



Coaches Word

Seaforth Netball Club - March/April 2004
Morag McKeand, Coaches Convenor

This informal newsletter is designed to bring you up-to-date information on what courses are available to you as a coach and other notes and ideas to assist in your coaching role this year.

CALENDAR OF EVENTS

Strength Training & Conditioning

Mon. 22 March 7-9pm, Manly Warringah Rugby League Club

Cost: Free Contact: Aleks Natora Tel: 9976 9531 (Northern Sydney Health Promotion)

**** SEAFORTH DEVELOPMENT DAY – SUNDAY 28 MARCH 2.30-5PM CURL CURL COURTS ****

Sydney Olympic Park Netball Coaching Clinics & Netball Cup

Thurs 15 & Fri 16 April 1-3pm & 3-5pm, Homebush

Cost: \$55 Contact: Nicole Hunter Tel: 9646 5333 (Netball NSW)

** Limited vacancies

Orientation To Coaching Course (OTC)

Sun 18 April 9am-4pm, Curl Curl Netball Courts

Cost: \$28 (club will pay – if interested contact Morag McKeand asap Tel: 9400 2035)

** Limited vacancies

Anne Sargeant Netball Clinic

Thurs 22 April 9am-3pm, Curl Curl Netball Courts

Cost: \$44 Contact: Anne Sargeant Tel: 9974 4228

Shooting Clinic – Wendy Glassman, Anne Sargeant & Jenny Miller

Tues 27 April 5-6pm, Curl Curl Netball Courts – court 11

Cost: Free Contact: Morag McKeand Tel: 9400 2035

Rules Discussion Night

Wed 28 April 7-8.30pm, Curl Curl Netball Courts

Cost: Free Contact: Denise Booth Tel: 0400600792

RISK MANAGEMENT

This is an area which calls on a common-sense approach.

Factors to consider are:

- Training environment – condition of court, posts, etc.
- Training equipment – correct clothing and footwear, correct use of equipment
- Injury – know procedure (R.I.C.E. rest, ice, compression, elevation and referral)
- Rules of the game – keep updated on rules, attend umpiring courses and ensure your team plays to the rules