

Monthly Newsletter



THE MINHI'S
NETBALL CLUB

Thursday 16 May 2024



Welcome Back Netball Enthusiasts!

Welcome to the 2024 Netball Season! We are thrilled to share with you the latest developments in our mission to make a positive impact in our community for our First Nations girls in Netball.

We would like to express our gratitude to all of our donors and volunteers who have continued to support us during these challenging times. Your generosity and dedication have allowed us to keep our club running smoothly and effectively.

In terms of our recent activities, we have successfully launched a new opportunity to provide education and resources to low income First Nations girls, boys, men and women in our area. This program in collaboration with Coaching Unlimited, aims to improve better access to quality Netball education and promote a love for learning among individuals in Netball.

As wet weather continued to drench Sydney's eastern Suburbs last week, Round 1 and Round 2 fixtures will be played as half games within the coming weeks. Please visit Randwick Netball Association website to stay up to date with any fixture changes.

Weather precautions are carefully assessed and modified each Saturday by Randwick Netball Association Members to ensure the safety of all clubs players, officials and umpires. We want to thank RNA for their continuous dedication and commitment to providing a safe environment for all.

Finally, we want to remind everyone that our club relies on the kindness and support of our community. If you are able to donate your time or resources, please do not hesitate to reach out to us.

Emilie Barker
Club President

In this newsletter
you can expect:

Presidents Message

2024 Season

Volunteer Committee

Upcoming Matches

Meet Our Sponsors



The 2024 Season Is Here

As we delve into the heart of the netball season, let's celebrate the spirit of teamwork, sportsmanship, and camaraderie that define our beloved sport.

Let's shine a light on some standout performers from the past month:

- Player of the Month: Blake Williams, Captain of the Opens Mixed Championship Team, whose exceptional leadership, talent and sportsmanship have been an inspiration to teammates.
- Rising Star: Kelli Coleman, former Matraville Sports High Talented Sports Program Netball star, who participated in the 2024 Inaugural Mo'onia Gerrard Cup Tournament, whose dedication, commitment and skill on the court have caught the attention of many. She makes her debut as GK, alongside the Senior Women's Minhi's Team this Winter Season.

Congratulations to all the winners of the Open Mixed Netball Competition!

Your passion, patience and perseverance for the game have truly paid off, and you've emerged victorious among some fierce competition.

Starting late in the competition, their resilience, skillful plays, teamwork, and unwavering team spirit have set them apart on the court.

Each player brought their unique strengths, strategies, and love for the game to the court, making this competition an unforgettable and proud moment for our club.

A huge round of applause to the runners-up and all the teams who gave it their all. Their sportsmanship, and love for netball have made this competition a thrilling spectacle for fans and supporters alike.

As we celebrate your triumphs and achievements, let's also remember the camaraderie, friendships, and memories forged on the netball court.



Opens Mixed Team from left to right: Richard Williams, Erin Kennedy, Emilie Barker, Tristan Davison, Emilie Barker, Blake Williams (C), Sophie Jane, Emily Kennedy (absent)

Meet Our Volunteer Committee



Emilie Barker

Co Founder
President
Competitions Coordinator
Mental Health First Aid Officer



Sallie-Ann Barker

Co Founder
Head Coach
Umpire Coordinator
Mental Health First Aid
Officer



Diane Utatao

Diversity, Equity &
Inclusion
Consultant

Netball Umpire

Get Involved

Our netball club is looking for dedicated individuals to join us in our mission to make a positive impact in our community.

If you have a passion for netball and want to make a meaningful difference in your community, we want to hear from you!

Contact us today to learn more about this exciting volunteer opportunity.



OPENS MIXED

CONGRATULATIONS, MINHI'S!



2024 MO'ONIA GERRARD CUP TOURNAMENT

A HUGE CONGRATULATIONS TO THE OPENS MIXED MINHI'S TEAM FOR THEIR FANTASTIC PARTICIPATION IN THE 2024 INAUGURAL MO'ONIA GERRARD CUP TOURNAMENT AT MOUNT DRUITT NETBALL COURT ON 24TH APRIL 2024. YOUR HARD WORK AND DEDICATION TRULY SHINED ON THE COURT. WE'RE SO PROUD OF EACH AND EVERY ONE OF YOU! A BIG THANK YOU TO OUR BALL/WATER GIRL OF THE DAY, MISS MELEIYAH MASON WHO MADE SURE THE PLAYERS WERE HYDRATED THROUGHOUT THE DAY.

A HEARTFELT THANK YOU GOES OUT TO ALL THE SPONSOR BENDIGO BANK - CLOVELLY COMMUNITY BANK WHO MADE THIS EVENT POSSIBLE. YOUR SUPPORT NOT ONLY FOSTERS THE GROWTH OF NETBALL IN OUR COMMUNITY BUT ALSO PROVIDES INVALUABLE OPPORTUNITIES FOR PLAYERS TO SHOWCASE THEIR TALENT AND PASSION FOR THE GAME.

A SPECIAL SHOUT OUT TO THE BLACKTOWN CITY COUNCIL, NSW TONGA NETBALL CLUB AND BLACKTOWN NETBALL ASSOCIATION FOR THEIR ONGOING COMMITMENT TO PROMOTING DIVERSITY AND INCLUSIVITY WITHIN THE SPORT. YOUR DEDICATION TO CREATING A SUPPORTIVE AND EMPOWERING ENVIRONMENT FOR PLAYERS OF ALL BACKGROUNDS IS TRULY INSPIRING.

CONGRATULATIONS TO ALL THE WINNERS OF THE DAY. HERE'S TO MANY MORE SUCCESSFUL TOURNAMENTS AND OPPORTUNITIES AHEAD!

CALENDAR

MAY 2024



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4 Winter Comp. R1
5	6	7	8	9	10	11 Winter Comp. R2
12 Mother's Day	13	14	15	16	17	18 Winter Comp. R3
19	20	21	22	23	24	25 Winter Comp. R4
26 National Sorry Day	27 Reconcile Day	28	29	30	31	

Important Events

- 4 - Randwick Netball Association Winter Competition Season Opener
- 12 - Mother's Day 2024
- 27 - Reconciliation Day

5 TIPS FOR Taking Care of Your Mental Health

Practice
Mindfulness

Take daily moments for mindfulness, like meditation, to find inner calm.

Stay
Active

Do regular exercise, as it can boost your mood and reduce stress.

Get Enough
Sleep

Prioritize quality sleep with a healthy bedtime routine.

Practice
Gratitude

Cultivate a positive mindset by counting your blessings daily.

Seek Support
When Needed

Reach out to family, friends or mental health professionals when necessary.

#MentalHealthAwarenessWeek

Monday 13 May 2024 - Sunday 19 May 2024





RANDWICK NETBALL ASSOCIATION
WINTER COMPETITION

MATCH SCHEDULE

**ROUND 3 - ROUND 6
FIXTURES**

18 MAY 2024 | 03:45PM | COURT 20

MINHI'S

VS

COOGEE 6

25 MAY 2024 | 02:30PM | COURT 20

MINHI'S

VS

UNSW 13
FINS

01 JUNE 2024 | 03:45PM | COURT 18

MINHI'S

VS

MASCOT 9

15 JUNE 2024

MINHIS

VS

BYE



www.theminhisnetballclub.org



Thank you to our sponsors!

Community Bank
Clovelly

 Bendigo Bank



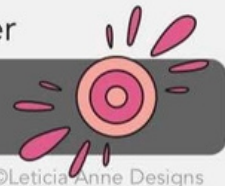
INDEPENDENT
SAFE CARING
AT HOME

Larissa Cook | Business Owner

Contact: 0421 914 881

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The possibilities are endless



Thank you for reading!

If you run a business in the Sydney Eastern Suburbs District then please consider partnering with us in 2024 – sponsorship starts from just \$200 and we will work hard to promote you to our engaged netball community! There are a number of sponsorship levels with associated promotional benefits for your business. Alternatively, we are happy to discuss any ideas you may have in how you can support our Club. Please contact our **Club Marketing Officer Emilie Barker** at tmncpartnerships@gmail.com or on **0412 065 082**.