to the sport, including a team of young local high school players.....overall a great experience”

The Honorable John Mataira, Consulate General of New Zealand—Los Angeles

Umpiring Tips by Prue Plummer-D'Amato, Comets

Umpire tip: setting penalties

When penalizing an infringement:

- Blow the whistle
- State the infringement (and the infringer for major infringements) and use a hand signal
- State the penalty being awarded (Penalty Pass, Penalty Pass or Shot, Free Pass, Throw In, Toss Up)
- State who the penalty is being awarded to (Note: penalties are awarded to a TEAM, not a player)
- State (and indicate) where the penalty is to be taken



Rules Q&A

Q1. A Goal Attack shoots for goal and as the ball approaches the ring the Umpire blows the whistle to indicate the end of the quarter. The ball then passes through the ring. Is the goal scored?

A1. No. If the whistle for an interval or “time” is blown before the ball has passed completely through the ring, no goal is scored. [Rule 15.1 (iv)]

Q2. Red Goal Attack leaves the court to secure a better position. Blue Goal Defence remains on the court and prevents Red Goal Attack from re-entering. Is this an infringement?

A2. No. A player may defend an opponent who has chosen to go out of Court provided that the defending player does not leave the Court or own playing area in order to defend. [Rule 16.6.1]

Being selected to play for the Pacific Coast Netball League Representative Squad was exciting yet daunting at the same time. Having played against each other frequently, some of us for several years, we all knew there was no shortage of individual talent in the group. The key question, and what made things a little daunting, was whether we could gel and play together as a team to put on a fast-paced and skilful show of netball over the course of the week-end.

Friday night, there was no time for chit chat, as I and the other 3 players from the San Francisco Stars Netball Club raced from the airport to the Carson courts for our first game. The rest of the squad was already dressed in the amazing kit Jo had arranged for us and was warming up to the beep test. It was at this point we were grateful to have caught a later flight to L.A.... The last laugh was not ours, however, as we realized that by arriving later, the only dresses left were the teeny-tiny ones. I will not forget the sight of Fiona, our 6 ft 1 GK, trying to squeeze into a very short size 8...



Kit sorted (thanks Jo!) it was time to take the court. The first game, under floodlights against Alberta U. 23, was physical, fast paced and incredibly enjoyable. It turns out we needn't have worried about gelling as a team. Under Rhonda and Jo's leadership, we played with a number of combinations and fell into a natural rhythm with one another. Everyone was encouraging each other, and there was a fantastic atmosphere both on and off the court. We were unlucky to lose by one goal.

After that, the rest of the weekend flew by. We played a second game, also against Alberta U. 23, on Saturday. While the smoke from the nearby wildfires made breathing a little difficult, everyone played on and this time, we came out victorious. On Sunday we played our third and final game, against Seattle, and despite there being some very tired bodies on court, some extremely classy netball was played, and the squad finished the weekend on a high with a comfortable victory. Looking back, we had a fantastic weekend of fast-paced, physical and competitive netball that I know I, and I'm sure everyone else, enjoyed immensely. Bring on 2009!

Beep Test Champions



What is the Beep Test? The multistage fitness test (Beep test) is a commonly used maximal running aerobic fitness test. The test subjects stand behind one line facing the 2nd line (which is 20 meters away), and begin running when instructed by the voice on the cd. The speed at the start is quite slow. The subject continues running between the two lines, turning when signaled by the recorded beeps. After each minute there is an increase in speed which represents a new level. If the line is not reached in time for each beep, the subject must run to the line turn and try to catch up with the pace within 2 more 'beeps'. Also, if the line is reached before the beep sounds, the subject must wait until the beep sounds. The test is stopped if the subject fails to reach the line (within 2 meters) for two consecutive ends.

The test consists of 23 levels. International umpires are required to achieve a minimum of level 7. Also top international players are expected to get levels 10 and up. Netball America has been introducing these tests in to the clubs across the nation and this is also a mandatory requirement for Netball America umpires.

The 3 top Netball America members holding the beep test records are: Rebecca Moody (level 11.7), Michelle (Level 10.5) and Louise Medora (Level 10.4).



Volunteers Needed

- Staples Center Task Force
- Grant Writing
- Retail
- Web content
- Committees
- Marketing

If you're interested please send your contact details and what you can help with, along with your availability to

Info@NetballAmerica.com

Creating harmonic, passionate, progressive Netball communities around America

www.NetballAmerica.com

E-mail:
info@netballamerica.com

Netball America Night with the Sparks

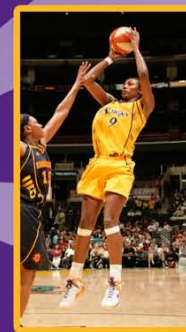


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Lisa Leslie's FAREWELL game



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Tickets can be purchased at www.netballamerica.com.



For more information, contact Sonya at:

E: info@netballamerica.com

P: (949) 307-4455



www.LASparks.com

Tickets are on sale now for just \$15. Buy your tickets today online at www.NetballAmerica.com. Thousand Oaks Comets, San Francisco, San Diego and the Los Angeles Waves have pre-purchased tickets so if you belong to those clubs you should purchase your tickets from them.

One Cause has created an easy way to fundraise for your favorite charity (i.e. Netball America) online. Simply register at www.onecause.com and continue shopping online. Vendors include Amazon, Office Max, Nordstrom, Walgreens, Dell etc. Each time you buy from a participating vendor Netball America receives a percentage of the purchase price as a donation from the vendor!!!