Introduction

PCNA trials continued over the past week for our Year 5-9 teams, completing the second round of trials for these year groups. It was very warm and all the girls worked very hard to trial at their best. We would like to thank the Friends of Netball volunteers who provided their time and help over the weekend.

This week we will have one trial for our Year 3-4s and the final trial for the Year 7s. Trials continue for Year 11/12s the following week. If you have any queries please contact anne.green@pc.wa.edu.au or kerrilee.kenny@pc.wa.edu.au

Regards,

Anne and Kerrilee

Registration

The Years 10, 11 & 12 registrations close **TODAY Thursday 25 February 2016.**
**Trials**

Players are required to attend all trial sessions, as this will ensure that the selectors make the best team selections. If you have a conflict with any trial date please contact kerrilee.kenny@pc.wa.edu.au for Year 7-12 or anne.green@pc.wa.edu.au for Year 3-6.

- To avoid the heat, weekend trials will commence at 7:30am, please check the dates below for your year group.
- For trials wear your PE uniform and sport shoes. No jewellery. Long hair tied up and nails trimmed. Bring water, a snack and sunscreen.
- Training Requirements: You will be required to train once per week (proposed)
  - Years 3-4 Tuesday afternoon 3:30 pm – 4:30 pm
  - Years 5-6 Monday afternoon 3:30 pm – 4:45 pm
  - Years 7-8 Tues or Thursday evening 5:15 pm - 6:30 pm
  - Years 9-10 Thursday mornings 6:45 am – 8:00 am
  - Years 11-12 Tuesday evening 5:15 pm – 6:30 pm
- These days are only proposed the exact day may need to be negotiated with Mrs Green, Mrs Kenny and your team coach. Final teams will be posted on the Sports notice board and on the Junior School notice board on Tuesday 17 March. Team training will commence the following week - week 8.

Trial dates and times for Years 3-12 are listed below: Please note that some of the training sessions are in the evenings.

<table>
<thead>
<tr>
<th>Year 3 &amp; 4</th>
<th>First Trial</th>
<th>Second Trial</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Friday 26 February</td>
<td></td>
<td>7:00 am - 8:00 am</td>
</tr>
<tr>
<td>Year 7*</td>
<td>Extra Trial Thursday 25 February</td>
<td></td>
<td>5:30 pm – 7:00 pm</td>
</tr>
<tr>
<td>Year 10</td>
<td>Wednesday 2 March</td>
<td>Tuesday 8 March</td>
<td>5:30 pm - 7:00 pm</td>
</tr>
<tr>
<td>Year 11/12</td>
<td>Tuesday 1 March</td>
<td>Thursday 10 March</td>
<td>5:30 pm – 7:30 pm</td>
</tr>
</tbody>
</table>

* Year 7’s need to check the notice board to see if they are required for this extra trial.
Rowing and PCNA Saturday Netball

PCNA netball players who wish to row this season must ensure that they can attend all Saturday netball matches (except the Head of River) and netball training sessions. Once again there is a possibility that netball and rowing times will clash on regatta days and if this is the case then unfortunately both sports may not be an option. A decision may need to be made about which sport to be involved in. Netballers who are rowing for the first time this season are asked to contact Kerrilee Kenny Kerrilee.kenny@pc.wa.edu.au if they need further confirmation of the netball commitment.

Umpiring 2016 – Important

If you are Year 8 or above and wish to umpire for the first time for PCNA on Saturdays, you will need to complete your Level 1 accreditation.

Please note: Level 1 Umpiring clinic is now offered as an online course via Netball Australia. This can be completed anytime. If you wish to umpire for PCNA in 2016 please download the link: http://net-ball.com.au/get-involved/umpiring/accreditation/level-1-umpires-course

Completing the Level 1 online course is a pre-requisite to attend our PCNA Netball Rules Workshop which will provide valuable theory and practical classroom and court experience- but you can only attend the practical workshop once you have completed the online Level 1. This workshop will be held in April and details will be available once confirmed.

Please forward your Level 1 online results once completed to Mrs Kerrilee Kenny Kerrilee.kenny@pc.wa.edu.au for our records and have your name added to our umpiring roster for 2016.

New netball rules

Netball Australia has introduced new rules for the 2016 season. It is a good idea to watch and familiarise yourself with the new rules by reading the summary and watching the videos provided. This information is important for everyone not just umpires. Click here for the summary of the new rules and the new Umpiring Rule Changes Videos there are 6 short videos, they are very informative.

Coaching 2016

PCNA is holding a Foundations Coaching course for coaches to become accredited through Netball WA. The cost of the course has been subsidised by PCNA. Before attending the practical Foundations Coaching course you must complete the online ‘Community Coaching General Principles’ requirement. This can be accessed by clicking HERE. Please provide Anne or Kerrilee with your completed certificate. For further information contact Kerrilee Kenny or Anne Green in the PE Office or contact them on 9471 2249 / 0411 063 668 /0417 172 361 or email anne.green@pc.wa.edu.au or kerrilee.kenny@pc.wa.edu.au.
PCNA FOUNDATIONS COACHING COURSE 2016

This is an accredited coaching course run through NetballWA

**Venue:** Perth College Gymnasium Cnr Beaufort St and Lawley Crescent Mt Lawley

**Date:** Sunday 19 March

**Time:** 8:00 am – 12:30 pm arrive early for payment and to sign in.

**Subsidised Cost:** $50.00

**Prerequisite:** Complete the ‘Community Coaching General Principles’ online see link below


---

**PCNA Saturday Uniforms**

**Junior School Saturday Uniform:** Year 3-6 players will wear their PC **navy** sports shorts and navy polo **tops**.

**Senior School Saturday Uniform:** Year 7-12 **PCNA dress.** Players can purchase the PCNA dress and briefs from the uniform shop. Please get in early!

**Jewellery and Ear Piercing:**

The Perth Netball Association at Matthews Centre will not permit players to play with tape over their studs or sleepers; they must be removed for the match. If your daughter plans to have her ears pierced this year, please consider doing this immediately after the netball season rather than before or during the season.

**PCNA socks and scarfs merchandise:**

Socks and Scarves will be available for purchase at trials this weekend. Socks are $12.00 and scarves are $25.00 or you can by a set of 1 pair socks and 1 scarf for $32.00. This merchandise can also be ordered online through [www.trybooking.com/BCRH](http://www.trybooking.com/BCRH).
Players in action at the trails

If there are further PCNA enquiries please contact Anne Green or Kerrilee Kenny in the Phys Ed Office or call 9471 2249 / 0411 063 668 / 0417 172 361 or email Kerrilee.kenny@pc.wa.edu.au or anne.green@pc.wa.edu.au.