

## BOARD

Whether of our own desire or following the pleading of our daughters, we have all joined a netball club. This means we are a group of people who want to play, umpire, or watch netball. Unfortunately, there is more to the sport than just the 60 minutes of court time. Over the period of a week, a number of members are involved in the 'behind the scenes' activities which enable the games to go ahead. We need to increase the number of people who willingly contribute some time to supporting the Club in its endeavour to become stronger, both on and off the court.

At least one member of the Board is at each training session and we are more than willing to help you to help your Club. Just like you, we are all either players or parents of players and consider ourselves very approachable. Don't be shy. All it will cost is a bit of time, and often you are at the venue anyway.

Without the participation of its members, the Club ceases to be a Club and becomes a service provider. If and when that happens, volunteers become employees and the cost of netball goes through the roof.

If you don't know who the board is, check out the website ([www.matricsnetball.com.au](http://www.matricsnetball.com.au)) for names or ask for Di Miles or myself around the clubrooms on any Tuesday night at training.

*Lawrie West*  
**President**

We are also looking for a new minutes secretary for board meetings. Please see Di Miles.

## 2008 CALENDAR OF EVENTS

### MAY

- 10 MATRICS CLUB DAY, EDSA PARK
- 12 THUNDERBIRDS VS FEVER (HOME)
- 18 THUNDERBIRDS VS VIXENS (HOME)
- 23 MATRICS SPONSORS' NIGHT
- 25 MID HILLS CARNIVAL
- 26 THUNDERBIRDS VS SWIFTS (HOME)

### JUNE

- 1 LEVEL 1 UMPIRES COURSE
- 8 THUNDERBIRDS VS FLAMES (HOME)
- 15 DEVELOPMENT COACHING COURSE
- 22 LEVEL 1 UMPIRES COURSE
- 28 THUNDERBIRDS VS FIREBIRDS (HOME)

## MATCH UPDATE

*By Jane Slimming*

### MATRICS SUB JUNIOR 1'S ARE SUMMER PREMIERS!

**A fantastic win by the Sub Junior 1 team against Oakdale...**

After the minor round we had finished fourth. Contax were clearly the best team, having been undefeated all season.

We went into our semi-final against Contax knowing that we were the only team in the competition who could have beaten them, and full of confidence after our narrow loss to them in the previous game.

There was never more than one goal in it, and the game went into extra time. Our girls should be very proud of the way that they handled the pressure, and as extra time progressed, we started to break away, eventually winning by three. Even Oakdale, our opponents in the Grand Final, thanked us afterwards, for knocking out Contax.

Due to the heat and Easter, we had to wait three weeks for the opportunity to play the Grand Final. Once again, it was very close, with our girls weathering the pressure better than their opponents. The scores were level at every break, but we finally edged ahead, to win by one goal.

After a season of learning, the Matrics girls played two magnificent finals games - combining as a team really well. They should all be proud of their development over the course of the season.



*Sub Junior 1 Summer Premiers*

If you would like to submit something for the newsletter, please forward to [queen\\_cow@hotmail.com](mailto:queen_cow@hotmail.com)

## THUNDERBIRD'S NEWEST RECRUIT...

By David Beales



**Who is Geva Mentor?** Apart from reading she is one of the Thunderbirds new recruits, there was not much else I knew. So I went and did some research.

**Positions:**  
Goal Keeper/Goal Defense

**Date and Place of Birth:**  
17th September 1984,  
Bournemouth, England

**Plays for:**

### England

Geva has played for England since 2001. Yes, correct, she made her international debut at 16 years of age, which makes her the youngest to play for England!

### TeamBath

She has been an integral member of TeamBath, her club in the English Superleague. They won the title in 2006 and 2007.

### Occupation:

Sports development officer and now netballer

### GEVA'S DEFENDING TIPS...

1. When you're trying to put the shooter off, take a strong position three feet away and stretch your arm over the ball to make things as hard as possible for your opponent.
2. You need to be thinking in terms of creating a barrier between the post and the ball - you are that barrier!
3. When you're trying to intercept a shot, try to guess when the shooter's going to release the ball.
4. A good idea is to look at their elbow as it'll move just before they shoot.
5. If they do get the shot in, don't give up! Remember to reposition yourself for the rebound.

### GETTING TO KNOW GEVA...

*Some snippets from an interview Geva did in 2005.*

#### What was your best moment?

Playing for England in my first major tournament at Manchester in the 2002 Commonwealth Games.

#### What's your training schedule?

I pretty much train 4 days a week, with competitions on the weekend, unless there's an England training

camp, in which case I'm training 6 days a week. Recovery is a very important part of a training programme so I leave myself 1 complete day a week with no training.

#### How do you prepare on a day of competition?

Good breakfast, surface practice in the morning to familiarise myself with the court, arena and generally set the scene. Legs up rest with a 20 mins sleep max. Then a big lunch as my main meal. Then I get changed into my England dress and tracksuit, join the team meeting and leave for the arena.

#### What is your favourite film?

The Horse Whisperer

#### What nutritional advice would you give?

Just be sensible about what you consume, eating a variety of foods in their correct proportion.

#### What's your favourite food?

Pizza, I do like a good Italian!

#### What's the best piece of advice you've been given?

Live life to the full, you don't know what tomorrow might bring.

#### What is the best part about being an elite netballer?

Being able to make a difference at grass roots, and giving young people the inspiration they need to develop within sport.

## NATALIE MEDHURST VISITS MATRICS PRIMARY TRAINING...

Last week Natalie Medhurst payed the girls a visit at training and more than willingly gave a hand with both the Seniors and the Primaries.



*Primary players with Natalie Medhurst*

## FEES DUE

A REMINDER TO ALL PLAYERS THAT WINTER PLAYING FEES ARE NOW DUE. PLEASE SEE DI MILES, SECRETARY.

## BREAST CANCER AWARENESS



Breast Cancer is now diagnosed to 1 in 9 women in their lifetime. This means that one of your team-mates will have Breast Cancer at some time. Look further, 1 in 9 of their mothers will also be diagnosed – not to mention 1 in 9 female coaches, umpires, committee members,

grandmothers, sisters, nieces and aunts. It is an awful disease, which found late, causes heartache and pain, through months of painful treatment, and sometimes in the premature death of loved ones.

In lots of cases, early detection of this disease can mean a simple operation, sometimes using radiation therapy or chemotherapy as a 'just in case' for any left over cells that may have already spread. Basically, the earlier the detection, the less invasive the procedure and better the chances of total cure.

The scary thing is, in younger women, Breast Cancer is more aggressive, growing and spreading rapidly. AND, generally it is harder to detect due to the increased amount of dense tissue. This is why we have so many cases of young women losing their life to Breast Cancer, eg Belinda Emmitt.

Staying fit and healthy by eating well and exercising (playing netball with Matrics of course), keeping the weight down, limiting alcohol intake and not smoking may reduce your risks.

Also, very importantly, KNOW YOUR OWN BREASTS. Know what is normal for you by examining them regularly with the flat part of your fingers just after your period. See a doctor if you detect:

1. A new lump or lumpiness especially if it's only in one breast. Breasts do increase in lumpiness just before a period, just remember, cancer doesn't decrease in size after a period, so if the lump stays, check it out.
2. Nipple inversion, discharge or rash around the nipple
3. A change in the size or shape of your breast or nipple
4. An unusual pain - different from the usual monthly tenderness
5. A change in the skin of your breast eg. redness or dimpling

Get checked by your GP at least every 2 years, they need to know of any family history and any changes in your breasts.

The worst part of my job as a breast mammographer/sonographer is finding a breast cancer in a young woman (or man – it can happen!) that may have been detected months/years ago if the woman had been vigilant in examining her breasts. Don't let it happen to you.

For more information go to [www.breasthealth.com.au](http://www.breasthealth.com.au) or [www.breastscreen.gov.au](http://www.breastscreen.gov.au)

# Bluewater who?

Just to let you know a few things we do outside of being proud sponsors of your club.

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We hope that you have appreciated our support over the last four years. We aim to continue this support for many more. We would like to offer you personally the same support and assist you with your finances. Another thing you may not know about us – we don't charge you a thing for our service!

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Winning matches can do with a bit of good luck; mortgages can do with good management.

Have a chat with Peter Thomas at Bluewater about refreshing your mortgage...

## CLUB SPONSORS

Custom Sportswear JAX Sports	8262 4100	0409 096 169	395 Churchill Road, Kilburn
Adelaide Sports Physiotherapy	8211 8002		70 South Terrace, Adelaide
St James Cakes	8271 5876		391 Goodwood Road, Westbourne Park
Berry Funerals	1800 222 210		198 – 204 Magill Road, Norwood
Canon Australia Pty Ltd	8201 9100		1 South Road, Thebarton
Jason 'Snowy' Carter – Mix 102.3	8300 1000		201 Tynte Street, North Adelaide
Offshore Surf – Mitcham	8277 1211		Castle Plaza Shopping Centre, Edwardstown

## TEAM SPONSORS

Goldsborough Financial Services	8373 4448		120 Greenhill Road, Unley
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St Andrews School	8168 5511		22 Smith Street, Walkerville
Suggestion Box	8255 5333	<a href="http://www.suggestionbox.com.au">www.suggestionbox.com.au</a>	or <a href="mailto:info@suggestionbox.com.au">info@suggestionbox.com.au</a>

## PLAYER SPONSORS

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Paxton Wines Pty Ltd	8323 8645		PO Box 18, McLaren Vale
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The Athlete's Foot – Marion	8298 7680		Shop 1118, Westfield Shopping Town, Marion
The Maid	8362 6053		1 Magill Road, Stepney
UHY Haines Norton Chartered Accountants	8110 0997		25 Peel Street, Adelaide

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