From the TIC...

What another great year of netball! 2016 has had some challenges, as well as outstanding results and I have been extremely proud to represent RGS in our great sport over the season.

Our presentation night has been another successful one that I always look forward to because it is an opportunity for each student to be recognised for the effort and commitment they’ve placed into the club.

Thank you to each and every one of you. It’s also a time to reflect on the amazing support these players have had over the year from a range of people including coaches, netball captains, umpires, parents, bus drivers, catering and other RGS staff. Thank you for your time and support for these girls.

Also, these presentation nights are the only ones each year where the entire RGS Netball community can come together to celebrate our season and discuss our future, which is always great to see.

I would like to say thank you to the committee for all of your efforts in co-ordinating a great night and for your continued support for the club.

It is important to say a huge congratulations to any person that gained an award this season. These decisions are not taken lightly and you should be proud that it was your effort, conduct and performance that allowed you to be the person crowned with the achievement. Use this not as a reason to stop growing, but one to push yourself to work harder for the following year.

The next season is never too far away. Development opportunities will be provided in term four for those who would like to improve your skills leading up to trials next year.

Don’t forget that New Zealand trials will also start in term four for preparation for 2017. I’m looking forward to seeing what you’ll bring to these events.

Enjoy your well earned break and I hope to see you all back in the following year.

Yours in netball
Mrs White (Teacher-In-Charge, Netball)
RGS Netball Club Presentation Dinner

(Major Club Awards)
Senior Player of the Year Nominees (to be announced at the Term 4 RGS Sports Dinner) - Elizabeth Hills, Emily Bleney, Lydia White;
Junior Player of the Year Nominees (to be announced at the Term 4 RGS Sports Dinner) - Keera Kingston, Lillie Bain, Samantha Namasasu;
Best Senior Defensive Player - Lydia White;
Best Junior Defensive Player - Samantha Namasasu;
Best Senior Goal Shooter - Elizabeth Hills;
Best Junior Goal Shooter - Emily Bleney;
Best Senior Mid Court Player - Emily Bleney;
Best Junior Mid Court Player - Rhianna Whouley;
Most Promising Senior Player - Emily Bleney;
Most Promising Junior Player - Lillie Bain;
Most Dedicated Club Member - Liz Scott;
Umpiring Encouragement Award - Tahlia Shuker;
Umpire of the Year - Lauren Galloway;
TIC Special Award - Tanya Shuker and Sally Kuhl;
Marion Barclay Trophy for Spirit & Goodwill - Carlee Clews;
RGS Netball Club Honorary Life Member - Mr David Taylor

(Primary)
Best Mid Court Player - Molly Cottam;
Best Primary Shooter - Eryn Dessent;
Best Primary Defence - Elyssa Billman;
Most Promising Primary Netballer - Molly Cottam.

Team Trophies (In order of awards - Best and Fairest/ Most Improved/Most Consistent):
(Magic) Lydia White/ Keera Kingston/ Emily Bleney;
(Meteors) Telia Morgan/ Abbie Green/ Grace Wakeman;
(Liberty) Lara Nobbs/ Bridget Young/ Lilly Kele;
(Storm) Emily Horsley/ Darcy Milful/ Lillie Bain;
(Phantoms) Sophie Dooley/ Macey Brennan/ Logan Jones;
(Raiders) Erin Beak/ Chelsea Dendle/ Cody Smith;
(Bullets) Kellie Chapman/ Celine Bielenberg/ Monique Matson;
(Blazers) Mel Martyn/ Ella Ryan/ Annie Barbeler;
(Lakers) Sarah McCauley/ Edwina Moretti/ Millacent Miller;
(Storms) Jess Napper/ Alyssa Martin/ Sophie Jones;
(Thunder) Isabella Foreman/ Abbie Jewell/ Tanya Abraham;
(Red Sox) Claire Clancy/ Emily Leighton/ Carlene Santamaria;
(Jazz) Hannah Keune/ Sarah Hayes/ Maisy Blair;
(Storms) Layne Ivey/ Cassidy Knuth/ Caitlyn Goudie;
(Mets) Olivia Maynard/ Monique Anderson/ Prue Pidgeon;
(Giants) Hannah Ohl/ Olivia McCarley/ Lauren Galloway;
(Warriors) Nalani Shuker/ Jessica Pearce/ Kasey Frame;
(Phantoms) Olivia Offord/ Sara Schottelius/ Eden Henderson;
(Raiders) Matilda Marxsen/ Josie Jackson/ Shanelle Marr-Jacques;
(Suns) Elyshia Polkinghorne/ Lily Morrison/ Maddison Acton;
(Thunder) Ella James/ Olivia Old/ Georgia Hendrie;
(Dodgers) Miranda Luck/ Ruby Burnham/ Lana Horwell;
(Chargers) Anna MacTaggart/ Claire Barrett/ Siyumi Dissanayake;
(Stars) Molly Cottam/ Lillie Keleher/ Elyssa Billman;
(Chargers) Ivy Curr/ Eliza MacTaggart/ Sophie Lynch;
(Matins) Molly Reid/ Ava Tregear/ Ellenor Smith

Minis - Steelers, Rockets, Rockies.
RNA Netball Finals

Congratulations to RGS Netball Club teams who played in the Rockhampton Netball Association 2016 grand finals.
The Year 9 Storm team won the Junior A2 Division title with a 52-36 win over Frenchville Geckos.
RGS Warriors also featured in the grand finals with the Year 8 girls producing a thrilling 36-35 win over Frenchville Wolves to win the Junior B2 Division title.
Also in action on grand final night were Mystics, Mets and Stars.
An injury-plagued Mystics team suffered a competitive 33-24 loss to the undefeated Cap Coast Snappers in Junior B1 division while Mets lost 43-24 to Cap Coast Piranhas in their Junior C2 division final. A great effort from the Year 9 teams.
RGS Stars were also in action on grand final night with the Primary School girls playing in a 33-17 loss to Brothers Lilac in Junior E1 division.

Congratulations to all players and coaches.

RGS has 12 teams qualified for semi-finals. Other teams in finals action were: Redskins (Jnr C Div 1), Suns (Jnr C Div 1), Sparks (Jnr A Div 2), Mets (Jnr C Div 2), and Raiders (Jnr B Div 1).

Pictured right: (from top) Storm, Warriors, Mystics, Mets and Stars.

RNA awards RGS Netball Club

Mrs Lauren White received the RNA June Gosbee Memorial Trophy for Sportsperson of the Year.
Criteria for the award was someone who either umpired or coached (Mrs White did both and much more), displayed outstanding sportsmanship throughout the season, was a role model, achieves personal goals, supports the activities of the Association, volunteers their services and mentors players/coaches/umpires.
Mrs White said it was such an honour to be presented with the June Gosbee award by Michelle Wakeman (Nee Gosbee), June’s daughter and an RGS parent.
“We can’t always control our wins and losses, but we can control the contribution we place into our association and it’s really lovely to be acknowledged for that,” Mrs White said.
“I never met June, but hear that she offered a lot to netball and hope that I can continue to do the same.”
Primary School Grand Finals

The Rockhampton District Primary School Netball Grand Finals were contested during Friday Afternoon Term 2 Sport.

The Stars, our 6A team, played together in the Friday School Sport competition and were ranked 2nd after 10 weeks of competition. They were Runner-Up in the Senior A division for 2016 after a close grand final loss against Frenchville.

The Sliders, our 5A team coached by Sonia Cooper also qualified for Friday Sport grand finals.

They finished Runner-Up in the Junior A division in their grand final against St Anthony’s.

The Chargers, our 6B team, were coached by Brooke Graff for Friday sport. They were ranked 5th in the Senior B division at the completion of that competition.

The Primary School Friday Sport weekly competition also saw two other RGS teams, Lightning and Sparkies take the court.

Lightning were coached by Kimberley McMurtrie and played in Junior C.

The Sparkies were coached by Janet Spark and played in Senior C. These girls thoroughly enjoyed their first experience of competitive netball and some are already talking about joining our club in 2017.

Thank you to all our school coaches for their time and dedication to our wonderful sport of netball.

Tricia Ruddick
Head Coach of Primary & RGS Stars
Thank you to all umpires in 2016

Firstly, I would like to begin by congratulating the players and coaches who completed their on-line Level 1 Umpiring accreditation, and a special thank you to those who fulfilled any number of our 29 weekly umpiring duties throughout the season. Thank you also to our Netball Captains who co-ordinated and also fulfilled many umpiring allocations at short notice. Your efforts are invaluable. Both this year’s RNA and School competitions have been highly rewarding, and successful from an umpiring perspective. It is pleasing to report that while many made a small but valuable contribution to umpiring, some others were outstanding in their dedication. 22 umpires completed 5 games and have received either a club umpiring shirt or movie voucher for their assistance this year. One of these is our youngest umpire, Tahlia Shuker. Tahlia was also recognised for her enthusiasm and dedication to umpiring by receiving the ‘Umpire Encouragement’ award for 2016. Congratulations Tahlia.

Four umpires – Anthea Billman, Kat Campbell, Lara Shannon and Sophie Harris completed 10 games and have been rewarded with either an RGS club backpack or movie voucher for their time and effort. Two very dedicated umpires – Caitlyn Goudie and Caitlin Van Logerenberg umpired 15 games and have received a special umpiring pack to help continue their umpiring journey. But one very impressive and highly dedicated umpire within our club is Lauren Galloway who umpired an impressive 30 games throughout the season. Lauren has received two club umpiring shirts, an RGS club backpack, a movie voucher and an umpiring pack for her outstanding contribution to RGS umpiring. Lauren is also the recipient of our club’s ‘Umpire of the Year’ award for 2016. Well done, Lauren! Each year, many of our umpires set goals for themselves and strive to further improve their umpiring skills. This year two of our umpires, Lauren Galloway and Caitlyn Goudie, set the bar high and through hard work and constant good practice have achieved their umpiring goal for 2016, a National C badge. Both girls will now travel away with representative teams to the Challenge carnival, a Netball Queensland State event, during the upcoming school holidays. Congratulations girls!

Although the RNA major netball season has concluded, the minor season of social, mixed and Premier League has begun. These are all great umpiring opportunities. Contact me via email if you wish to continue your umpiring skills at any of these competitions. Here at RGS, during Term 4 commencing in Week 2, there are also netball development clinics being held for each specific age group. Year 9 & 10 - Tuesday afternoon from 4pm – 6pm, Senior Grades – Wednesday from 4pm – 6pm, and Year 7 & 8 – Thursday from 3:30pm – 5:30pm. These sessions will cover footwork, passing, defence, centre court, shooting, strategic play and general fitness. This is also a fantastic opportunity to practise your umpiring skills. Remember to bring a whistle, a hairband and a water bottle. Umpire coaching will be available during these sessions.

In conclusion, I would like to thank the players, coaches, umpires and committee members for their support over the 2016 season and look forward to working with you again.

Tricia Ruddick
RGS Umpire Convenor

Passion for umpiring recognised

Netball is not just about playing the sport. So many other people contribute in a variety of areas.

**Lauren Galloway** (Year 9) and **Caitlyn Goudie** (Year 9) not only play the game but has discovered her passion for netball umpiring. This year’s Lauren successfully gained her National C Badge for umpiring.

Lauren said umpiring was an essential aspect of netball. “It allows the game to be played right and in the manner it was meant to played,” Lauren said.

“However, without the support and respect of the players to the umpires the game would cease to be enjoyable. Lauren said that while receiving the C badge was an honour it would not have been possible without the help and mentoring of the RGS netball community.

“I give thanks to all the RGS coaches, netball staff, Mrs Ruddick and RNA’s experienced umpires for their exceptional guidance and feedback which helped my umpiring development. Also a very special thanks to Mrs White for her extraordinary commitment to my development and the game itself. Although I have dedicated a lot of time into this endeavour I truly believe it has been worthwhile.”

Caitlyn is another of the RGS umpires who is willing to step up for any umpiring duty. “Acquiring this badge has increased my confidence to make decisions based on my improved knowledge of the game,” Caitlyn said.

“I enjoy umpiring because I can understand the game better and it is a different aspect to the game which I can enjoy. For other students wanting to have a go at umpiring, Caitlyn suggests talking to Mrs White or Mrs Ruddick to guide you along.

“You never know if you’re going to like it unless you give it a go, so if you think you are interested give it a go and find out,” Caitlyn said.

_Pictured Above: (left) Lauren Galloway and (right) Caitlyn Goudie._
An afternoon with Vicki Wilson

Australian netball icon Vicki Wilson represented Australia for 15 years between 1985 and 1999. Vicki captained the Australian team and was arguably the world’s best goal shooter during that time. Vicki played 104 Test matches for Australia and played in four World Championships (winning in 1991, 1995 and 1999). Now Vicki is taking her on-court skills to the sidelines, helping nurture the next generation of netballers. The Queensland Secondary Schools statewide competition, in the Vicki Wilson Cup, is named in her honour. Fortunately several RGS netballers and coaches had the opportunity to learn from Vicki during a coaching clinic at Duggan Hall on 3 September. Here’s some advice from one of the game’s greats:

Why do players need to work hard at training sessions?
If I look at the game of netball it’s a game based on speed and good timing – it’s about accelerating or decelerating, it’s about reaction time. It’s not a game for walking. A game for walking is bowls. If you have that competitive spirit when you’re team is in attack your aim is to lose your opponent and when your team doesn’t have the ball your job in defence is to stick like glue to your opponent. So you’re trying to out-think your opponent and out-maneuuvre them. You make it easy for your opponent if you’re standing still.

When you step out onto a training court it’s about your effort and you want to be the best you can be and try the hardest you can. Great effort and great attitude leads to a great team and individual training. It’s also about the fundamentals. It comes back to fundamentals with every team, no matter what level they are. The passing, the catching, the movement are so important. Once you have that down pat then you can start doing other things.

What gives a team the winning edge?
A great amount of respect for one another and also the honesty you have with each other, knowing that people are putting in and if they’re not you can chip your team mate. That’s what a good mate does. You tell your mate if they’re working hard or need to pull their head in. Don’t always want to carry someone who’s loafing. When you play a team sport not everyone might be on the top of their game all the time. They might be trying hard but might be a bit off. A good team can help lift their team mate out of a hole.

How do you tap into a player’s potential?
With positive reinforcement, and for some players who do have that potential you just have to keep developing that and increasing your repertoire of skills. You might be talented but if you don’t have the right attitude you’re not going to get real far.

It’s also the people you hang around. If you hang around people who are no hoppers and don’t have any aspirations then I think you need to change who you mix with. Positive people can take you a long way and being good at something is something you should be really proud of. It’s not something you should hang your head in shame about. When you’re good at something it makes you feel good and it’s exciting and you want to keep getting better and better.

What should players/coaches do in the off-season?
It’s really important to maintain a level of fitness and try other sports so that you come back in good shape. When you’re in good shape you can do so many things. When you’re soft and lazy you’ll find it tough to get back in and play the level you want to. Try swimming, try softball, try something - a bit of Zumba, Crossfit – it keeps you involved and well-toned. Coaches can be looking at other sports. Why can cricketers throw so well? Watch them field and how they move their feet. I like looking at football and soccer, their movement patterns. Watch tennis – left to right, sideways movement, recovery, your acceleration and deceleration. I like to look at a variety of sports and see what I can pick up.

What was Vicki Wilson like at school?
I loved school. I loved the environment and loved every single opportunity that was presented to me. I wanted to be better than the person beside me. I wanted to beat my team mates, my peers (those in my age group). I just loved team sports. I love competitive sports. If I got beaten I didn’t particularly like it but it made me work harder because I knew that if I got an opportunity the next time I was going to beat them. But I also made sure who was going to be on my team. I picked the good ones to work with. At my school we didn’t have any other great stars on the netball court but went on to be Brisbane champions because we had a great team with people willing to work really hard.

How did you find the transition from player to coach?
For me I always had a great love of the game and I think my profession in teaching gave me a good introduction into coaching because I was very patient and I had a great love for trying to get an understanding of the real basic fundamentals of the game and trying to help people be better.

How was it on the New Zealand coaching staff?
Once you join a team you then immerse yourself in that team and the team environment. I didn’t have any issues at all playing against Australia. They were the enemy, the opposition, and I wanted to take them down so I worked hard with the Ferns to get a team that was competitive and in the hunt to win the World Championships (which Australia won). It was wonderful to learn another system. That’s the great thing about sport. It gives you so many opportunities. It doesn’t matter if you’re playing or if you’re in the support staff, you can learn so much from others, and that’s what you do as a coach. As a coach you have a thirst for learning and improvement.

You are now coaching Fiji. What’s the plan?
Fiji has a lot of raw talent but again I don’t want to be too skills specific. They have a terrific game sense and free spirit about them and flair and creativity. I don’t want to hinder that. But they need to lift their intensity and conditioning.
Term 4 Off-Season Training

Would you like to maintain your fitness and build your netball skills in preparation for the 2017 season? Well, join up to the Term 4 Netball Development Clinics!!

Each session will go for 2 hours on one afternoon a week for 5 weeks (starting in week 2 of Term 4).

During this time we will cover footwork, passing, defence, centre-court, shooting as well as strategic game play. If you would like to take part, nominate yourself on the forms at the netball notice board outside the MAH. Groups of students will be on the following days:

Some RGS netballers are already making the most of their off-season training after attending the Vicki Wilson Netball Clinic at Duggan Hall on 3 September. Here are their thoughts on the experience:

Lily Cottam (Year 7) - “It is so wonderful that we are able to meet and learn from Australian sporting legends such as Vicki Wilson. She taught us a couple of new ways to approach training drills, which I’m sure will come in very handy.”

Molly Cottam (Year 5) - “Attending the Vicki Wilson clinic has made me think more about my team members and where they are moving on the court. Ms Wilson also taught us some fun new games for warm up.”

Caitlyn White (Year 7) - “I thought that it was a great experience for the girls to meet and play under the guidance of Vicki Wilson.”

Maddi Acton (Year 7) - “It was an amazing experience to meet someone like Vicki Wilson. She was extremely knowledgeable and very professional in the things she did. We were taught many new games such as crazy ball and queen bee.”

QISSN and Vicki Wilson Cup

Congratulations to RGS Magic on representing the School at this year’s QISSN (Queensland Independent Secondary Schools Netball) and in the Vicki Wilson Cup statewide competition.

RGS Magic placed eighth in division one in the annual competition.

During the week-long carnival Magic had wins over Aquinas College (21-16), St Margaret Mary’s College (21-17), St Ursula’s College Toowoomba (19-16) and drew 11-all with St Patrick’s College Mackay.

They posted losses against Clairvaux Mackillop College (17-16), Somerset College (31-6) and Southern Cross College (16-13).

Magic lost their quarter final against Matthew Flinders College (30-19) and suffered a close 24-23 loss to Clairvaux Mackillop College in their semi-final. In their final game they against suffered a close 27-25 loss to Southern Cross College.

Magic defender Lydia White received a Rising Stars Encouragement Award while goal shooter Elizabeth Hills was named Magic’s Most Valuable Player for the carnival.

Magic also competed in the statewide Vicki Wilson Cup competition. The Capricorn Region Southern Cluster round was held in Biloela on 29 July with nine teams competing. Magic won five from seven games to unfortunately miss the opportunity to play the Northern Cluster winner.

The Vicki Wilson Cup capped off another busy season for the RGS Open A team which also contested the Rockhampton Leagues Club Senior A division competition at CQUniversity every Wednesday night and also played in the Term 2 Rockhampton District Secondary Schoolgirls Netball competition at Jardine Park.

Congratulations to all players, coaches and supporters on your efforts in 2016.