

CDNA NEWS



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Contact Us

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Office Hours:
Mon-Fri 9:30am-5pm

Welcome to our first newsletter!

Welcome to all of our wonderful members in the CDNA Community. This newsletter is going to be a twice-yearly chronicle, update and source of information, with something for everyone!

We are so grateful that we have just completed 6 months of uninterrupted netball after two years of what can only be described as insanity. It has been simply magical seeing players remembering to play, coaches remembering to coach, umpires remembering to umpire and everyone remembering how to support each other along the way.

Lots has happened in these 6 months and there is a lot more happening in the months ahead too. In our very first edition, we will learn more about our Umpire and Rep Programs, recap the remarkable Grand Final Day, meet our new Committee, brush up on new Child Safety Standards and refresh our memories with events up ahead on the calendar. We hope you enjoy it all in the one place and always welcome any fresh ideas or input for future editions!

ACKNOWLEDGEMENT OF COUNTRY

Caulfield & District Netball Association acknowledges the Boonwurrung people of the Kulin Nation as the traditional owners and custodians of the land on which CDNA works and plays. We pay our respects to their Elders past, present and emerging.

GET TO KNOW US

We are grateful to everyone who works at CDNA, whether it's an employee or volunteer, umpiring, cooking the BBQ or in the office, the Association simply couldn't function without each and every person.

COMMITTEE

PRESIDENT – Natalie Baird
VICE-PRESIDENT – Sharon Spragg
TREASURER – Rebecca Newbould
SECRETARY – Kerrie Sak
GENERAL MEMBER – Bartek Zielinski
GENERAL MEMBER – Kim Johnston
GENERAL MEMBER – Samantha Diplaris
GENERAL MEMBER – Renee Smith

STAFF

NETBALL OPERATIONS MANAGER – Penny Forrest
REPRESENTATIVE COACHING COORDINATOR – Michelle Mellow
BOOKKEEPER – Cheryl Carter
UMPIRE COORDINATOR – Lucy Barker
CANTEEN MANAGER – Simone Belli
NET SET GO COORDINATOR – Molly Rosenberger
CONTROL BOX SUPERVISOR – Janine Venturoni
CONTROL BOX SUPERVISOR – Hannah Rosenberg
CONTROL BOX SUPERVISOR – Sidney Peel-Hope
CONTROL BOX SUPERVISOR – Annaliese Quig
CLEANER – David Hill

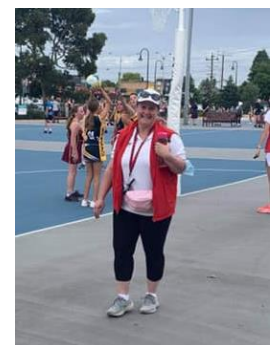


CDNA LIFE MEMBERS

- John Boorn
- Betty Baitz
- Toni Nicholson
- Robyn Packham
- Sue Larkins
- Wendy Townley
- Allyson Muster
- Jacqueline Cummins
- Cathy Gallop

OTHER PHENOMENAL WORKERS

Rep Coaches, Umpires, Court Supervisors, Umpire Mentors, COVID Safety Officers, Canteen Staff, Net Set Go Coaches..... too many to mention but each one appreciated and valued immensely.



THE PAST SIX MONTHS.....

Since our first match took place on Friday 11th February, plenty of exciting things have happened throughout the Autumn season.....

DELEGATES MEETING

We had our first in-person Delegates Meeting in two years, with some familiar faces and some brand new faces as well.



SHELTERS

In conjunction with the Glen Eira City Council, we welcomed eight new weather shelters to help keep people out of the elements all year round.

INDIGENOUS ROUND



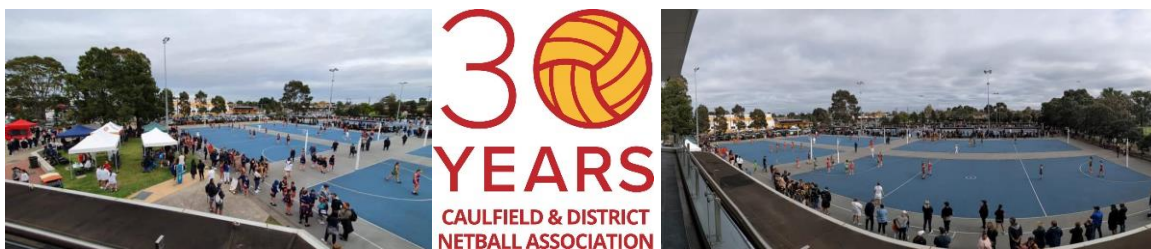
Our 2nd annual Indigenous Round was a huge success on the 18th and 19th March, seeing an overwhelmingly huge response from people participating in smoking ceremonies and celebrating the event.

CDNA / INSPIRE NETBALL GROUP EMERGING TALENT ACADEMY

We were lucky enough to start our second year working alongside Inspire Netball Group and their magnificent running of the Emerging Talent Academy, passing on their wealth of knowledge to some extremely keen athletes at weekly sessions. Anyone interested in their services can find them at <https://www.inspirenetballgroup.com>

CDNA ANNUAL REPRESENTATIVE TOURNAMENT

On the 1st May, we hosted a whopping 114 teams at our annual tournament. There were tents everywhere, crowds bustling, ice cream, donuts and dutch pancakes flying off the shelves and some incredible netball being played across all age groups from 11/U up to Open. It was a huge day for many staff, volunteers, umpires and players but it went off without a hitch and we are so grateful to everyone who attended.



NETBALL VICTORIA ASSOCIATION CHAMPIONSHIPS

We were awarded the prestigious honour of hosting the Netball Victoria Central East 13/U Association Championships on the 5th June.

PINK ROUND

For the second year in a row, we were able to run a Pink Round, working alongside all of our clubs to raise money together under the united banner of CDNA, all for the wonderful Breast Cancer Network Australia.

UMPIRING PROGRAM UPDATE

Our Umpire Coordinator, Lucy Barker, has been busy all year keeping umpires on our courts and continuously furthering their knowledge and skills along the way.

UMPIRE TRIALS

At the start of the year, we took on 13 new umpires. These candidates were selected through our Beginner Umpire Trial Day, in which beginner umpires have a go umpiring a team of volunteer athletes. Our experienced selectors look for umpires who have the confidence to have a go and are ready to take on the responsibility of umpiring. Everyone's umpiring journey is different, and candidates are encouraged to trial numerous times if unsuccessful. A second trial was held on the 20th of June and a new batch of umpires will be starting their umpiring journey in the Spring season.

ADULT UMPIRING PROGRAM

Keen to tap into a different or perhaps slightly forgotten market, Lucy introduced an Adult Beginner Umpire Program, aiming it at slightly older umpires or those who had umpired in a previous life but had fallen away throughout COVID or earlier. The Program generated some interest and we ended up seeing quite a few of them out on court soon afterwards.

CDNA SOLO UMPIRING PROGRAM

Our Solo Umpiring Program continues to be hugely successful within both the 9/U and 11/U age groups. In order to give these brand new players more of a chance to play and to develop their skills, we place one solo experienced umpire on their game. That umpire goes onto the court and interacts with the players, helping them learn the rules, the skills and the positive environment netball is, as they go, even if they have to slightly 'modify' the rules to help the game flow.

UMPIRE TESTING

6 umpires have been tested this season, with 5 being awarded their C badge, A huge congratulations goes to:

- Kara Sak
- Emily Cox
- Charli Cuthbertson
- Georgia Foran
- Hannah Rosenberg

UMPIRE NETWORKING

A fantastic relationship has blossomed between CDNA and at least six other Associations in Melbourne. Lucy has been speaking with the various Umpire Coordinators on regular occasions and there have been many times where umpires from these Associations have helped each other out when their numbers have been low. They continue to network with each other and remain committed to improving umpiring across the State!



BEHAVIOUR TOWARDS UMPIRES

Since returning from COVID, there has been an increase in unacceptable behaviour towards umpires, from players, coaches and spectators. Without umpires, we simply have no games. They are honing their skills every week and they are humans with feelings, so please #RespectTheUmpire

MORE INFORMATION?

- Visit <https://cdna.net.au/umpires/>
- Visit <https://vic.netball.com.au/umpiring>
- Download the Rules of Netball [HERE](#)
- Contact Lucy at umpiring@cdna.net.au

Think about this next time you hear someone moan about umpires.

A standard game of netball is 60 minutes.

The ball has to be passed at least every three seconds. This results in the ball being passed (at an absolute minimum) 1,200 times a match.

Every time a player catches the ball, an umpire has to check seven things involving the player with the ball and their opponent (footwork, contact, how they got the ball, obstruction, offside etc.).

Almost simultaneously, the umpire has to look down the court and check other players are in their correct areas and are not blocking each other in their attempts to move. This could involve scanning 10 different players, while keeping one eye on the player with the ball and their opponent.

So that's seven things, involving the player with the ball, plus potentially another 10 players to watch, each with three actions involved (contact, obstruction and offside).

That's 38 different actions to watch for per pass, including the held ball rule. 38 times 1,200 passes equals 45,600 decisions umpires make per match. Even if that figure is split between the two umpires, that's still 22,800 decisions each.

22,800 decisions a match! And that's assuming players take the maximum three seconds to pass the ball. The real figure is probably much higher.

#RespectTheUmpire

Text credit: Sarah Black

REPRESENTATIVE PROGRAM UPDATE

THANK YOU

We firstly have to acknowledge that our Representative Head Coach for the last three years, Jennifer McIntyre, has decided to step back and significantly reduce her role within CDNA. She will still be around to assist and impart her wonderful knowledge and guidance but we must thank her for all she has done in building the Rep Program up to what it is today, especially through the challenges of COVID. Michelle Mellow will be stepping up as the program's new Coaching Coordinator for the rest of 2022 and we are grateful to have her passion, knowledge and experience to continue the program thriving.



COACHES

We thank our Rep coaches for their hard work so far and what's to come.

- | | | |
|-------------------|---------------------|------------------|
| - Megan Wrightson | - Kerrie Sak | - Alice Barrow |
| - Sarah Jamieson | - Chelsea Imanisani | - Natalie Baird |
| - Tammy Bolaffi | - Alexia McConnell | - Chris Dent |
| - Kara Sak | - Victoria Lally | - Tara Bickham |
| - Michelle Mellow | - Grace Strugnell | - Kasey O'Connor |
| - Kathy White | | |

TEAM MANAGERS

Thank you to all of the selfless and generous Team Managers who offer their time to help the coaches wrangle the teams.

AUTUMN IN REP

- 11/U – Teams have been training well weekly and have enjoyed playing in the CDNA tournament and some friendly matches against our neighbours Sandringham recently too. They are moving to weekly games at Waverley in Spring.
- 13/U – All three of the 13/U teams made the Autumn finals at Waverley and the CDNA tournament. The top two teams also participated in the Association Championships and represented us very well.
- 15/U – The 15/1's and 15/4's made the Autumn finals at Waverley and the other two teams placed 5th. The top two teams participated in the Association Championships and made the finals of the CDNA tournament.
- 17/U – Both 17/U teams made the Autumn finals at Waverley with the 17/1's winning the Grand Final! Both teams also did exceptionally well competing at the Association Championships. The 17/1's won the CDNA tournament as well.
- Open – The Open team continued to improve every week and finished the Autumn Waverley season strong, but not quite enough to make the finals. They did, however make the finals of the CDNA tournament.

STRENGTH & CONDITIONING

Did you know that CDNA provides a proper Strength & Conditioning program for its Rep athletes? This program runs strong within regular training sessions and we have seen results with players improving in several areas.

**REP TRIALS FOR
2023 TEAMS**

**Monday 10th Oct
Monday 17th Oct**





AUTUMN GRAND FINALS



We had a great time celebrating our Grand Final day on Saturday 18th June, announcing the teams and umpires out onto court and playing the day with a great atmosphere all around! Thank you to all of the volunteers and staff on the day and well done also to the Umpires, Coaches, Team Managers and Scorers as well. Congratulations to both teams for making it to the big game and well done to those teams who came away Premiers.





SPECIAL ROUNDS

CDNA aims to hold four special rounds of the competition each year, devoted to raising money and awareness for incredibly important causes .

Indigenous Round 18th / 19th March

With special Indigenous patterned netballs and scoresheets, decorations covering the Association and ribbons in players hair, the scene was set For a magnificent time at our Indigenous Round.

There were special cupcakes to eat, Dreamtime books for kids (and adults!) to read, information to peruse and special colouring in pages that kept many kids entertained throughout the day!

We were so lucky to have one of the traditional owners of our land come and speak to our members before performing a wonderful smoking ceremony. It was incredible to witness so many people immersing themselves in the ceremony and quite a few stayed back to learn more while they could.

CDNA acknowledges the Boonwurrung people of the Kulin Nation as the Traditional Owners and Custodians of the land on which we work and play and we pay our respects to their Elders past, present and emerging.



Pink Round 6th / 7th May

We are so grateful to work alongside all of our great clubs and members to help raise money and awareness for such an important cause during our Pink Round. All funds raised over the weekend through the selling of cupcakes, hair ribbons and ribbons, along with some hugely generous donations, went straight to the *Breast Cancer Network Australia* to assist them to support Australians affected by breast cancer.

Through your generosity, we were so proud to have raised a huge amount over the special round:

\$1596.33

Thank you to everyone involved.



SPECIAL ROUNDS TO COME IN SPRING....

We are looking forward to two more opportunities this year to come together and raise more awareness, money and important conversations.....

PRIDE ROUND

Friday 29th and Saturday 30th July will see our first ever Pride Round, where we celebrate and welcome each and every person in our Community, with no prejudice or bias, promoting inclusion and diversity and creating a safe space for all of our members.

We encourage everyone to wear a splash of rainbow on the day, be it hair ribbons (which we'll have on sale!), socks or bibs!



[Click here to learn more about the rainbow flag](#)

BLUE ROUND

On Friday 9th and Saturday 10th September, we are holding a Blue Round to create awareness around mental health and wellbeing within our Community and to raise funds that support the incredible work Beyond Blue do in this important space. There will be lots of ways to donate on the day and we hope to see everyone put a splash of light blue on to show their support.

[Click here to learn more about Beyond Blue](#)



CHANGES IN THE SPRING SEASON

A few things are changing this season. A detailed email has been sent to all clubs to help inform their members about the following:

FIXTURES

Please click the following link to access the Spring fixtures. There will be three weeks of Grading before re-grading occurs and the fixture most likely changes in a small way.

- <https://netball-registration.worldsportaction.com/competitions?competitionId=1095&yearId=4>

GAME TIMES

We are moving all game times back to 9 minute quarters.

SCORE SHEETS

The scoresheets from last season that were very tricky to read are no more. Netball Connect has released new ones with slight modifications to make everyone's lives easier. Click on the following link to access the new instructions for how to complete the new checklist correctly: [New score sheet Instructions](#)

LIVE SCORING

The new Netball Connect platform allows matches to have "live scoring" in place of scoresheets, a process where assigned scorers use their phones to allocate team members and input the scores for the game. It has been decided that we will be trialing this live scoring on a small scale during Spring, having a small handful of teams accessing it, whilst still having paper scoresheets for them just in case. We will look at how it all goes when discussing next year. We are currently calling for volunteer teams to be a part of the trial, or we will allocate a time slot to the process if required.

OPEN UNIFORM

After some discussion, the CDNA Committee have made a decision about the uniform allowances for the **Open section only**. This section **ONLY** will now be allowed to wear tracksuit pants (without adornments or pockets), leggings or bike shorts as part of their uniform on game day, either underneath their existing club dress / shorts or on their own. These bottoms must be either black or the same colour as their club uniform, not brightly coloured or patterned. And, importantly, all open players must still wear a proper club top / dress to play. Even fill-ins may not play in plain black or plain coloured tops unless an exemption has been granted. Please ensure all open players are aware of these specifications.

CHILD SAFETY

On the 1st July, the new Victorian Child Safe Standards came into effect, replacing the previous ones adopted in 2016. The changes have been made to make our standards even stronger in the quest to protect children and young people from harm and abuse. All clubs have been sent a comprehensive document from Netball Victoria which outlines important steps to take and resources to use. Most importantly, anyone who is working with Children under the age of 18 **must** have a current Working With Children Check that is linked with the organization they are working for.

Calendar for July–December 2022

July		August		September		October		November		December	
1 Fr		1 Mo		1 Th		1 Sa		1 Tu	Melbourne Cup	1 Th	
2 Sa		2 Tu		2 Fr	Round 8	2 Su		2 We		2 Fr	
3 Su		3 We		3 Sa		3 Mo	Term 4 Commences	3 Th		3 Sa	
4 Mo	NO TRAINING	4 Th		4 Su		4 Tu		4 Fr	Round 13	4 Su	
5 Tu		5 Fr	Round 4	5 Mo		5 We		5 Sa		5 Mo	Rep Presentation Night
6 We		6 Sa		6 Tu		6 Th		6 Su		6 Tu	
7 Th		7 Su		7 We		7 Fr	Round 10	7 Mo		7 We	
8 Fr		8 Mo		8 Th		8 Sa		8 Su		8 Th	
9 Sa		9 Tu		9 Fr	Round 9	9 Su		9 Tu		9 Fr	
10 Su		10 We		10 Sa	*Blue Round*	10 Mo	Rep Trials	10 Th		10 Sa	
11 Mo	Term 3 Commences	11 Th		11 Su		11 Tu		11 Fr	11/U Round Robin	11 Su	Rep Presentation Night
12 Tu		12 Fr	Round 5	12 Mo		12 We		12 Sa	Round 14	12 Mo	
13 We		13 Sa		13 Tu		13 Th		13 Su	CDNA 11/U Tournament	13 Tu	
14 Th		14 Su		14 We		14 Fr	Round 11	14 Mo		14 We	
15 Fr	Round 1	15 Mo		15 Th		15 Sa		15 Tu		15 Th	
16 Sa		16 Tu		16 Fr		16 Su		16 We		16 Fr	Autumn Entries Open
17 Su		17 We		17 Sa	School Holidays	17 Mo	Rep Trials	17 Th		17 Sa	
18 Mo		18 Th		18 Su		18 Tu		18 Fr		18 Su	
19 Tu		19 Fr	Round 6	19 Mo		19 We		19 Sa	Semi-Finals	19 Mo	
20 We		20 Sa		20 Tu		20 Th		20 Su		20 Tu	School Holidays
21 Th		21 Su		21 We		21 Fr	Round 12	21 Mo		21 We	
22 Fr	Round 2	22 Mo		22 Th		22 Sa		22 Tu		22 Th	
23 Sa		23 Tu		23 Fr		23 Su		23 We		23 Fr	
24 Su		24 We		24 Sa		24 Mo		24 Th		24 Sa	Christmas Eve
25 Mo		25 Th		25 Su		25 Tu		25 Fr		25 Su	Christmas Day
26 Tu		26 Fr	Round 7	26 Mo		26 We		26 Sa	Grand Finals	26 Mo	Boxing Day
27 We	NV School Champs	27 Sa	30 th b'day celebration	27 Tu		27 Th		27 Su		27 Tu	Christmas Day Holiday
28 Th		28 Su		28 We		28 Fr		28 Mo		28 We	Boxing Day Holiday
29 Fr	Round 3	29 Mo		29 Th		29 Sa		29 Tu		29 Th	
30 Sa	*Pride Round*	30 Tu		30 Fr		30 Su		30 We		30 Fr	
31 Su		31 We		31 Mo		31 Tu		31 We		31 Sa	New Years Eve

Let Kids be Kids

stop poor sideline behaviour in junior sport



That's
60%



Here's what they want from sport



1. To have fun.
2. To do something they're good at.
3. To improve their skills.
4. To stay in shape.
5. To get exercise.²

Sport is generally a positive experience for most kids, but... **75%**

A UK study showed that 75% of children who participated in organised sport up to the age of 16 had been criticised for their performance, had been shouted or sworn at or had been embarrassed or humiliated by a coach, parent, peer or sports administrator.³

"Mum and Dad, I sure love sports, but it seems like my sports make you guys angry more than they make you happy."⁴



Australian research shows that aggressive behaviour on the sidelines is embarrassing junior footballers, making them lose confidence and can lead to them quitting the sport.⁵

How to recognise poor behaviour

1. Emphasis on winning/results
2. Abuse/intimidation of coaches/officials
3. Excessive instruction from the sideline
4. Putting down children in front of others
5. Criticise performances on the drive home

Positive Things we can do



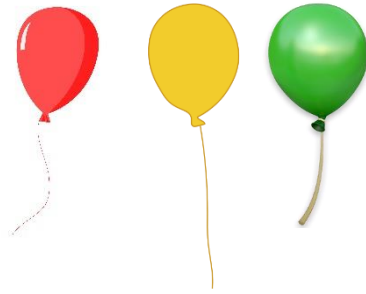
Free resources to help

Free Toolkit:
<http://playbytherules.net.au/let-kids-be-kids>



1. 4156 0 – Sports and Physical Recreation: A Statistical Overview, Australia, 2012.
 2. Clark, M.A. (ed.) Winning! How Important is it in Youth Sports? Retrieved November 11, 2004.
 3. Kate Alexander, Anne Stafford, Ruth Lewis (2011). The experiences of children participating in organised sport in the UK. The University of Edinburgh/NSPCC Child Protection Research Centre.
 4. Samuel Elliott and Murray Drummond. "Parents in youth sport: what happens after the game?" Sport, Education and Society, May 6, 2015.
 5. O'Sullivan, John (31 January 2017). "An open letter from the back seat" in Sports Parenting.

CDNA'S 30TH BIRTHDAY CELEBRATIONS



Caulfield & District Netball Association commenced in 1992 and the name was selected due to being located in the then City of Caulfield.

This year we are celebrating the incredible achievement of that landmark year 30 years ago.

On Saturday 27th August, our regular competition day will have a celebration feel about it, with lots going on through the day. Food vendors (Mr Whippy and Donut Van!), decorations and more! We invite all of our Club Presidents (and Committees) to come up to the new CDNA office between 10am-12pm to chat, reminisce, network, share ideas, share some morning tea together and to rub shoulders with the current Mayor and other Glen Eira dignitaries.

We will also be taking an official birthday photo with 1 player representative from each club in full uniform. An email will be sent with further information, but we can't wait!

SATURDAY
27TH AUGUST

MORNING TEA
10am-12pm