

**HAVE A GO AND PLAY NETBALL - ITS NOT IF YOU WIN OR LOSE ITS HOW YOU PLAY THE GAME**

## BITS 'N PIECES

### Outdoor Movie Night

BHNSA in conjunction with Oncology Children's Foundation, is holding an Outdoor Movie Night this Saturday night 8 May. Fly Away Home PG movie 103min. Family Movie. Gates open at 5.10pm for 6.30pm start. Entry \$5pp donation for every person over 5 years.

Bring your chair, blanket, picnic rugs, pillows to watch the big screen. All mothers are entered into the Mothers Day Draw.

Hot & cold food will be available from the canteen when gates open. Hamburgers available on the BBQ. You are welcome to bring your own food and drink but no alcohol.

Half of the gate entry and half of the raffle money will be donated to the OCF with other monies going to the Baulkham Hills Netball Complex Building Fund.



outdoor cinema

### Liz Ellis Clinic

Bookings are now open for the 2010 MILO Liz Ellis Netball Clinics!

Now in their 14th year and returning in 2010 with a fabulous new sponsor - MILO - Liz will be courtside again in the July school holidays. Wednesday 14th July.

The numbers are strictly limited so make sure you get in early! Bookings are open NOW! All participants receive a MILO Liz Ellis T-shirt and a MILO showbag.

To book a place on 14th July Clinic at Kellyville Courts, visit [www.lizellis.com.au](http://www.lizellis.com.au)

Cost is \$60pp or \$55pp with 2 children

## WHISTLE BLOWING NEWS



Thank you to all the umpires who did a wonderful job last Saturday - without you there would be no netball competition.

Now the colder weather will be upon us you will be rugging up. Umpires are allowed to wear a white

jumper, pullover, zip jacket etc OR the Gazelles Winter Navy Blue Fleece.

If you haven't got a Gazelles Fleece yet, you can purchase one for \$25 from Sandy Smuc 0438 215 171 Uniform Co-ordinator

If you are umpiring at the beginning of the day please ensure the posts have post pads on, if they don't ask one of the team managers to arrange it.

Happy Umpiring, Kristin Parle Junior Umpire Convenor  
Email: [umpire@gazellesnetballclub.org.au](mailto:umpire@gazellesnetballclub.org.au)

## Warm Up Stretches...

It is important to do a few basic warm up stretches prior to your game, especially as the weather is cooler.

### SQUATS

Keep your trunk upright and place feet shoulder width apart. Stick your bottom out and bend at hips and knees. Keep knees in line with feet and heels on the ground. Do Five.



### STRETCH UP

Reach up high, keeping one knee bent. Keep back straight and pull in abdominals. Do Five.



**WET WEATHER  
CHECK THE FOLLOWING  
WEBSITES AFTER 7AM**

**Netball is held unless it is absolutely pouring or lightning. Don't assume if it is raining at your home it is raining at Kellyville**

[www.baulkhamhillsnetball.com.au](http://www.baulkhamhillsnetball.com.au)  
[www.gazellesnetballclub.org.au](http://www.gazellesnetballclub.org.au)

## Coaching Corner

Gazelles now has 6 coaching books with 101 drills to inspire some new ideas. There are 2 books one covers the 7-12 years & the other 12 +

Please email Kylie at [coaching@gazellesnetballclub.org.au](mailto:coaching@gazellesnetballclub.org.au) to borrow a copy.

There has been some issues with Impalas Netball club with regards to training on Gazelles allocated courts. An email has been set to the club to resolve the issue.

I am endeavouring to get around to all the games in the next few weeks to check in and see how you are all going.

-Kylie Cann Coaching Co-ordinator  
Email: [coaching@gazellesnetballclub.org.au](mailto:coaching@gazellesnetballclub.org.au)

Photos are booked for the 26 June 2010 at Kellyville, more details to follow closer to the date.

## PLAYER & TEAM NEWS....

If any one would like to contribute to the newsletter please email [newsletter@gazellesnetballclub.org.au](mailto:newsletter@gazellesnetballclub.org.au)

## CLUB CONTACTS

President	Jamie Simpson	9653 2594	Umpire Convenor Senior	Chris Parsons	0418 489 232
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If you would like to include an article in the Gazelle Gazette email to: [Jenni Anson](mailto:jenni@gazellesnetballclub.org.au)  
[newsletter@gazellesnetballclub.org.au](mailto:newsletter@gazellesnetballclub.org.au)

**WEEK 4 - 1 MAY 2010**

<b>TEAM</b>	<b>VERSED</b>	<b>RESULT</b>	<b>COMMENTS</b>
23 - 7 Years	Rouse Hill Rams	WIN 5 - 0	What a brilliant game the girls had today, even with the rain. Everybody played really well and the team are certainly getting used to their different positions. Emily was a stand out in the goal circle today. Hayley had a fantastic game and was very impressive with her ball skills and ensuring her team had lots of opportunity to score goals. Our footwork was also much better this week. We had great passing all the way down the court and everyone really made a big effort, lots of intercepts and our defence did well to keep the ball in our attack area. A well deserved win by everyone, congratulations girls. Player of the week was Emily Cocks.
22 - 8 years Grevillia	Glenhaven	Win 6 - 4	Well done team. Georgia was excellent in centre this week, Madeline did some great shooting and our defence was amazing, Annalise, Diya, Tahlia and Ava stuck like glue the whole game. Ava's practicing certainly paid off with great results and therefore she has been chosen as our player of the week. Congratulations Ava.
21 - 9 Years Possums	Winston Hills	Win 9 - 0	What a great games by all despite the light rain during the first half. Good passing down the court by all. Great shooting by Alex, Olivia, Lauren, Annica & Emmalise. Excellent defending by Maddison, Zoe & Leila. Felicity had a great half playing centre. Player of the Week was Lauren.
20 - 9 Years Koalas	North Rocks	Win 13 - 4	Great effort girls - a 13 - 4 win in the soaking rain and after 5 weeks rest AWESOME!!! It was close for 3 quarters 1- 2, 1 -3, 3 -6 then we blew them away in the last quarter with 7 goals! Fantastic shooting, great defending and superb passing up the court - altogether a great team effort, well done Koalas!!
19 - 10C	OLORO	Loss 5 - 29	Very tuff game today against OLOR who had very good shooters and were strong all over the court. We tried really hard with Makenzie having a great game her coverage of the court is fantastic week in week out. Emerald had a very good game as shooter but really came into her own as Goal Attack. Lillian played a great game in defence, with excellent support from Ainsley who made some very good intercepts. Emma, Madison and India never gave up and tried right through the whole game. Another tuff week in C grade but a win is just around the corner.
18 - 10B			
17 - 11D	Rams	Win 14 - 8	Yet another good win after a slow start, with a huge finish after being equal at 3/4 time. A fabulous effort from our defences, Honore and Madeline, and Alannah was invaluable i centre court.
16 - 12C	Oakhill Drive	Loss 16 - 21	A replay of our 2009 grand final with virtually the same result/score. With our key defender back we'll beat them when it really counts - in the 2010 grand final! Great shooting from Kate and Angela and thanks to Stevie for filling in at GD for the entire game and doing a great job.
15 - 12A	Glenhaven	Loss 18 - 35	Great effort against tough opposition. We had a great start but Glenhaven finished much stronger. You can see everyone improving each week. Well done.
14 - 13D	Impalas	Loss 15 - 22	Great effort girls! We came back very strong in the last quarter, but didn't quite get there. We just need to work on those passes and we will get those Impalas next time round!
13 - 14C	Glenhaven	Win 28 - 11	That was certainly better netball then last week's match. Some good passing on the court, Taylor was very solid in her game, Courtney getting better inn defense by the week. Danielle keep practicing your shooting, Sandra some nice moves and great shooting. All in all a great effort and a convincing win. Those high scores will come in handy later on in the competition if results in the top 4 are close. Thanks again Ellie for filling in. Claudia hope you feel better soon.
12 - Cadet 7			<b>Bye This Week</b>
11- Cadet 5			
10 - Cadet 3	Baulkham Hills	Win 35 - 28	A good game this week with improving passing and movement down the court. Great teamwork from all girls with some very good decision making throughout the game. Fantastic shooting Madi and Kristy!

**WEEK4 - 1 MAY 2010**

TEAM	VERSED	RESULT	COMMENTS
9 - Cadet 2			Bye This Week
8 - Cadet 1 (8)	Model Farms	Win 46 - 36	Great game girls. Thank you to Taylor McAnderson for filling in and doing a wonderful job in defence. Jordie you never give up no matter where you play, great defending. Rachel great game even with an injury!! Shantelle you played, as one of the mums said "out of your skin"! Well done Holly and Rachael you girls never give up. Great breaking in and around the goal circle and great feeding into the shooters. Megan and Lauren you both shot well! Holly hope your hand is ok.
7 - Cadet 1 (7)			
6 - C Res 2			
5 - C2	Angels	Win by forfeit	C2 v Angels- won by forfeit (no game played today)
4- C1			
3 -B4 (3)			
2 - B4 (2)			
1 - A2	St Pauls	Loss 39 - 40	Round 4 saw us meet St Pauls, our long-standing foes for at least 10 seasons! Never a game to disappoint the spectators, the score surely tells the story. Twas a solid performance for 4 quarters by the whole team, we were just unlucky to get beaten in the last minutes. After 3 losses in 3 games of 2 goals or less surely means we'll be the surprise challengers in the 2nd round. Chin up girls, we are to be the dark horses this season!!