



# Kingsway Roos Newsletter

#3 - 14th May 2024

## Calendar of Events

### MAY

17th/18th Game 4  
24th/25th Game 5

### JUNE

7th/8th Game 6  
14th/15th Game 7  
21st/22nd Game 8  
28th/29th Game 9

### JULY

5th/6th BYE  
12th/13th BYE  
19th/20th Game 10  
26th/27th Game 11

### AUGUST

2nd/3rd Game 12  
9th/10th Game 13  
16th/17th Game 14  
23rd/24th Game 15  
31st Semi Final

### SEPTEMBER

7th Prelim Finals  
14th Grand Final

## President's Report:

Congratulations to the Roos who achieved some great milestone games this week!

Libby (Roos 1) - 50 games

Danika (Roos 1) - 75 games

TD (Roos 1) - 100 games

When TD gets her 150 game pin next season, it's not because she runs twice as fast as the rest of us, it's because she's actually up to 120 games. Trish, our hard working Secretary, has done a wonderful job in recovering the record of games played that got lost in the transition to the PlayHQ system.

I had the pleasure this week of stand-in coaching for Roos 6 this week. It really reminded me of the joy of being part of this club as a whole, not just for your own team. Y'all fought hard and I'm so glad you came away with your first win. It was really beautiful to see some Roos 5 down there also, learning the name of our new members and cheering them on.

Save the date for our upcoming Quiz Night. 20th July! Sam and Lu have some very exciting games in store for us. Keep an eye on our Facebook page to ensure you don't miss out!

Please make sure that your scorers follow the example in the folder. WDNA have let all clubs know that errors have been coming through across the board, so please be vigilant.

2 games of grading left! Let's go Roos!

-Sarah

***Kingsway Roos Netball Club acknowledges the Traditional Owners of this land, the Whadjuk people of Noongar nation. We acknowledge their enduring and sacred connection to the land, seas, skies and community. We pay our respects to their elders past, present and future, and leaders emerging.***

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# Match Reports

## ROOS 1

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### Player of the Match: Danika Wilson

This week Roos 1 faced Northern Raiders, a team we've played before.

The girls all came firing out of the blocks with smooth passing down the court and converting the shots at the end.

A big shout out goes to our attackers who absolutely nailed their triangles on the circle edge, allowing the ball to be kept low, and provide an accurate pass into the shooters.

Our defenders were able to create pressure down the court which made it easier to pick up tips and intercepts in the oppositions circle. We finished with a whopping 61 goals, which will definitely help boost our percentage.

A big congrats to our three milestone players for this game - Teneille (120 plus games), Danika (75 games) and Libby (50 games). We are all so proud of you and your ongoing contributions to the club!

Also a big congrats to Danika for being awarded our player of the match! Dan was outstanding in the circle and nailed her shots from all over the circle - Well done!

Roos 1 def Northern Raiders 4 61 - 27

## ROOS 2

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### Player of the Match: Tahlia Tremlett

Another week of scraping them #s together.

A huge thanks must go to Aimee Gould for donning the Roo Girl uniform again for 2024 and playing on an SGV we definitely hope to see you again 😊.

With No Jonelle and Izzy today left us sussing out a defensive plan that worked while continuing to try suss out our best options for the shooting circle. Think we found it!

T & Belinda gelled almost right away with Belinda moving great and creating space and T taking a little time but mostly hitting her usual long bombs consistently.

Was also awesome to have Kasey on court for her 1st game of the season smashing out 3 quarters at centre and not letting anyone on court aware she played the last 2 quarters with a nasty ankle roll leaving her pretty sore and swollen on Sunday.

Tahlz had an absolute smashing game at WA hitting her leads and playing a defensive role when needed!

We held the lead most of the game thanks to some strong D from Leah and Aimz holding the strong girls out and reading them before they even made it in so many turn overs lead to us leading the score line all the way.

Lots of building to be done and great signs to come out of this game again. Also a big thank you to Jesse from team 3 for benching for us!

Roos 2 def Prelates 2 48 - 36

# Match Reports

## **ROOS 3**

### **Player of the Match: Diana Moss**

Playing against the 2nd top team this week we came out at a blistering pace and scored 6 goals to their 1 in the 1st 5 minutes.

They then clawed their way back to finish the 1st quarter 9 – 9. Having all our team here this week was a great help which showed in our team performance.

Each quarter was hotly contested 8 – 9, 1 down in the 2nd, 12 – 11 to bring it back to a draw in the 3rd and then to go down 11 – 13 in the last.

Our form from the attacking, mid court to our defence looked effortless. Great work ladies and our players player this week was Diana

Roos 3 def by Paua Rose 3 40 - 42

## **ROOS 4**

### **Player of the Match: Emily Heinrich**

Roos 4 had a convincing victory against their opponents the Steelers, 52-29, our highest score of the season thus far.

This week was a direct reflection of all the hard work that the team has put in at training and on game days. There were seamless transitions down the court, a fair number of interceptions, constant defensive pressure, strong rebounds, great moving, and on target goal shooting. Our fitness also proved extremely strong with maximum effort put into all quarters.

Shoutout to Emily with her Players Player match winning performance. She proved unbeatable in defence. Shutting down each opponent she came against. Well done Emily :)

Roos 4 def Steelers 10 52 - 29

# Match Reports

## **ROOS 5**

**Player of the Match: Matisse Thompson,  
Jade Kilmartin & Isabella Anastasio**

Roos 5 was up against a tough team ECU Jets this weekend. We were missing 3 of our players this week, had a SGV and Dani from 21s to help us out (thank-you).

Unfortunately, we didn't quite get the win. Although there was some great plays, communication and teamwork.

The game started out rough with Jets coming out strong in the first half. Roos 5 found their groove in the second half with a big rotation of players. Jade dominating in GD, with strong defensive pressure and multiple turn overs and Lucy with the strong holds in the circle. Matisse making crucial intercepts and Millie providing us with positive feedback and encouragement. Quarter three there was a noticeable improvement in moving the ball from the back line throw in up to the attacking third.

Winning the final quarter, with Jade in GS holding strong on her player allowing for that drop and perfect pass in from Bella. The final quarter was very positive seeing an increase in space in the attacking third, providing room for the perfect drives.

We definitely conquered some of our personal and team goals this week, well done Team!

Roos 5 def by ECU Jets 1 30 - 48

## **ROOS 6**

**Player of the Match: Abbiegayle Feather**

Roos 6 celebrated their first win of the season this week against Ellenbrook Eels. To be fair, we did have a head start when the opposition started first quarter down a couple players, however we had still stepped up our game massively.

As always, our shooters and defenders were on fire this week with our defenders getting some great intercepts and rebounds, although the true difference was in our midcourt. We really stepped it up and put that pressure on, getting some great turnovers and having umpires call the opposition on held ball. Special mention for Shanelle this week, who really improved on her play and was great at staying available and providing options despite getting injured.

Player's player ultimately went to Abbie this week. Despite feeling unwell and having a rough Defender on her, Abbie was an absolute gun in GA and played a vital role in our goal third, not only shooting but getting the ball into the circle as well.

It was a great game for everyone and we're looking forward to having another in Week 4!

Roos 6 def Ellenbrook Eels 2 27 - 19

# Match Reports

## **ROOS 7**

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### **Player of the Match: Tara Madden**

Watching the Mindarie players arrive at the court it dawned on me, we've been here before. It's Deja vu.

We heeded warning to the newbies of the team; strap yourselves in, it's going to be a wild, bumpy ride.

This netball game incorporated multiple disciplines of other sports.

There was marking a player like AFL, the hop skip & jump of long jump, tennis using a hand for a bat, fencing minus the sabre, tackling of rugby and track sprints without a finish line.

With the sun beating down on us, humidity as thick as the jumper Nana knitted you, we sweated through each quarter of the multi sports challenge.

With only 7 of us and no fresh legs, we put up a good, clean fight, sun directly in our eyes, it meant a few skew-wiff passes and missed catches. (That's our excuse and we're sticking to it)

Our Thursday night training 'pattern of play' discussion went out the door but there's plenty more Thursdays to come!

We are a team who has new players and we're starting to understand how each person plays and what position they shine the brightest in.

It turned out to be an almost even keel of effort, with Tara pipping everyone else by 1 vote for POD. Good stuff mate!

Roos 7 def by Mindarie 1 29 - 37

## **ROOS 8**

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### **Player of the Match: Sipiwe Mkandawire**

Our team did an amazing job and we were close the whole game.

Our defence worked hard and intercepted well particularly in the circle. Our shooters and midcourt worked tirelessly and constantly passing back and forth to create goals.

We lost by 7 goals but we all really jelled as a team and enjoyed the game.

Roos 8 def by Steelers 15 30 - 37

# Match Reports

## **ROOS 9**

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**Player of the Match: Emma Arnott, Jo Davies & Allanah Baker**

There's tall... and then there's Coastal Sparks defenders. We'd heard they were a fairly new team but with some serious height and the absence of our (tall) Megan this game was our hardest fought yet.

Shannen and Emma worked overtime in the circle putting in every effort to receive the ball amongst the opposition twice their height. Jo and Allanah down the other end in defence earned us some great intercepts and rebounds. Plenty of midcourt options this week with our tenth team member Shannon able to play, in addition to Hayley and Kristina with the speed and long arms.

Ally ran hard, yelled loud and once again caused some laughs for both sides- which at the end of the day is what we're there for.

Players in our team are massively supported by non playing team members in Lauren, Kyrya and Ash- a huge thank you for your time and support!

Roos 9 def Coastal Sparks 4 27 - 19

## **ROOS 10**

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**Player of the Match: Tameika**

We started off this week trying out a new combo that the team was not familiar with and it worked amazingly! The girls came out firing and were up at quarter time. The ball was flowing down the court, resets were used instead of forcing a pass and everyone's defensive effort was incredible!

Unfortunately in the second quarter there was an injury and we had to play the rest of the game with 6. However, the girls did not drop their heads and kept fighting for the rest of the game. Everyone adapted well, even with two people playing out of position for the rest of the game! With a player down, the girls still had some beautiful plays down the court. We even won the last quarter!

Although we didn't have the result we were hoping for this weekend, I am so proud of the team. I can see improvements every game, it's almost like an entirely new team from the first game! Everyone should be super proud of their effort this week!

Roos 10 def by Padbury 5 37 - 43

# Match Reports

## **ROOS 11**

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### **Player of the Match: Chloe**

We had a tightly contested game against Ellenbrook Eels, our team unfortunately fell short with a final score of 8 to 4. Despite the loss, there were notable moments of resilience and standout performances. Particularly in the last quarter, our defense stepped up, keeping the opposition goalless and showcasing our determination until the very end.

Chloe emerged as a standout player, demonstrating exceptional versatility and dedication throughout the game. Whether it was intercepting passes, providing crucial assists, or scoring points herself, Chloe was everywhere we needed her on the court. Her relentless energy and skill were instrumental in keeping our team competitive throughout the match.

Though the result didn't go in our favour, there are certainly positives to take away from the game, and we're hoping to bounce back stronger in the next fixture.

## **ROOS 12**

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### **Player of the Match: Ivy & Eleanor**

It was a tough game this week against a defensively strong Doves team. The low score meant our midcourters Scarlett, Skye and Ivy were running from one end of the court to the other without much of a break. Defenders Eleanor, Henley and Adriana worked overtime, with all three taking some great intercepts. Despite the defensive pressure from Doves, Ella, Maeya and Ivy moved well in the circle and we were able to come away with the win.

It was great to see them put some of the things we've been working on at training into action, with all 8 players taking the four feet and putting their hands over the ball every play.

This week's players of the match go to Ivy for her hard work in WA and for her first goal as a Roo, and to Eleanor for her strong effort in all three defence positions.

## **ROOS 13**

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### **Player of the Match: Addy**

What a game ! Our defence was tight making it difficult for the other team to get the ball down their third. Our attack was fast allowing lots of opportunities at goals.

The plays down the court were perfection - everyone knew where they needed to be and what they needed to do. It was great to see the training techniques being tried out by all the players - pivots, bounce passes etc. It felt like we saw a whole new confidence in the girls tonight

# Match Reports

## ROOS 14

### Player of the Match: Thea

This week Team 14 experienced their first loss for this winter season.

We seem to take a while to warm up, seeing Padbury score 7 goals in the first quarter. The girls then went out in the second quarter with a renewed enthusiasm and managed to shut out the opposition, not allowing them to score another goal for the remainder of the game.

The girls worked very hard implementing their defensive skills this week, making sure to have their hands over the ball and stay in front of their player.

Player of the match was Thea, her ability to make great leads and continue to re-offer after every throw was amazing.

Special mention goes to Lily who worked so hard defending her players and for continuing on even after being hurt.

Well done this week Team!

## ROOS 15

### Player of the Match: Charlotte

Right from the start, the team showcased the work they had done in training and put their newfound defensive prowess into action, with arms reaching for the sky the whole match, the team worked hard to get the ball.

Eve notched up the first two goals, though one unfortunately didn't count as it was shot from outside the court. But hey, a goal's a goal regardless! Aria then dazzled the crowd with two spectacular goals of her own,

Facing off against the formidable St. Marks the scoreboard may not have been in our favor this time, what truly mattered was the incredible improvement they displayed throughout the game. With each pass, each pivot, the Joeys better understood their positions and worked together to move the ball down the court with determination.

Amidst the whirlwind of excitement, one player shone brightly, Charlotte W. Her relentless energy and unwavering commitment to the game earned her the well-deserved title of Player of the Match. From one end of the court to the other, Charlotte dashed and darted, chasing the ball with passion. Emily and Eliane also received the extra coach's award for their performance.

Rain or shine, the Joeys will be ready to take on Whitfords CP next week.