



Emerald City Netball News

Calendar of Events

- Saturday 03 March & Saturday 10 March
Registration & Trials
- Saturday 24 March
Spring Season Starts
- Saturday 07 April
No Play for Easter
- Saturday 28 April
2nd West Coast Super League Game in LA
- Saturday 19 May
Game play at Ballard Community Center
- 15/16 June
USA Nationals, Connecticut
- Saturday 23 June
Spring Season Ends

Inside this issue:

Club Merchandise	2
2007 Trials & Registration	2
Visit our Website	2
Development	3
Rule of the Month	3
Tip of the Month	3

Volume 1, Issue 1

March, 2007

Welcome from the 2007 ECNC Committee

Welcome, to this the first of our monthly Club newsletters.

Each month we will bring you news of the upcoming events, what is happening within the club, what the committee is doing, a 'Rule of the Month', a 'Tip of the Month' and any other information that we think may be of interest.

This newsletter is designed for you, and we value your input and suggestions. So, if you have something you would like to see in the newsletter or share with your fellow club members please contact The Editor rebecca_riddell@msn.com

I wish you all an enjoyable netball season, and look forward to seeing you on the court!

Lisa Washington - President

I would like to take this opportunity to introduce the 2007 Committee. They all work tirelessly on your behalf to ensure that we all can enjoy the sport we love.

President: Lisa Washington

Vice President: Cindy Knight

Secretary: Lesley Everett

Treasurer: Debbie Chambers

Webmaster: Shirlene Lim

Fundraising: Peta Dalzell

Social: Sian Bedi

Committee Members:

Kim Paull

Rebecca Riddell

Tina Hanna

If you have any questions regarding the Club, or netball in general, please do not hesitate to speak to one of the Committee members.



The committee hard at work!



Lisa & Brad shaking hands on the K & K sponsorship deal

Sponsorship

We are very excited to announce that we have our first sponsor!

We have just signed a "long and lucrative deal" with the Kangaroo & Kiwi Pub. Their support and sponsorship means a lot to the club and we look forward to being able to offer them our support in return.

That being said please support the Kangaroo & Kiwi Pub, drop by for a pie and a pint, and say hello (or G'day mate!) to Brad while you are there. The K & K is located at 7305 Aurora Ave N, just across from Green Lake, and are open daily from 2 pm - 2 am, except Saturday when they are open from 12 noon - 2am.





Club Merchandise

Support your club by wearing our logo!

Emerald City Netball Club has a great range of women's, men's and children's branded clothing, plus some other merchandise, available through www.CafePress.com/ecnc

It is good quality clothing and they have a money back guarantee if you are not satisfied with your purchase.

When you purchase your Emerald City Netball Club gear not only will you be supporting the club, by advertising our logo, but for every purchase made the club gets a portion of the sale. This in turn means greater benefits for our members as it will enable us to purchase new equipment, uniforms, etc.

In addition to the Café Press merchandise we do have a limited number of club branded water and wind

resistant shell jackets. These are light weight and are ideal for outdoor training and warm up. Also available are club branded sports drink bottles.

For more information on this merchandise contact:
Lisa Washington
president@seattlenetball.com

**“Optimism -
The difference
between
stumbling
blocks and
stepping
stones...
is how you use
them.
-Unknown”**

2007 Trials & Registration

Come one, come all on Saturday 03 March at 10 am to Marymoor Park, Redmond!

This is a very exciting time for Emerald City Netball Club, as these will be our first trials ever held! So come along and be part of history in the making. There will be a team to suit your needs.

We are looking for players in all grades:

Women's Competitive

Women's Social

Mixed Social

Men's

Juniors

Spread the netball word and bring your friends and family along!

For more information, or to register your interest, please contact Lisa Washington
president@seattlenetball.com

Visit Our Website

Did you know the club has a website? It does and it looks great!

If you haven't checked it out already go to
www.seattlenetball.com

It has loads of information, photos, up coming events, links to merchandise sales and much more.

Add it to your favorites and check it regularly for updates.

Please note this is your first place to look for training or game cancellations, due to unforeseen circumstances or weather.

So add it too your favorites NOW!

If you have any suggestions, or information you would like to see on the website, please contact Shirlene Lim

webmaster@seattlenetball.com



Development

“The mission of Emerald City Netball Club is to promote and foster the development of netball through education, training and the implementation of national and international amateur netball competition in the greater Seattle area.”

In addition to our mission statement, one of our goals is to also build and foster an organization that teaches, develops and promotes netball

in schools within the greater Seattle area. And we are happy to report that we have started doing just that.

On 23 January we started an after school program at Adams Elementary School teaching 5 - 10 year olds about netball. We are half way through the program and it seems to be going well. The kids are having a good time while learning a new sport.

The hardest thing is teaching them to ‘walk before they can run’. Learning the fundamentals of passing, catching and not running with the ball are all very important parts of the game; when all the kids really want is to get out there, run around and shoot in the weird goal without a backboard!

If you know of a school or group that would like to learn more about netball, contact Lisa Washington
president@seattlenetball.com



Rule of the Month

Obstruction

An attempt to intercept or defend the ball **may** be made by a defending player if the distance on the ground is not less than 3 feet from a player in possession of the ball.

When the ball is received, this distance is measured as follows:

- (i) if the player's landing foot remains on the ground, the distance is measured from that foot to the nearer foot of the defending player;
- (ii) if the player's landing foot is lifted, the distance is measured from the spot on the ground from

which the foot was lifted, to the nearer foot of the defending player;

- (iii) if the player is standing or lands on both feet simultaneously and remains grounded on both feet, the distance is measured from whichever is the nearer foot of that player to the nearer foot of the defending player;

- (iv) if the player is standing or lands on both feet simultaneously and either foot is lifted, the other foot is considered to be the grounded foot from which the 3 feet is measured.

From the correct distance, a defending player may attempt to intercept or defend the ball:

- (i) by jumping upwards or towards the player with the ball, but if the landing is within 3 feet of that player and interferes with the throwing or shooting action, obstruction occurs;
- (ii) if the player with the ball lessens the distance of 3 feet between them.

A player **may** be within 3 feet of an opponent in possession of the ball providing **no** effort is made to intercept or defend the ball.

“Obstacles are the things we see when we take our eyes off our goals”

Tip of the Month

Defense Success Stoppers

The most common errors in defense are contact and obstruction. Poor starting position and lack of body control cause contacts. Defenders should be trained to automatically recognize 3 feet to avoid obstruction.

One-on-One Defense

Q. Attacker loses you in first few steps.

A. Adjust your starting position; you are too close to your opponent.

Q. Attacker beats you in last few strides.

A. Focus on the ball when it is released.

Q. You lose sight of the ball when you start to defend.

A. Keep your head up. Open your starting position by taking another step away from your opponent. This will give you a broader view of the court.

Q. You are penalized for contact when you start to defend.

A. Adjust your starting position so there is more space between you and your opponent.

Q. You are penalized for contact when the attacker takes the ball.

A. Make the decision to contest the ball sooner.

Q. You are penalized for obstruction.

A. Use the recovery step to clear the distance. Land before raising your hands.





EMERALD CITY NETBALL CLUB

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Please forward newsletter articles to
The Editor
rebecca_riddell@msn.com

We're on the Web!
www.seattlenetball.com

Netball at its best in the Northwest!

Emerald City Netball Club is a non-profit club founded in 2006 by netball enthusiasts, who come together and volunteer their time for the love of the game. We provide a fun club atmosphere where people of different nationalities can get together to learn or improve playing skills while making new friends.

Our goal is to build and foster an organization that teaches, develops and promotes the game to schools, clubs and to individuals in the greater Seattle area.

We are currently working with other Associations and Clubs, within the USA and Canada to help establish netball in the Seattle and Washington area, as well as provide regular games, both competitive and social.

2007 is an exciting year for netball on the West Coast with the introduction of West Coast Super League in February. There are eight teams taking part in the competition from California, Washington and Canada. Emerald City Netball Club is proud to be a participant.

Netball In Action

