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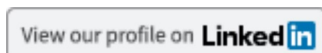
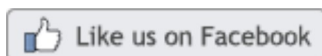
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Dear ,

T'was 2 weeks before Xmas and all through the US  
Not a ball was a bouncing, no 'swoosh' through the net.

Visions of center passes danced in Netballers' heads  
Achievements made, the mystery of our favourite sport shed.

Netball America continues its assault on the States  
With a brand [new website](#) and [world class events](#).

Couldn't have done it without awesome volunteers & VPs  
Along with our [sponsors and partners](#) yippee.

By breaking new ground yet once again  
We now have Netball included in core curriculums.

2011 saw the first US Netball coaches paid  
With special guest appearances being made.

You can read about this and much much more  
In the [2011 Presidents Message](#), so get ready to soar

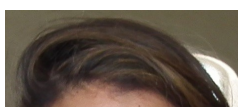
[Go online](#) when shopping this season  
Remember [charitable donations](#) are also a blessing.

So spread the message loud and clear  
You can find us on [youtube](#), [facebook](#) and [here](#)!

Enjoy the holiday break with your families!

Sonya Ottaway, President, Netball America  
e/mail - [president@netballamerica.com](mailto:president@netballamerica.com)

## NEW ADDITION TO THE COACHING AND EDUCATION TEAM - ILZE GIDEONS



"Firstly, I would like to thank the team from Netball America for the great opportunity to get involved in this organization. I am super excited for all the developments currently happening and what is to come. Secondly, well done



to the committee for all their self-less hard work for making all this possible. For me, a passionate South African netballer, it is an honor and privilege to be part of this history-making team. Thank you for welcoming me on board!"

Ilze received a scholarship from the NZ Government to study and train at the Netball Institute in South Africa. This opened the doors for Ilze to play on the Senior Provincial (State) team from the age of 18 until August 2011.

Ilze studied Sport and Marketing Management & Nutrition through the Institute and Stellenbosch University. Her experience includes working with top coaches such as Jill Macintosh, working with national teams and being a development coach for her university. She currently holds a Netball South Africa Boland (Provincial) Level 2 coaching as well as relevant accreditation as a technical official and in umpiring. Ilze will be instrumental with our Team USA Netball and we look forward to sharing her passion and knowledge with the team.

## SHOP TO HELP THIS HOLIDAY SEASON



You can raise money for Netball this holiday season while shopping online. [www.GoodShop.com](http://www.GoodShop.com) is an online shopping mall which donates up to 30 percent of each purchase to Netball America. Hundreds of great stores including Amazon, Target, Gap, Best Buy, ebay, Macy's, Barnes & Nobles etc have teamed up with GoodShop. Also, [download the toolbar](#) and use as your main search engine to earn a penny for Netball every time you search.

Want to give a gift of Netball clothing to a loved one or for yourself? Check out our [new line of clothing](#) and place your order today. Also need new club uniforms for 2012, then [email us](#) for a quote.

Also don't forget to get your tax deductible year end charity donation in. You can read about the programs we support [here](#).



A reminder to check out our [new website](#) for all your Netball needs.

## BENEFITS and DISCOUNTS

A reminder that we offer an optional national insurance policy for members. During 2011, the rate was only \$16 per person. If you are interested in this for 2012, please [contact us](#).

Also, don't forget about other benefits that are offered in our [championships program booklet](#).

Thank you to those who completed our survey. The winner of the \$25 gift card is Frances Harris from Seattle.



## CONFERENCES

We had a great year presenting to teachers all across the country - we thank you for your participation and we look forward to working with you in 2012. Also, a thank you to Bronwyn French, Kelli McShane, and Ros Day who joined President Sonya at the recent Texas State Teachers Convention.



## MONTCLAIR UNIVERSITY

The Netball Program has officially kicked off at Montclair University in New Jersey. A big thank you to all participants and volunteers.



VP of Education, Ros taking Texas teachers through the motions



Ilze taking them through warmups

## 10 STEPS TO A HEALTHY HOLIDAY SEASON

1. Skip on the fatty hors d'ourves, go with fresh fruits and vegetables.
2. Drink plenty of water, even though the weather is not quite so warm our bodies still need plenty of hydration.
3. Instead of a glass of bubbly, opt for a glass of sparkling water. Drinking alcohol can lower your ability to say no to bad food choices.
4. Enjoy the taste of something in small portions.
5. Don't go to a holiday party on an empty stomach.
6. Keep up your exercise routine or at least walk.
7. Share a meal with a friend, that way you won't feel like you have to eat the whole thing.
8. Laugh a lot.
9. Get plenty of sleep.
10. If your not feeling good, stay home!

## CALENDAR

Be sure to [check our calendar](#) regularly as key events will be added in the upcoming month. This includes our showcase events as well as Nationals.

### 2012

- February 11 & 12 - Netball in Las Vegas with Rugby 7's
- March 13-17 - Netball America presenting to Massachusetts teachers convention. [Email us](#) if you'd like to participate.
- March 17 - Crusaders ATL Tournament - Atlanta, Georgia. Email [here](#) for more information.
- May 12 - 19 - National Umpire Theory Exams
- June 13-16 - Netball America presenting at Hawaii teachers conference. [Email us](#) if you'd like to participate.
- July 2-7 - The first ever collegiate Team USA Netball competing in South Africa
- Oct. 6-13 - National Umpire Theory Exams
- Oct. 13 - Netball America presenting in Ohio. [Email us](#) if you'd like to participate.

## 2013

- Oct. 6-13 - World Netball Festival, San Diego, CA. Registration packet is available [here](#).

Happy Playing!