

**2010 Squad selected**

After three selection trials held at SASI, 12 players have been offered SASI netball Scholarships for 2010. These players are

Kim Walker - returning from 2009

Laura Marslen - Cougars

Louise Codd - Southern Region

Madeleine Proud - Contax

Alyssa Moore - Matrics

Ashton Hurn - returning from 2009

Nicola Yeeles - returning from 2009

Tayla VanHees - Tango

Michelle Gifford - returning from 2009

Amehlia Schmidt - Cougars.

Chloe Joyce - Northern Areas – (Chloe will be working with the Regional Head Coach and still playing in her Association)

Aimee Wohling - Northern Areas (Aimee will be working with the Regional Head Coach and still playing in her Association)

Aimee and Chloe will be traveling to Adelaide as directed for training and will be selected for State League games when required.

Some Thunderbirds players will be allocated to SASI and regular training sessions will be conducted with SASI and Thunderbirds.

An Induction night will be held at SASI on Tuesday 17th November for players and parents and training will commence on Tuesday 24th November.

**State Institute Challenge**

Last weekend the SASI Netball Team travelled to Sydney to compete in the annual State Institutes and Academies Challenge. The trip was enormously successful with SASI winning every game. Scores were as follows:

SASI 41 d NSWIS BLUE 31

SASI 29 d VIS 26

SASI 34 d NSWIS Yellow 27

SASI 45 d TIS 20

SASI 53 d ACTAS 17

SASI 40 d WAIS 31

**Kate Shimmin** was outstanding throughout the tournament and has caught the eye of Australian and AIS selectors and SASI Coach Marg Angove confident that Kate will be offered an AIS Scholarship for 2010.

Trials for 2010 SASI Scholarships are now underway with the final selection date on Tuesday 6th October.

## NETBALL HIGHLIGHTS FOR THE WEEK ENDING 28 August 2009

### SASI Netball News

SASI are in the last phase of training in preparation for the Institute and Academy Netball Challenge, which will be held in Sydney at the end of September. With the ANZ and State League competitions finished for 2009 some players in the ANL Team that are not current SASI Scholarship holders have been training with SASI on Tuesday nights. **Kate Shimmin, Nicola Yeeles, Mel Rowland** and **Lyndall Crighton** all current Scholarship holders have had court time in the Australian Netball League with Kate receiving many accolades for her performance against NSW Blues on Friday night at ETSA PARK. The SA side sits in 5th place at the moment and will need to win their remaining 2 games to make the top four.

## NETBALL HIGHLIGHTS FOR THE WEEK ENDING 31 July 2009

### ▪ SASI's best finish

SASI has produced their best results to date in the 2009 Subway Cup, finishing in 6<sup>th</sup> place in the 10 team competition. Over the duration of the competition SASI won 9 out of 18 games and provided stiff competition for the teams outside the top 3. **Kate Shimmin, Nicola Yeeles, Melissa Rowland** and **Lyndall Crighton** have been selected in the ANL Team and this competition commences in Brisbane on the 1st August. The Australian 2009/10 Squad has been announced and SASI are delighted that another graduate in Emily Beaton joins fellow SASI Graduates in Natalie Medhurst and Natalie vonBertouch in the squad.

## NETBALL HIGHLIGHTS FOR THE WEEK ENDING 24 July 2009

### ▪ Final Game in 2009 Subway Cup

SASI play their last minor round game in the Subway Cup on Friday against Garville at 8.30pm at ETSA PARK. The players will continue training in preparation for the Institute and Academy Challenge, which, will be held in Sydney in late September. Four SASI Scholarship Holders have been selected in the South Australian ANL Team. They are **Kate Shimmin, Nicola Yeeles Melissa Rowland** and **Lyndall Crighton**. The Australian National League (ANL) Competition is conducted over 6 weekends with teams from all States and Territories participating. It is considered a pathway to the ANZ Teams.

Former SASI graduates are also in the team - Jane Altschwager, Sheree Wingard, Georgia Beaton, Beth Shimmin and Khao Watts.

## NETBALL HIGHLIGHTS FOR THE WEEK ENDING 17 July 2009

### ▪ ANL Team selected

The ANL Team was selected last Sunday after four gruelling training sessions. Ten of the 14 players selected have come through the SASI Program. Three current players are in the 14 plus the 2 Thunderbirds players that play for SASI in the State League when available. Team is as follows;

Jane Altschwager	Thunderbirds
Georgia Beaton	Thunderbirds/SASI
Lyndall Crighton	SASI
Jess Hazel	Jaguars
Abbey Holmes	Woods
Lauren Hyde	Contax
Laura Marslen	Cougars
Mel Rowland	SASI
Amehlia Schmidt	Cougars
Kate Shimmin	SASI
Beth Shimmin	Matrics
Khao Watts	Woods
Sheree Wingard	Thunderbirds/SASI
Nicola Yeeles	SASI

## NETBALL HIGHLIGHTS FOR THE WEEK ENDING 3 July 2009

### Subway Cup Update

SASI are currently in 6th place in the Subway Cup with four games to complete the minor round. SASI's goal for the last four games is to perform well to be end up with a 5<sup>th</sup> place on the ladder.

SASI Scholarship holders **Kate Shimmin**, **Lyndall Crighton**, **Ashton Hurn** and **Nicola Yeeles** have been selected in the ANL squad of 2009 to be considered for this interstate competition. Kate has also been invited to attend AIS trainings and will travel with the AIS to Townsville for a series of games later in the month.

## NETBALL HIGHLIGHTS FOR THE WEEK ENDING 19 June 2009

SASI Netballer **Kate Shimmin** has been called up by the AIS Netball Coach once again to participate in a series of games with the AIS against NSWIS in Canberra. Kate's talent has been recognised by the AIS and it is looking promising that she will be offered an AIS Scholarship. She will also be hunted by the Adelaide Thunderbirds as one of their recruits. SASI players selected to attend the Talent Camp at the AIS in Canberra in July are - **Kate Shimmin**, **Nicola Yeeles** and **Ashton Hurn** who has had to withdraw through injury. SASI Associate Scholarship holders also included are **Chloe Joyce**, **Madeleine Proud** and SASI graduate Luka Thompson. This weekend the Tasmanian Institute of Sport Netball Team will be in Adelaide playing matches against SASI, the ANL Squad, and 2 State League Reserves Team.

## NETBALL HIGHLIGHTS FOR THE WEEK ENDING 4 June 2009

### Netball Update

SASI played second placed Oakdale on Friday night and went down by 4 goals. This was a remarkable improvement as the last time the two teams met SASI were defeated by 27 goals. **Kate Shimmin** and **Mel Rowland** played outstanding games and have been rewarded for the consistent efforts over the past weeks by being named in the South Australian ANL SQUAD (Australian National League). Other SASI players selected are **Ashton Hurn**, **Nicola Yeeles**, and **Kim Smith** with **Lyndall Crichton** an invitee at this stage. The ANL commences at the conclusion of the ANZ and is conducted over 6 weekends with teams from all States and Territories involved. It is considered a pathway to the ANZ championships.

## NETBALL HIGHLIGHTS FOR THE WEEK ENDING 29 May 2009

### History Created

SASI Netball have created history by winning 4 State League games in succession. Last Friday night they defeated Garville 78 - 31 in an awesome display of skills. The second round of competition commences this Friday with a game against Oakdale, who are currently sitting in second place on the ladder. In SASI's previous encounter with Oakdale they were defeated by 25 goals, this time SASI we intend to reduce that margin considerably.

SASI Athlete **Kate Shimmin**, who earlier this year was named as the most outstanding player at the National 17 and Under Championships in Canberra, received a call up from the National 21 and under coach to attend a training session with the squad in Canberra last weekend.

Kate along with fellow SASI athletes **Nicola Yeeles**, **Madeline Proud**, **Laura Marslen**, **Chloe Joyce**, **Laura Packard**, **Kaylene Hill** and **Luka Thompson** all members of the National Development Squad will attend a training camp in July at the AIS.

## NETBALL HIGHLIGHTS FOR THE WEEK ENDING 1 May 2009

### National Championships, Canberra

The South Australian 17 and Under Team were successful in winning the National Championships in Canberra last week. The team consisted of three SASI scholarship holders, **Kate Shimmin**, **Nicola Yeeles** and **Tamsin Petzer**. SASI Assistant Coach, Judy Greenwood coached the SA 17 and Under Team and was very happy with the results particularly as SA has not won this title since 1997 and the team comprised of several young players that would be eligible to compete in that division again next year. Kate Shimmin was awarded Most Valuable Player for the Tournament, an award that is selected by the National Selectors. The South Australian 19 and Under Team, with 5 SASI scholarship holders playing in the team **Ashton Hurn**, **Brooke Jeffs**, **Stephanie Ventrice**, **Lyndal Crichton** and **Lenise McIntyre**, finished in 4th place and the 21 and Under team finished in 6th place.

Based on the players performances at the National Championships last week the Australian Talent Squads have been selected. The SASI scholarship holders, a mixture of Program Scholarship holders, Associate Scholarship holders and graduates that have been selected in the Australian Talent Squads are as follows

#### 17 and Under

**Kate Shimmin**, **Kaylene Hill**, **Madeleine Proud** (Associate Scholar), **Laura Marslen** (Associate Scholar), **Chloe Joyce** (Associate Scholar) and **Nicola Yeeles**

#### 19 and Under

**Laura Packard** and Luka Thompson (SASI Graduate)

These players will attend a Talent Camp at the AIS in July.

The 15 and Under State Schoolgirls Team was also selected. Kirsten Lawson, SASI Apprentice Coach, has been appointed as the Coach of this team.

## NETBALL HIGHLIGHTS FOR THE WEEK ENDING 27 March 2009

### Season Underway

The Subway Cup 9 State League Competition commenced last Saturday at ETSA PARK. SASI's first game was against last years 3rd placed team Oakdale.

All players were given the opportunity to play including both **Michelle Gifford** and **Rachel Horstmann** who have returned to the courts after long term injuries sustained in the National Championships last April. SASI were 8 goals down at half time but than Oakdale really put the girls under pressure and ended up with an easy win. However the girls, were very competitive and with the inclusion of some Thunderbirds as the season develops, SASI Netball Coach Marg Angove believes the team will see some great results as the season progresses. The SASI defenders were constantly put under pressure and

young **Tamsin Petzer** playing as goalkeeper was definitely the SASI teams stand out player.

SASI will play Jags next Saturday at ETSA Park. Jags played in the 2008 grand final last year and will be another test for SASI as they come up against players with the likes of Mandy Edwards who has returned to Jags from the Thunderbirds.

#### NETBALL HIGHLIGHTS FOR THE WEEK ENDING 20 March 2009

### **SASI Netball Season begins**

The Subway Cup season for 2009 gets under way this evening at ETSA Park. SASI first game of the season will be tomorrow against last year's 3<sup>rd</sup> place getter Oakdale.

#### NETBALL HIGHLIGHTS FOR THE WEEK ENDING 6 March 2009

### **SASI Associate Scholarships**

26 SASI Netball Associate Scholarships have been awarded to talented athletes between the ages of 15 – 17yrs from all over Adelaide. Ten of the players are from Regional Academies, which shows strong signs of player development right throughout South Australia. The players will train at SASI during the school holidays and also on the last Sunday of each month.

#### NETBALL HIGHLIGHTS FOR THE WEEK ENDING 6 February 2009

### **All SASI Squad selected in State Teams**

All eligible SASI Scholarship holders have been selected in Under Age State Teams for 2009.

21 and Under Team - Kim Walker and Melissa Rowland

19 and Under Team - Lyndall Crichton, Ashton Hurn, Brooke Jeffs, Lenise McIntyre, Stephanie Ventrice

17 and Under Team - Tamsin Petzer Kate Shimmin and Nicola Yeeles.

SASI will also be represented by Judy Greenwood SASI's Assistant Coach. Judy has been selected as the coach of the 17 and Under Team.

SASI Scholarship holder **Kate Shimmin** has been invited to attend the National 21 and Under Camp to be held at the AIS in Canberra this weekend.

#### NETBALL HIGHLIGHTS FOR THE WEEK ENDING 30 January 2009

### **Netball News**

The SASI Netball squad, along with their coaching and support staff, attended their pre-season camp at Port Elliott last weekend. The two-day camp comprised of many activities ranging from team building and team strategies to beach volleyball and an intense aerobic program. Squad members **Kate Shimmin** and **Melissa Rowlands**, who are training with the Thunderbirds, were released to attend the camp and will return to full training with the rest of the SASI squad on March 1st. All SASI squad members have a tough weekend ahead, with final selections for State Teams being held at ETSA PARK in extremely high temperatures. Once selected the South Australian 17 and under, 19 and under, and 21 and under teams will compete at the National Championships in Canberra in April. Based on performances at the National Championship, development squads will be chosen to participate in further training at the Australian Institute of Sport.

## NETBALL HIGHLIGHTS FOR THE WEEK ENDING 23 January 2009

### State Squad Selection 2009

SASI Netball Squad players **Tamsin Petzer**, **Nicola Yeeles**, **Kimberley Walker**, **Melissa Rowland**, **Brooke Jeffs**, **Ashton Hurn**, **Stephanie Ventrice**, **Kate Shimmin**, **Lenise McIntyre** and **Lyndall Crichton** have all been selected in the State Squads for 2009. The remaining two squad members **Rachel Horstman** and **Michelle Gifford** are on the comeback trail due to injuries incurred at last years national Championships and unfortunately were unable to be considered for selection.