



Newsletter

August 2021

General

So we are more than halfway through the season now and Finals will be here before you know it! Keep playing hard everyone!

The Ladder is produced by our administrator and will be updated weekly. It can be found on MyNetball and also on the KDNA website.
<https://kdna-fixtures-ladder>

The fixture from 3rd July will be played as per our plan set out at the commencement of the season and is now being played on 4th September. This means we will be now playing a two round final series and should there be any further COVID loss dates, the games will be declared a drawn game in the system.

We wish to confirm that the dates for the season end will be as follows:

NET - This competition was programmed to run for 10 weeks, with the loss of 2 weeks for COVID, this extended the end of season to the 13th August, 2021. The coaches will be issued with their Certificates, Medals and refreshments to give to their teams on this date.

SET - This competition was programmed to run for the entire season up to the 27th August, 2021, as we lost two weeks for COVID and made one week up at the end of the school holidays, the other lost week will be played on the 3rd September, 2021. The coaches will be issued Certificates, Medals and refreshments to issue to their teams.

GO - SENIORS - Competition will run until the 4th September, 2021. As the lost week from COVID will be played on the 4th September, 2021. The GO teams will have a presentation to be issued with their Certificates, Medals and refreshments as well as recognition for the top of the ladder on this date.

Seniors - U13/5 Division will be playing finals as a two round final series. The Preliminary Finals will be played on the 11th September, 2021, Ladder position 1 v 4 & 2 v 3. With the Grand Final will be on the 18th September, 2021.

KDNA Request;

Please remember to scan in on the SAFE WA app upon entry to the building (adding visitors if required). There are multiple QR codes throughout the Lobby - so come in and find one, please don't stand in a cue getting wet and/or clogging up the entry walkway. There is a Paper Register also for those of you who do not use a smartphone.

Please do not take 10c recyclable items out of the bins. These are sorted through by KDNA and the money raised goes back into maintenance of the courts and building.

Umpiring

As always, all our umpires are learning and developing, even our senior umpires who may be trying to challenge themselves and develop their skills. So please be respectful and remember we are all working together to play this game we love!

As posted on Facebook recently KDNA have a Zero Tolerance policy and will stop games that have bad behaviour from parents, spectators, coaches and/or players. Please read our code of conducts on our Website for further details.

kalamundanetball.com.au/codes-of-behaviour/

Please be advised that if you are not available at a particular timeslot or date, that you let Ali know so she can mark it off on the offset for the Umpires.

Green Shirt Program

Our 2nd session has just started, with the first session being held on the 30th July.

These umpires will be doing theory only and be able to develop their practical skills over spring, before being on court for Saturday games next season.

Our 1st session has now been completed and we will be seeing these new umpires on Saturday mornings at 8.45am & 10.45am from now until the end of the season.



As always - please be patient and understanding of Green Shirt Umpires. They are learning the skills just like the players are.

Umpiring Uniform enquiries that people have can be directed to De Cue on Saturdays in the Social Room. You can request a Uniform form from the Social Room or Office on a Saturday, or get one from our Website under the Umpiring Tab. There are tops, skorts, socks and jumpers available to purchase. We also have Thunderer Whistles and rain jackets available too.

Player Development

Metro League Trials have now been completed and we have 5 teams being represented in this Elite Competition.

There are 5 teams with 14's, 16's, 18's and 2 x Open Teams. <https://MetroLeague2021divisions>
Please see our Website to see the names of the players selected in each team.

The Origin Energy Metro League is an Association representative competition, bridging the gap between Association club netball and the West Australian Netball League (WANL).

It's now in its 3rd year of competition and sees the best players, coaches and umpires from each Association come together. The competition is due to commence on Wednesday 4th & Thursday 5th August and runs for 8 weeks.

Click the link below for FAQ's
<https://MetroLeague2021FAQs.pdf>

Secondly - our Association Team trials for the 2022 representative sides will be starting soon.

We will be trialling for 12's, 13's, 14's, 15's, 17's and Open. Please keep an eye on our Facebook page and Website for more information, as well as announcements over the PA on Saturdays.



Choosing healthy food and drink helps us perform at our best. Remember to fuel up with healthy choices.

Choose water

It's important to drink water before, during and after sport to stay hydrated.

Fuel for sport

During sport, a combination of carbohydrates, protein, healthy fats and fluid is needed to stay fuelled and hydrated.

Half-time snack hacks

If a half-time snack is necessary, fresh seasonal fruit is always a winner!

