



LAE NETBALL NEWSLETTER issue 7

Lae Netball Association | c/P.O Box 168, Lae, Morobe Province
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June, 2011

JUNIOR COMPETITION STARTS

Huonville and Butibum school turned up to the courts despite the heavy downpour the night before at 10am. Eli Vuvagi and Walo Ravusiro was delighted with the turn out, only 2 games were played but sure to build up in the coming weeks. Below U13 Butibum in yellow and Huonville in white show great potential in the end Butibum 6 beat Huonville 2.



In the under 15 it was Huonville that took Butibum by surprise beating them 11-5. Schools are advised to turn up to the courts at 8am on Saturday for the U 13 and U15 divisions.



It is the long weekend but competition will still be on. There is still need for volunteers to man the gates and also run the bench, please we all need to work together.



Above picture shows both Huonville and Butibum juniors taking a time out after there game for a quick shot. Juniors take note that the Lae Executive will be picking squads for the up and coming Junior National Championships which will be staged in Port Moresby during the Term 3 break that's for divisions U13, U15, U17 and U21.

In the senior games DSA Sisters showed off there brand new GREEN MACHINE uniforms, and in this weeks player profile we take a look at the club DSA Sisters, as they now set the bench mark for uniforms in the Lae Netball competition.



DSA Sisters with there brand new uniforms started off slowly as SYSPRO look set to upset the sisters, Syspro ran away with a 8-5 lead in the first quarter but cool heads prevailed and Shirley of DSA Sisters was vocal on the side controlling traf-fic. Betty Aisi played a leading roll for Sisters but it was reserve shooter Yata Philemon which proved the master stroke for Sisters as she brought back the scores level at halftime.



In the end DSA Sisters 39 beat SYSPRO who just ran out of steam 30. In other A Grade matches Sparrows 36 beat Pre Mix Keleone 35 & Riback Friends 56 too good for Sundi 26.

Draws for this weekend Saturday June 11th @ Chinese Club, Chinatown.

ALL PLAYERS REMINDED TO BE AT THE COURTS 1 HOUR BEFORE YOUR GAME, FILL OUT SCORESHEET & WARM UP.

LAE NETBALL COMPETITION				
Draws for Saturday 11th June 2011				
Round 2		Game 9		
Time	Division A (Premier)		Court No.	Umpire
1:00	SUNDI	vs SPARROWS	1	
2:00	DSA SISTERS	vs PREMIX KELEONE	1	
3:00	RIBACK FRIENDS	vs PNG POWER	1	
Round 1		Game 6		
Time	Division B		Court No.	Umpire
11:30	PROFESSIONALS	vs DSA SISTERS 2	1	
11:30	KT TRAILORS	vs RIBACK FRIENDS 2	2	
12:00	RAKODISE	vs PREMIX KELEONE 2	1	
12:00	PNG POWER 2	vs SPARROWS 2	2	
	SUNDI	BYE		



NOTICE

- RIBACK FRIENDS FUNDRAISING DANCE "PAPUAN NITE" FEATURING MOKAI & OTHER CENTRAL MUSICIANS AT THE PLACE (DA GABU) TICKETS K50 FRIDAY JUNE 10.
- NO DRINKS AND FOOD ARE TO BE SOLD AT THE NETBALL COURTS, YOU WILL ONLY GET DRINKS AND FOOD AT THE CLUB CANTEN
- SELECTIONS FOR NATIONAL CHAMPIONSHIPS STARTED LAST WEEKEND WITH NAMES BEING WRITTEN DOWN ON SCORESHEETS FOR BEST MIDCOURTS, SHOOTERS AND DEFENDERS., PLAY HARD WHEN YOUR ON COURT.

SCORE BOARD from last weeks games & ladder

Lae Netball Association				
SCOREBOARD for rd 2				
Saturday 4th of June 2011				
Division A				Winner
Riback Friends	56	Vs	Sundi	26
DSA Sisters	39	Vs	Syspro	30
Sparrows	36	Vs	Pre Mix Keleone	25
				Riback Friends
				DSA Sisters
				Sparrows
SCOREBOARD for rd 1				
Division B				Winner
KT Trailors		Vs	Sparrows	
Riback Friends	15	Vs	DSA Sisters	5
Professionals	14	Vs	Sundi	7
				KT Trailors
				Riback Friends 2
				Professionals
U13				
Huonville	2	Vs	Butibum	6
				Butibum
U15				
Huonville	11	Vs	Butibum	5
				Huonville



"netball is catching"

CLUB PROFILE



It's the GREEN MACHINE!!! DSA Sisters over the weekend came out in there brand new green uniforms, setting the standard for other clubs to beat. This week we let at the players behind the club and its history.

CLUB NAME- DSA SISTERS

Sponsor? Design Scope Architects

History? In the 1980's when Janet Sape was in Lae she formed the club Sisters, it was basically made up of sisters and that's where the name came about, Mobil then sponsored for a couple of years after that.

DSA Sisters mission? Netball is a family sport, we want everybody to come back to Netball, it has been lying idle for sometime.

What do you think of the Lae netball competition? For A Grade it is tough, with the 6 teams improving everyday, everyone must show commitment to ensure the competition runs smoothly.

Which Sisters is the one to look out for? Betty Aisi in the shooting department, she leads from the front and is always very vocal.



Mix it up. As the best way to learn is repetition, try to find ways of working the same drill differently : Catherine Cox

Ground rules that need to be adhered to from Lae Netball Association

1. Teams must fill in score sheet 30 mins prior to game
2. Appeal must be done before game
3. Player in B grade can play for A Grade, but if B Grade player plays more then 3 games in A Grade she will be an A Grade player
4. Proper uniforms and footwear must be worn at all times.
5. A player may only play 1 game a day
6. Chewing of betelnut, food selling or drinks selling is prohibited
7. Umpires have the final decision
8. Any calls questioned must be done during the quarter and half break, only asked by the captain
9. Transfer of players must have the consent of both clubs
10. Every new player who wants to join and play must REGISTER and pay.
11. Forfeit will take place 5 mins after scheduled time
12. 5 players can start the game.

Warm Ups

These can be fun games or something of a more structured design. Whatever gets the blood pumping, the body warm and the players ready to go. Mix it up. The elite teams still play musical chairs and stuck in the mud on occasion and surprisingly, nothing works as well. The idea of the warm up is to ensure that all players are warm, having completed a satisfactory cardio component. A stretching component is just as important as this encourages muscle flexibility and allows for a greater range of motion. When players feel 'warm' they limit the chance of injury through muscles that are not fully prepared for the upcoming session



UNIFORMS

DSA Sisters have shown the way for uniforms. Please all clubs/teams must be in proper uniforms. Shorts or long pants are not allowed. B Grade teams have lacked in this only Professionals and Rakodise have been good.

