



TINGARA NETBALL CLUB

NEWSLETTER
MAY 2024



PRESIDENT'S REPORT

It's fantastic to see the courts buzzing with activity on Saturdays again. Netball is back and aren't our new bibs just fabulous? Thank you to City of Melville for supporting us with a grant towards these bibs. Tingara embraces the True Sport values of Having Fun, Playing Fair, Bringing Your Best, Giving Back, and Showing Respect. Watching the Tingara games on Saturdays, it's great to see our players, coaches and parents displaying the True Sport values and being full of encouragement for one another!

A special shout out to all our umpires!! We have many giving it a go for the first time this season and it's wonderful to see your confidence grow each week. Our returning umpires who have had to manage the new rules and rolling-subbs (how good are rolling subs), picking up additional games to cover illness and injury - thank you. And to our Open players, some of who are umpiring for the first time, keep supporting one-another.

The fun doesn't stop on the court! Our committee have been working hard to put together a number of social events that have the whole family covered. From junior discos to senior socials, and our favourite quiz night, there's something for everyone to enjoy off-court. More details on these are covered further on in the newsletter.

Saturday 25 May we celebrate National Volunteer Week. Tingara Netball Club thrives because of the incredible dedication of our volunteers. With 25 committee members, 53 coaches, and 47 team managers, our club is powered by the generosity of individuals like you. Thank you all for your invaluable contributions, you all play a vital role in making Tingara the vibrant community it is today.

Katie Fairhall,
President, Tingara Netball Club

Team Photos



10U/1



15U/2



9U/2



9U/1



Set Blue



14U/6



16U/4



Set White

Thanks to those who have sent in their team photos. We will continue sharing those that have come through. If you haven't already, team managers please send your team photos through to the Managers What's App group, or email tingarasecretary@outlook.com so we can share.

Junior Disco

Sparkle, shine, and dance the night away at our highly anticipated Junior Disco! (includes Juniors, Set & GO age groups).

Get ready for an evening filled with the best tunes spun by DJ Paul, along with exciting games to keep the party vibe alive and of course delicious pizza and drink for all attendees.

Don't miss out on the chance to create unforgettable memories with your teammates. Grab your tickets now and get ready to groove at the event of the season!

Tickets & more information available here - <https://events.humanitix.com/tingara-junior-disco>

TINGARA NETBALL CLUB

JUNIOR DISCO

Sparkle & Shine

FRIDAY 7 JUNE | KAROONDA RESERVE | 5.30-7PM

TICKETS \$15 - INCLUDES PIZZA, DRINK, DJ & PRIZES

Purchase tickets - events.humanitix.com/tingara-junior-disco

The Tingara Junior Disco is exclusively for Tingara members and siblings.

Questions? Please email tingaraevents@outlook.com

TINNIES *talk*



Welcome Eseose to this edition of Tinnies Talk. Ese plays in our 14U division and was recently selected for the U15s WA State Team- a huge accomplishment!

Nickname: Ese

Date of birth: 30th of April 2010

Height: 185cm (6ft)

Playing Position: GD & GK

Team in 2024: 14U/1

Years at Tingara: 3 (this current season is my fourth)

Summarise your netball style

I would say I'm quite a quick player and I think more about strategy and techniques to get the ball rather than just running.



Tell me about your netball journey to date?

I first got interested in netball after doing interschool in primary school for years 4 and 5, and in year 6 decided to join a club. Tingara was the closest as I attended Brentwood Primary. I started at both ends of the court, as a mix of shooting and defending (GA and GD) but as the years went on, I started to play more and more defence and less attack and now I am just solely a defender.

You have just made the U15s WA State Team for netball. First of all - congratulations - and second, how much work does it take to make one of these teams?

Thank you. To make one of these teams is pretty tough and it does come with a lot of workload. It first came with 2 trials on different days, one half day and then one full day. After the full day trial, there was an interval of 2 days for the list of the squad to come out. It started out with 317 girls, and the squad comprised of only 30 girls.

I was really excited when I made it to the squad team. The squad team underwent a whole month of training sessions on Fridays (1.5 hours) and Sunday mornings (2 hours) which were compulsory. Daily fitness, different courses and circuits were to be completed a minimum of twice a week and/or strength and conditioning (not including club or FNA training) plus recovery and stretching. And you have to remember having the right mindset and not putting too much pressure on yourself.

Do you have a performance routine or any game day superstitions?

Always left shoe, then right shoe :)

Favourite professional athlete?

Sunday Aryang

Most famous person you have met?

Jhaniele Fowler

Quote you live by?

Not a quote, but a bible verse I strongly believe in. 'I can do all things through Christ who strengthens me' *Philippians 4:13*

Advice for any young netballers who want to make a state team like you?

I would say just do what you can do and what works for you, train your hardest but also rest and recover hard as well, and most importantly have fun.

SAVE THE DATES

Be sure to add our upcoming events to your calendars! From NetSetGO through to open players, parents and supporters, there's something for everyone!



Event	Date	Venue
Seniors' Social	Saturday June 22	Karoonda Clubrooms
Quiz Night	Saturday August 17	Tompkins Park
Set & Go Windup	Friday August 30	Jungle Gym
Senior Windup	Saturday September 14	Swan Yacht Club
Junior Windup	Saturday September 15	TBC

NEW BIBS THANKS TO CITY OF MELVILLE

Have you seen our new bibs out on the courts this year? Designed by Jakeob Watson, a proud Gomerioi man, the yarning circles represent the community coming together for a common goal. A perfect fit for Tingara.

These bibs were made possible through City of Melville's Thrive grant and we want to thank and acknowledge their financial contribution to our project.



FREMANTLE FUTURES TEAM ANNOUNCEMENTS

Congratulations to the following Tingara players who have been selected for the Fremantle Futures Squads! These athletes have demonstrated exceptional skills, commitment, and potential, earning their well-deserved spots.

Name	FNA Futures Team
Emma Beros	Opens
Lucy Morrison	20U team 1
Florence Chapman	20U team 2
Neve O'Sullivan	16U team 1
Caira Shea	16U team 1
Addison Martin	16U team 1
Atahu Henare	16U team 2
Lila Harris-Close	16U team 2
Bridget Gavin	16U team 2
Chloe Bonomini	16U team 3
Jade Worth	16U team 3
Eve Pilatti	16U team 3
Olivia Wise	16U team 3
Cassia Audeyev	16U team 4
Trinity Gardiner	16U team 5
Asha Audeyev	14U team 1
Eseose Itotoh	14U team 1
Taylah Mitchell	14U team 3
Elise Cameron	14U team 3
Genevieve McGrath	14U team 4
Natalia McDonald	14U training partner
Claire Vink-Mutton	13U team 1
Hollie Chapman	13U team 4
Sara Martin	12U team 2
Allegra Ricciardi	12U team 3
Sophia Black	12U team 3

NETBALL WA RAFFLE TICKETS

The Netball WA Hyundai Community Raffle is back, however this year it's now even easier to support Tingara as tickets are all online! Go to <https://netballwa.auraffles.com.au/purchase-tickets>

- Select 'Tingara Netball Club' in the first box
- Select 'Fremantle Netball Association' in the second box
- Decide how many raffle tickets you would like and complete your purchase

Raffle closes 26 September with winners drawn on 10 October 2024. Good luck!

HYUNDAI COMMUNITY RAFFLE

100% OF FUNDS GO TO YOUR LOCAL NETBALL CLUB OR ASSOCIATION!

PER TICKET \$2

SHOW YOUR SUPPORT FOR YOUR CHANCE TO WIN

1ST PRIZE
Hyundai Kona Hybrid Premium

2ND PRIZE
10 VIP West Coast Fever tickets

3RD PRIZE
\$1,000 Gold Nugget from Gold Industry Group

CAKE STALL AT FNA

Tingara will be participating in the FNA cake stall this year. If you would like to bake something for our stall, we would love to hear from you! Get in touch with Lynda on lgavin@iinet.net.au



TINGARA NETBALL CLUB

8th June

CAKE STALL

7:30am-12pm



Calling all home baked cakes, muffins, biscuits, slices or savoury treats.

Deliver before your daughters (or sons) game, near the Fremantle Netball Association office window.

Please list all ingredients on packaging.
No store purchased goodies please.

DONATE instead of bake.

We accept cash, card and EFT donations.
BSB: 633000
Acc #: 209032788

If you would like to volunteer at the stall please contact
lgavin@iinet.net.au
Thank you for your support



THANKS TO OUR 2024 PLATINUM & GOLD SPONSORS

