Introduction

PCNA trials commence today for our Year 5’s and 8’s and the other year groups commence over the next couple of days. Please ensure you arrive prepared to play including correct footwear, removing all jewellery and hair tied back. It is expected to be very warm over the next few days so remember to bring a water bottle and sunscreen. If it’s your first time trialling, please don’t be too concerned about the trial, every player will be placed in a team. If you have any concerns talk to the selectors, they are there to help.

If you have any queries regarding the online registration or trials please contact anne.green@pc.wa.edu.au or kerrilee.kenny@pc.wa.edu.au

Regards,

Anne and Kerrilee

Registration

Thank you to all the players who have registered for this season, we look forward to seeing you all at trials. Thank you also to all parents for being patient with the online netball registration system.

The Years 10, 11 & 12 registrations close on Thursday 22 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**, we will commence trials earlier than previously. Some weekend trials 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
  - 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 Tuesday 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
- The exact day may need to be negotiated with Mrs Green, Mrs Kenny and your team coach. Final teams for Senior teams will be posted on the Sports notice board on Tuesday 22nd March and for Junior teams on the Junior School notice board on Wednesday 16 March. Team training will commence the following week - week 8 for Junior school and week 9 for Senior school.

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</th>
<th>First Trial</th>
<th>Second Trial</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 3 &amp; 4</td>
<td>Friday 26 February</td>
<td></td>
<td>7:00 am - 8:00 am</td>
</tr>
<tr>
<td>Year 5</td>
<td>Thursday 11 February</td>
<td>Thursday 18 February</td>
<td>7:00 am - 8:00 am</td>
</tr>
<tr>
<td>Year 6</td>
<td>Friday 12 February</td>
<td>Friday 19 February</td>
<td>7:00 am - 8:00 am</td>
</tr>
<tr>
<td>Year 7*</td>
<td>Saturday 13 February</td>
<td>Sunday 21 February</td>
<td>7:30 am – 10:30 am</td>
</tr>
<tr>
<td>Year 8</td>
<td>Thursday 11 February</td>
<td></td>
<td>5:30 pm - 7:00 pm</td>
</tr>
<tr>
<td>Year 8</td>
<td></td>
<td>Sunday 14 February</td>
<td>7:30 am - 9:30 am</td>
</tr>
<tr>
<td>Year 9</td>
<td>Sunday 14 February</td>
<td></td>
<td>9:30 am - 11:00 am</td>
</tr>
<tr>
<td>Year 9</td>
<td></td>
<td>Tuesday 16 February</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 may need to have an extra trial on Thursday 25 February 5:30pm - 7.00pm. Players will be informed if they are required for this trial.
**Goal Shooting Sessions for Years 7 and 8**

The Perth College Netball Academy will this week be running a lunchtime goal shooting session for Year 7 shooters and players interested in becoming shooters. All year 7 shooters are encouraged to attend the lunchtime goal shooting session. The session will focus on shooting techniques and will be a strong reminder of the importance of regular goal shooting practice.

To register for the Goal Shooting Clinic:
Please email Mrs Kenny via kerrilee.kenny@pc.wa.edu.au

<table>
<thead>
<tr>
<th>PCNA Goal Shooting Session 1</th>
<th>PCNA Goal Shooting Session 2</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Tuesday 16 February</td>
<td>Lunchtime</td>
</tr>
</tbody>
</table>

**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 unfortu- nately both sports will not be an option. A decision will 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://netball.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 via Kerrilee.kenny@pc.wa.edu.au for our records and have your name added to our umpiring roster for 2016
**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  
**Facilitator:** From NetballWA  
**Dress:** Please wear sports gear  
**What to Bring:** water bottle and pen.

---

**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.

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.