GPCC NETBALL CLUB NEWS
REGISTRATION | 2016

2016 REGISTRATIONS NOW OPEN!

Our online registration system is now active so log on and register for the 2016 season.
If you are an existing member you should have received an email from our Registrar, Kylie Bootes, with details of your login ID and password (or how to access your password). You would have also received an email from our Secretary, Lana Gough with a letter attached detailing the process of how to register online.
If you have not received this information please email our Registrar Kylie at registrargpccnc@gmail.com
All you need to do to register is simply:

1 complete the online registration form
2 transfer your registration fee using direct debit (via your bank online).
3 email a copy of your payment receipt to our Treasurer Michelle at jugglercorrections@bigpond.com to make it easier to track payments :)

2016: WANT TO PLAY?
Green Point Christian College Netball Club

Our netball registrations fees will stay the same for 2016!
N-S-G: $80 | Netta $150 | 10s-Juniors $170 | Seniors $180
with an early bird discount before 6/2/2016!

Gosford Netball Association (GNA) have increased their fees slightly for the coming season but the GPCCNC Committee have decided to absorb these increases thanks to our fundraising efforts in 2015.
Fundraising during the season not only allows for purchasing of equipment and funding the end of year presentation but it also allows GPCCNC to keep the registration fees down.

The above graph shows a breakdown of registration fees indicating the proportion of your fees that go to Netball NSW, GNA and GPCCNC. Well done GPCCNC!
FACES of GPCC Netball Club:
We have some new faces and some familiar faces on the GPCC Netball Club Committee this season:

President & Website: Suzie Morris
Secretary: Lana Gough
Treasurer & Uniforms: Michelle Cremer
Registrar: Kylie Bootes
Coaching Convenor: Jane Leivesley
Coaching Convenor: Beth Atkin
Umpire Convenor: Bec Brown
Assist. Umpire Convenor: Kellie Pemberton
School Liaison: Corinna Reynolds
Equipment Convenor: Madeleine Loneragan
Fundraising Coordinator: David Ryan
Committee Members: Karen Atkin

Thank you very much to these Committee members for their commitment, time and energy to running the GPCC Netball Club for all our players, coaches, managers, umpires and families.

Looking forward to a great season!

Green Point Christian College Netball Club - Around the Courts Newsletter - Registration edition 2016
GOSFORD NETBALL ASSOCIATION LEVEL:
Gosford Netball Association (GNA) have made some changes to the team divisions for the 2016 season. These changes are aimed at strengthening the 14 to 17 year competition and to avoid moving younger players in senior grades before they are 18. Please find a list of division and age groups below:

IJs (Intermediate Juniors) now fits into the 15 years and under division and CADETS now fits into the 17 years and under division.

GPCC NETBALL CLUB LEVEL:
At a club level, the GPCCNC Committee sorts through the registrations placing players into teams according to their registration preferences. In age groups 10 years and older, where there are enough players for two or more teams, players will be graded to fill teams.

To understand how grading works please have a read through our GPCCNC Grading Policy as it outlines the process and how we grade players at a club level. If you have any questions regarding grading please contact one of the Coaching Convenors, Jane Leivesley or Beth Atkin at coachconvenorgpccnc@gmail.com

Based on the 2015 registrations and team it is likely that the following age groups will need to be graded:

11 years, 12 years, 15 years and under, and 17 years and under.

The GPCCNC grading sessions will be held between 3:30-4:30pm on Tuesday 23/2, Wednesday 24/2 and Thursday 25/2 at GPCC. Once registrations close on 19/2 we can finalise the teams that need to be graded and then notify families with details of what grading session they need to attend - as soon as we can, we promise!

Pencil in the GPCCNC Grading Session dates: 3:30-4:30pm Tues 23/2, Wed 24/2 + Thurs 25/2
INTERESTED IN COACHING?

*Parents? High School Students?* Are you keen on becoming a GPCCNC coach or would you like to find out more information? Simply contact Jane + Beth at coachconvenorgpccnc@gmail.com

We are currently taking names for the coming season and we are developing roles for team-coaching, Assistant Coaches and mentoring along with our training packages and resource centre - everything you need to learn about coaching, skill developing and training.

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**Blow the whistle!**

*Interested in becoming a netball umpire?*

Yes! Then sign up for accreditation and training through Netball Australia, learn the rules, grab a whistle and get out on the court!

GPCCNC coordinates umpires for all of our team’s games at Adcock Park. We are currently seeking new umpires to train for the coming season.

Anyone can become an umpire - mums, dads, sisters, brothers, high school students, grandparents!

To find out more about how to become an umpire and what’s involved contact Bec and Kellie at umpireconvenorgpccnc@gmail.com

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**changed contacts?**

If you have changed you email address, phone number or address since last season please update your details by emailing our Club Secretary Lana at secretarygpccnc@gmail.com

You can then keep up to date with events and information about GPCCNC activities!

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**Check out our Netball page on the GPCC website (under School Life) at:**


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**TIP:** be sure to ‘like’ the GNA (Gosford Netball Association) Facebook page to stay up to date with news, wet weather calls and information about the 2016 netball season.
**Dates for the Diary:**

- **3 Feb** 3:30-4:30pm GPCCNC Registration afternoon @ GPCC MPC
- **6 Feb** 10-11:30am GPCCNC Registration morning @ GPCC MPC
- **6 Feb** GPCCNC Early Bird Registration ends
- **19 Feb** GPCCNC Registrations close
- **23 Feb** 3:30-4:30pm GPCCNC Grading Session Teams TBA @ GPCC courts
- **24 Feb** 3:30-4:30pm GPCCNC Grading Session Teams TBA @ GPCC courts
- **25 Feb** 3:30-4:30pm GPCCNC Grading Session Teams TBA @ GPCC courts
- **27 Mar** EASTER
- **9-25 Apr** GPCCNC School Holidays
- **30 Apr** Round 1 GNA Netball @ Adcock Park
- **7 May** Round 2 GNA Netball @ Adcock Park
- **7 May** Week 1 Net-Set-Go @ Adcock Park
- **31 Jul** GPCCNC Fundraiser BBQ @ Bunnings West Gosford

**Choosing the Right Shoes:**

**Why not normal runners?**

To help answer this, let's think about the difference in movement for each activity.

In netball you run in short, quick bursts, as you are required to stop suddenly, jump and pivot.

In contrast, running shoes are designed for straightforward motion, therefore the support features are located in the heel and toe areas.

As a result, runners do not provide support to the sides of your feet, which is one of the main reasons why they are not recommended as footwear for netball players. They do not cater the range of motion that is required during a rigorous game.

Since runners are designed to help with forward movement, repetition and endurance; the tread and outersole are thicker, which means two things:

- your ability to make multi-directional movements is reduced and
- your ankle sits higher and is far less protected compared to a shoe specifically designed for netball.

A netball shoe allows the foot to sit on a lower platform. This helps to maximise comfort and cushioning on the sides of your feet for a greater range of movement and flexibility but above all, it reduces the risk of rolling an ankle. No matter what level you play, consider the safety benefits of choosing a specifically designed shoe for netball as it will:

- help improve your performance (your ability to withstand the demands the sport puts on your body), and
- help to reduce the risk of injury (by providing the correct support)

*Both of which will ultimately help you to continue playing netball for years to come!*

Source: [U Score Netball](#)

**Your ideas and suggestions:** I would love to hear your feedback, ideas and suggestions with regard to GPCC Netball Club and the netball season. Working together we will be in for a great season both on and off the netball court!

Please email me at: presidentgpccnc@gmail.com | Suzie Morris