



May 2021 | Issue 5

## Presidents Report

We are almost half way through the Winter Season and it has been great to see so many Lysterfield Netball teams on court every Saturday. We certainly are filling those courts with Teal and Black – go wolves!

We're also incredibly proud to have so many girls playing in Rep teams as well as domestic competition.

Our Gorgeous Mods girls had a surprise visitor at training on Monday 22<sup>nd</sup> March – Kaylia from the Vixens! So fantastic to see elite sportswomen giving up their time to inspire our junior players with a training session. Thanks to Coach Peter for making that happen.

The Committee has been working hard as always behind the scenes. We are continuing our efforts to secure sponsors for the Club. We would love to get some companies on board to enable the girls to have training tops next season.



Grant applications are regularly submitted to secure additional funding for the Club. I'm thrilled to advise we have been successful in receiving the following grants:

- Victorian Government Sporting Club Grants Program Grant (Round 2) **\$1620** for Covid Relief to assist with the costs of the short season in late 2020 which were entirely covered by the Club.
- Victorian Government Sporting Club Grants Program Grant (Round 2) **\$1605** towards Lysterfield Netball Club Coaches Training Program to contribute to the cost of our coaches obtaining formal qualifications through Netball Victoria and attending development workshops.
- Department of Industry, Science, Energy and Resources Stronger Communities Programme grant (Round 6) **\$9000** towards training facilities at Lysterfield Primary School.

**Presentation night** arrangements are currently under way. **Save the Date - Saturday 28<sup>th</sup> August at the Knox Italian Club on Karoo Road.** More details to come! Well done to all the girls nominated for Anzac awards during the games played 24<sup>th</sup> April. These will be given out at presentation night.

Team photos have also been organised. This year we are going with a professional company who will provide team photos and portraits which we are sure will look great.

Don't forget the Netball complex is currently in construction mode so parking is going to be a pain for a while. Arrive early, especially on those wet morning, keep rugged up in those hoodies and make use of the new blankets.

Looking forward to seeing the Lysterfield teams out in force on game day! *Kristin*

**PINK DAY** was celebrated on Saturday 8<sup>th</sup> May

Every year we ask our players to come out in force to show support for Pink Day (recognising the amazing work being done in the field of Breast Cancer Research). This year Lysterfield teams did not disappoint! Everyone looked fantastic in their pink accessories and some teams were even allowed to play in their pink tutus! Thanks everyone for supporting this important cause.

**Checkout ALL the team photos on the LNC website and FB page!**



**LNC MOTHER'S DAY DINNER** was held on Friday 7<sup>th</sup> May at Stonez Restaurant in Rowville. 40 amazing Mums enjoyed some fabulous food, company and prizes. Many thanks to our Vice President Caroline for putting together such an enjoyable night!

Huge thank you to the local businesses who donated prizes: Stonez Restaurant, Natures Organic, Project Brewery, Beach hut brewery, Runway room, Hamburgers chiefs, Perrilicious Cakes and Congratulations to all those amazing ladies who won them!

Shout out to Meaghan Burgell for organising all the beautiful perfume and jewellery prizes and to Emily Norman who ran around picking up ALL those donations. Great team effort!



## CONGRATULATIONS TO OUR REP PLAYERS

### MDNA Ranges:

Olivia Fletcher	LNC 11U Silver
Mia Olarenschaw	LNC 13U Jade
Jade Gerock	LNC 13U Jade
Tahlia Johnston	LNC 13U Jade
Graci Quinn	LNC 13U Diamonds
Jayde McNamara	LNC 13U Opals
Charlotte Marescaux	LNC 13U Opals
Isabella Hutchinson	LNC 15U Teal
Taya McNamara	LNC 15U Teal
Amelia Glover	LNC 15U Teal
Elisa Darragn	LNC 15U Teal
Kristin Swartz	LNC 18U Grey

### Eastern United

Lara Williams	LNC 13U Diamonds
Molly Stokes	LNC 13U Diamonds
Sophie Elmes	LNC 13U Diamonds
Chantal Connelly	LNC 15U Teal
Chloe Francis	LNC 18U Grey

### Melbourne Waverley

Livara De Silva	LNC 13U Diamonds
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Congratulations to **Rubi Van Der Shoot** and **Alexi Gibson** who were nominated by their PE teacher for the **13U School Sports Victorian team**. Both girls did a fantastic job at try outs last month with Alexi making it through to round two. What an experience, great effort girls!

## TEAM PHOTOS

LNC have procured the services of Kangaroo Photos to provide professional photographs for all Lysterfield teams.

Photos will be taken on **Wednesday 14th July at Karoo Primary School gym** – 160 Karoo Road (enter via the gate from the car park).

The schedule for the photoshoot is as follows:

Team	Time
Teal	5pm
Grey	5.10pm
Blackberries	5.20pm
Blueberries	5.30pm
Silver	5.40pm
Jade	5.50pm
Turquoise	6pm
Sapphires	6.10pm
Opals	6.20pm
Diamonds	6.30pm
Black	6.40pm

Please ensure you arrive on time and in your Lysterfield uniform. There will be a traditional team photo, a funny team photo and individual portraits.

- Photos will be available to purchase online.
- We will provide the necessary links and purchase instructions once the photos are available.
- Parents will be able to view the photos prior to purchase.
- There are many options to choose. The standard Duo Pack - which includes a team photo and a 5"x7.5" portrait is \$30. Team photos are \$20. Champ pack which is team photo, funny team photo and portrait is \$40. Also available are black & white prints, smaller prints, etc

Kangaroo are used by many local teams and have an excellent reputation for quality and professionalism.

## Ever Thought About Becoming An Umpire?

MDNA is always on the look out for more umpires and run a "Fundamental Umpiring" course at the start of each season. You must be over 12 years old to become an umpire. If you've been thinking about becoming an umpire contact Amy Coloretti at [Umpiremdna@outlook.com](mailto:Umpiremdna@outlook.com).

## LNC MERCHANDISE STILL AVAILABLE!

Limited stock and sizes. We have:

LNC caps for \$18

LNC key rings for \$9

Ladies Teal Polo Tops (Size 12, 16, 20 & 24) \$35

LNC Jackets - Kids (Size 8, 10, 12, 14 & 16) \$65

LNC Jackets - Ladies (Size Small, Medium, XL, XXL) \$75

LNC Jackets - Mens (Size Small, Medium, L, XXL) \$75

Please contact Natalie via email ([gnc-francis@bigpond.com](mailto:gnc-francis@bigpond.com)) with your purchase request. She will set aside your item/s then direct you to purchase through the mynetball app.



## ADVICE FROM COACH EMILY (PHYSIOTHERAPIST)

*Emily Norman is not only coach of the LNC Turquoise team but she is also a qualified physiotherapist who is passionate about educating our girls in how to care for their growing bodies to avoid injuries. She has kindly offered to provide a regular article for the LNC Newsletters on various topics. If you have any questions or concerns Emily is a highly skilled professional who is very approachable.*

### Growing aches & pains

As children are growing, their muscles can take a bit of time to catch up to the already grown bones. This can cause aches & pains typically in the thighs, knees & heels where muscles attach to bones. Boys and girls are equally affected and these aches & pains do settle but there are a few things you can do to minimise the aches & pains.

- Heat pack to the affected area for 10-20mins
- Children are very good at listening to their body so if they are complaining of aches & pains, reducing the amount of running/jogging for that day may help to settle it.
- Still attending training so the coach can practice ball skills while resting the legs can be an option.
- If the heel is sore, a heel wedge into both shoes can help take pressure off and therefore reduce pain. Physiotherapists have heel wedges.
- Stretching the front of the thighs, calf & hamstrings each day holding the stretches for 15-20 seconds.

If you try these tips and the aches & pains do not settle within the week, try our Lysterfield Netball Club Supporter Physiotherapy Clinic *Physica* that gives a 10% discount to Lysterfield Netball Club members when the attached letter is provided at the appointment. The Physiotherapists are all postgraduate trained and specialise in sports physiotherapy. Manual therapy and some exercises may help to stabilise & strengthen the heel & knee while the muscles are catching up. Taping, X-rays & medical scans are not always needed and the Physica team can assess & diagnose what is needed.

Physica are located at Knoxfield, Ringwood or Yarra Valley [www.physica.com.au](http://www.physica.com.au)



## Lysterfield Netball Club Members

Physica Knoxfield is proud to be a supporter of the Lysterfield Netball Club in 2021. Physica is one of Australia's leading Physiotherapy groups, with a highly experienced and qualified team of practitioners, across three locations in Melbourne's East.

## Our Services

As part of our holistic and injury management program we have established services which ensure that we can offer complete injury management. These include but are not limited to:

- Sports and Spinal Physiotherapy
- Physica Active: physiotherapist supervised group exercises classes.
- RedCord™ - Core Performance stability training
- Orthotic Prescription using GaitScan™
- Biomechanical Assessments

Physica has a large medical and specialist referral base and we work closely with leading orthopaedic, neurosurgical and sports specialists. Our physiotherapists can also refer clients for x-ray and MRI scans, where necessary.

## Our Locations

Physica has three locations, conveniently located minutes away from your game and training venues:

- **Physica Knoxfield:** 1621 Fern tree Gully Rd, Knoxfield (9764 9359)
- **Physica Ringwood:** 25 Wantirna Road, Ringwood (9870 8193)
- **Physica Yarra Valley:** 237 Maroondah Highway, Chirnside Park (9726 9977)

## The benefits for you

As a Lysterfield team member, you'll be entitled to a **10% discount on Physiotherapy consultations and all our products**. This discount cannot be applied to those claiming using Medibank Private at our Ringwood clinic, or BUPA at our Chirnside Park clinic, where we are Members Choice / Members First providers for these health insurers and already offer discounted rates.

## Find out more

Further information about Physica can be found on our website, at [www.physica.com.au](http://www.physica.com.au), or on our Facebook site [www.facebook.com/physicaphysio/](http://www.facebook.com/physicaphysio/)

We also offer convenient online bookings, which can be accessed via our website. If you require an appointment at Physica, please bring along this letter, which will entitle you to receive ongoing benefits throughout the year.

Regards - The Team at Physica