



**NETBALL CLUB**

**THE  
SPRING  
EDITION  
NOVEMBER 2023**

*Hi Jetsetters,*

I hope this newsletter finds you well and enjoying the summer season with your teammates, and winning success as well.

Our winter season went well with 10 teams making the finals, and 2 Premierships in Primary 3 (team 1) and Primary 5 (team 2). A big thank you to all our coaches, team managers, umpires and other volunteers for the large effort that was put in over the winter season. Trial information for Winter 2024 will be available in December and we look forward to increasing our teams again and improving results moving forward.

At present, the club is carrying out the following programs during November:

♥ Premier League pre-season training program is rolling out with over 40 athletes participating, including our existing athletes, numerous Intermediate players and skilled new players to the group. We also welcome **Rachel Capetanakis** to our Reserves Head Coach position – we are really looking forward to Rachel’s experience and knowledge having a positive effect on our PL group, with improved results during 2024.

♥ The club’s [Academy program](#) is now running, with increased numbers, headed up by **Jason Delfos**, our Coaching Development and High Performance Management Officer. Jason is using the expertise of our current premier league players to provide this great opportunity to pathway players to fine tune their technical and physical skills.

♥ The club’s [extended skills sessions](#) program is also running in November in an effort to assist players outside our pathway program to improve their skill level and knowledge of the game. **Myself, Jason O’Sullivan, Petra Ritchie** and **Karen Harvey** are assisting over 40 athletes with a well-planned 4-week program.

♥ We are also running separate training sessions for our new players in our Sub Primary

teams to ensure they are becoming more knowledgeable and game-ready for the season.

♥ The club is planning to continue the focus on developing players skills with extra sessions with Premier League coaches for all teams and coaches during the winter season. Also, our Coaching Mentor **Julie Wakefield** will be expanding her role, so we are better planned to use her skills more effectively on Tuesday nights to support our fabulous coaches during the winter.

♥ We welcome our new committee member **Sarah Hausler** who has taken on various roles, the first being part of our social media team alongside our life member **Liv Massey**. They are still in the infancy of developing our brand, and we can’t wait to see the new posts as they roll out.

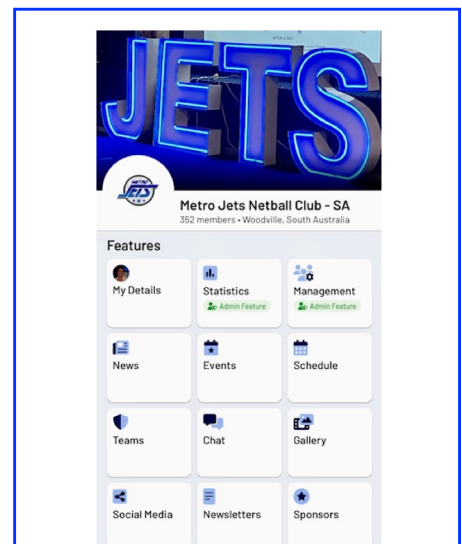
♥ **Sarah**, our fabulous Umpiring Co-ordinator **Caitlin North, Bec Taheny** and **Tam Petzer** have done a magnificent job of getting together and establishing the club’s new [C6 Inclusive Netball Team](#) that will commence in 2024. We are all really excited with the introduction of this so keep an eye out on our social platforms regarding roles within this space.

As the club continues to evolve and improve results, I’d like to take the opportunity to thank **Jess Cuppleditch** for her efforts of improving our social media presence during 2023. Also, a big thank to our Treasurer **Seugnet Miller** who is leaving the role and the club to move interstate with her family. Wishing you both all the best moving forward.

As the Summer season heads towards the holiday break, numerous teams are sitting in finals contention and others are being very competitive in their grade.

I’d like to wish all Jets Families a safe and prosperous Christmas and New Year – and let’s continue the positive momentum in to 2024.

*Judith Dingwall*  
**PRESIDENT**



New to the Club this Summer? The MJNC communicate via Stack App. Haven’t registered yet? Please download the App on your mobile device via the [Apple Store](#) or [Google Play](#) and register. Keep an eye our for all the latest news, events and team schedules coming up!

# OUR 2023 WINTER SUCCESS

**WELL DONE** to all Jets Teams on a your performance throughout the Winter Season. Your represented the Metro Jets Netball Club with honour and demonstrated respectful sportsmanship throughout the season. Whilst not everyone was able to make the finals, all our teams did us proud!! *#JetsProud*

## CONGRATULATIONS



**PRIMARY 1 (Div 3)  
PREMIERS**

**PRIMARY 2 (Div 5)  
PREMIERS**



**SPECIAL MENTION** to **Primary 3 (Div 6); Sub Junior 5 (Div 8); Junior 2 (Div 3) and Inter 5** on making it through to the Finals in their respective divisions:  
You all fought very hard right to the end and have done the club proud with your efforts!





## 2023 CLUB AWARD WINNERS

Coach of the Year	Rebecca Taheny
Umpire of the Year	Hayden Patterson
Player of the Year	Chloe Britton
Club Person of the Year	Di Hughes
TRUE Award	Lucy Palmer
Life Members	Katelyn Searle
	Olivia Massey
	Jazlyn Owers
	Bridget Kuerschner



## 2023 JUNIOR AWARD WINNERS

	Best & Fairest	R/U Best & Fairest	Coach Award
Primary 1	Lotta Wache	Rene Miller	
Primary 2	Danica Croxton		Chloe Schubert
Primary 3	Indi Delfos Isabelle Clark		
Sub Junior 1	Bianca Mercuri		Ariana Colella
Sub Junior 2	Sophia O'Sullivan		Avah Beracci
Sub Junior 3	Imogen Muscat	Freya Humphrey	
Sub Junior 4	Vianka Nieuwoudt	Takara Gessner-Muck	
Sub Junior 5	Jemma Waudby	Georgia Geladaris	
Junior 1	Kera Kopa	Sophie Massey	
Junior 2	Zoe Auricht	Nara Weber	
Junior 3	Calina Lekkanok	Brianna Nussio	
Junior 4	Gabrielle Carter	Francesca Johnson	



## 2023 SENIOR AWARD WINNERS

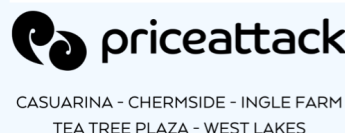
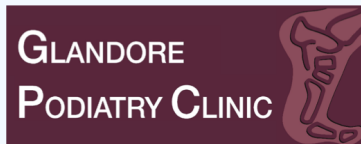
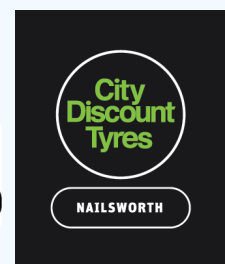
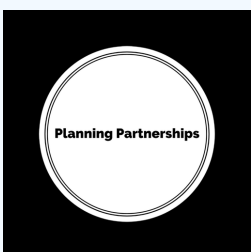
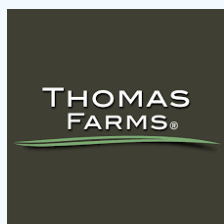
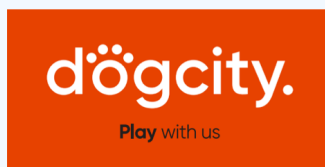
	Best & Fairest	R/U Best & Fairest	Coach Award	Players Award
Inter 1	Chloe Evans		Lara Mellow	
Inter 2	Taylor Schmerl	Sienna Owers		
Inter 3	Holly Weckert		Claire Nolan	
Inter 4	Camryn Burton		Sienna Hill	
Inter 5	Ellabeth Stevenson		Matilda Stock	
AMD	Lucy Palmer	Monique Raidis		
A Grade	Leah Kopa	Tiarna Grovermann		
B Grade	Faith Pickard	Tahlia McPherson		
Premier League	Chloe Britton	Tamzin Petzer		Chloe Britton
PL Reserves	Jemma Kelly	Caitlin Ferguson		Lily Massey



# THANK YOU TO OUR 2023 SPONSORS

Winter 2023 for Metro Jets has been a fantastic foundation for our sponsors and partners. Our sponsors night held in June this year was the second highest recorded attendance for Netball SA recorded this year. We managed to also get a one-point win from the Premier League as well. During this year, we continue to see our partner activation programme grow from strength to strength, and continues to be well supported by our Jets families.

We continue to encourage everyone to continue to support all our sponsors (which you can reference in the STACK app) If you have a contact, or your work or business would like to support a great club like ours please reach out to our Vice President, Jason O'Sullivan - [vicepresidentmetrojets@gmail.com](mailto:vicepresidentmetrojets@gmail.com) and he will be happy to run you through, or come and present to your business or work, some great opportunities for 2023/24.





# INTRODUCING OUR NEW PREMIER LEAGUE RESERVES HEAD COACH

We are delighted to **WELCOME RACHEL CAPETANAKIS** into the **Reserves Head Coach** Role for 2024 where she will join Premier League Head Coach Trudy Barker and Assistant Coaches Di Hughes and Teresa Grovermann.

Rachel brings with her a wealth of experience including over four years as Reserves Assistant coach and for the past two years, Intermediate 1 with Garville. Rachel has worked with the State U17 and U19's as an Apprentice Coach and was Head Coach for the Berri Thunderbirds Talent Academy this year.

Rachel holds an Intermediate level qualification and is working towards obtaining her Advanced accreditation. Rachel is very passionate about netball and is looking forward to working with us at Jets.

Welcome to the club Rachel! *#Jetsup*



## SUMMER SEASON 2023/24

Welcome to the 2023 Winter Season at Metro Jets!

The MJNC would like to welcome all new and returning players and their families to the 2023/24 Summer season. This year we have a record number of teams playing in the CND competition which has already started with a bang!!

We would like to say a big *Thank you* to all our wonderful volunteer coaches, new and old, for giving us your valuable time, and we look forward to a fun and enjoyable season. To our Team Managers, Umpires and other Volunteers – we also thank you for all your support – without you we cannot continue to perform as a competitive netball club!

*Best of luck* to all our teams and we look forward to celebrating our achievements throughout the year. ❤️❤️❤️

### LET'S MEET OUR SUMMER CLUB COACHES

A Grade	Rhianna Kaluza	Sub Junior 1	Jason O'Sullivan
B3 Grade	Katelyn Searle and Caitlin North	Sub Junior 2	Simon Croxton
B4 Grade	Sunny Tucker	Sub Junior 3	Petra Ritchie
Inter 1	Tori Dodd	Sub Junior 4	Lily and Eva Stalker
Inter 2	Lucy Palmer and Grace Searle	Sub Junior 5	Amy Henry
Inter 3	Jazlyn and Sienna Owers	Primary 1	Rachael Droegemueller
Inter4	Ben Monro	Primary 2	Jess Bais and Charlotte O'Sullivan
Junior 1	Jason Delfos	Primary 3	Sarah Hausler
Junior 3	Amy Henry	Sub Primary 1	Tam Hays
Junior 3	Jason and Karen Harvey	Sub Primary 2	Judith Dingwall
Junior 4	Lily Weckert		

# ALL CLUB SKILLS SESSIONS 2023

Across 2023 the *Metro Jets Premier League Coaches* conducted skills sessions for each team across the club with the aim to develop key skills across all age groups as well as providing club coaches with exposure skill development techniques and drills.

These sessions were well attended by all teams and focused on attacking skills like driving, passing, changing direction, preliminary moves, split and reoffer, defensive repositioning and 3 feet hands over.

Sessions we conducted at either Priceline or St Michaels on Tuesday nights in place of normal team training and the club was delighted with the feedback they received about these sessions, particularly when coaches commented on their players applying the skills they had learnt on game day.

*Thank you* to all MJNC coaches for their support!



## UMPIRES REPORT

A big *Thank you* to all our coloured shirt program and experienced umpires that have contributed to the Winter 2023 season. Who knew so many people could speed-change from their Metro Jets playing uniform to their green or white shirt in record time?

A massive *Congratulations* to Hayden Patterson, who achieved her National C Grade badge on 2<sup>nd</sup> September. Hayden has shown great resilience this season, stepping up to umpire in our Inter age group with confidence and professionalism. A special mention to Remi Droegemueller, Ella Hausler, Jessica Wood and Eve Smith who have also helped out with this age group.

Did you know? Every time a player catches the ball, an umpire has to check 7 things involving the player with the play and their opponents. Can you guess what they are?

*Caitlin North*  
UMPIRE COORDINATOR





# PLAYER PROFILE



## CHLOE BRITTEN

Premier League Player **#45**

**Name:** Chloe Britten

**Positions:** GD, GK, WD

**Nickname:** Chlo

**WHAT IS YOUR OCCUPATION OR CURRENT STUDY?** I currently work at Guardian Childcare and Education Centre in Coromandel Valley.

**WHAT IS YOUR INSTAGRAM NAME?** @chloebritten7

**HOW OLD WERE YOU WHEN YOU STARTED PLAYING AT METRO JETS?** I was 16 years old and I played in the Inter 1 team.

**WHY DO YOU PLAY FOR JETS?** I love the culture and the girls around me! I have always loved the sport and Metro Jets welcomed me with so much love and support!

**WHO HAS BEEN THE BIGGEST INFLUENCE ON YOUR NETBALL?** My mum! Not matter where I played, how old I was or what division I played in, my mum has always been by my side through it all!!

**WHAT IS YOUR GREATEST NETBALL ACHIEVEMENT/MEMORY?** Travelling to South Africa to play for the Australian indoor netball team and winning 2 gold medals.

**SOMETHING YOUR COACHES ARE ALWAYS SAYING TO YOU?** One on One!!

**WHICH OF YOUR TEAMMATES IS THE FUNNIEST?** Lily Weckert.

**WHICH OF YOUR TEAMMATES WORKS THE HARDEST AT TRAINING?** Bridget Kuerschner.

**IF YOU HAD TO BE STUCK ON A DESERT ISLAND WITH 3 OF YOUR TEAMMATES, WHICH 3 WOULD YOU PICK AND WHY?** Rhianne Kaluza because she knows first aid, Lily Weckert because she is so strong and Bridget Kuerschner because she has strong knowledge.

**IF YOUR TEAMMATES WERE TO DESCRIBE YOU IN 3 WORDS, WHAT DO YOU THINK THEY WOULD SAY?** Jumpy, happy and funny.

**DO YOU HAVE ANY PRE-GAME RITUALS?** I always listen to "Temperature" by Shaun Paul in the car to netball.

**WHAT DO YOU ENJOY THE MOST ABOUT PLAYING AT JETS?** Being part of the amazing squad, always knowing the girls have my back.

**WHAT ARE THE 5 PLACES YOU FREQUENT MOST OFTEN?** Coffee Trough, Guardian Childcare and Education Centre, the beach, Seaford car wash and Good Life.

**IF YOU WERE TO GIVE SOME ADVICE TO JETS YOUNGSTERS, WHAT WOULD IT BE?** Keep going! No first training or game is going to be great, keep training and all the hard work will eventually pay off!



*Chloe Britten*



# MORE JETS NEWS!

## CONGRATULATIONS to our MILSTONE players in 2023

### 200 games

Emma Anderson



Katelyn Searle



### 100 games

Indy Lyle



Poppy Ritchie



### 50 games

Tanaye Nolan  
Grace Searle  
Molly Farmer  
Molly Hays  
Maddie Zagame  
Lily French  
Lily Stalker  
Kera Kopa  
Shay Kopa  
Leah Kopa  
Indy Hawkins  
Bella Anastopoulos  
Audrey Derwent  
Alice McMahon  
Allegra H  
Harriet Hays



Have you seen our new *Club Hub* at Westies? Next time you are grabbing a drink or enjoying a meal, be sure to check it out!



Do you have any memorabilia that you would like to donate to our Club? Let us know – we are thrilled to be able showcase our amazing achievements!



**WELL DONE** to Jess Wood who umpired at the Nunga Netball Carnival on the 7th October and represented the Metro Jets umpiring program with pride! Jess received good feedback from those around her, most people being surprised that she is only 14 years old. Jess was even awarded with a finals match. We are very proud of Jess and her achievements - great work! *#Jetsup*

## SAMMY D COAST TO COAST 2023

Our very own Jason Delfos and his lovely wife Kelly recently joined the Sammy D Foundation Coast to Coast 2023 fundraiser in New Zealand with Brigid and the crew. This was truly a mammoth and challenging journey, but one taken head on by Kel and Jase. A great achievement! *#Jetsstrong*

SAMMY D  
COAST TO  
COAST 2023

A special message  
from our  
*Sammy D Champion.*



## CONGRATULATIONS to our up and coming JETSETTERS

- ♥ Jessica Bais, Keely Pearce, Kera Kopa, Suraya Lyle, Ella Humphreys and Sadie Polkinghorne – 2023 Thunderbirds Talent Academy members
- ♥ Jessie Miller – Gold Medal winner at 2023 Men's & Mixed Netball Championships for Dragons Reserves – 2023 Female Dragon of the Year
- ♥ Monique Raidis – Represented Sacred Heart College at the 26<sup>th</sup> Marist Netball Carnival - undefeated Premiers – Player of the Day and All Australian Selection
- ♥ Lara Mellow and Kleo Trajkovic – Represented 19U SA in 2023 Super Nationals Indoor Netball Competition – Gold Medalist in 6-a-side – Grand Finalists and Silver Medalists in 7-a-side
- ♥ Keely Pearce – Phase 3 - 2024 17U State Netball Team





## COACHES WANTED!

We continue to seek out interested coaches to volunteer their time for coaching our Senior and Junior teams. With Summer underway we now turn our focus toward the 2024 Winter season.

If you are part of our club, have experience in coaching and want to share your love and knowledge of netball with others, we would love to hear from you!

If you are interested, could you please contact Club Secretary **Rachael Droegemueller** at [secretarymetrojets@gmail.com](mailto:secretarymetrojets@gmail.com) or our Coaching Administrator **Tracey Merchant** at [coachingmetrojets@gmail.com](mailto:coachingmetrojets@gmail.com)

## GOOD NEWS STORIES

Do you have a special occasion that you would like to share? Birthdays, wedding, achievements? The Club is keen to celebrate the positive news of our Club Members so please share your stories. If you would like to share a celebration in the next Jets newsletter, please email our Club Secretary **Rachael Droegemueller** at [secretarymetrojets@gmail.com](mailto:secretarymetrojets@gmail.com) Another way you can share your good news stories with the Club is through photographs. Don't forget the Club is on **Instagram** and **Facebook**, so make sure you tag us in your pics!

## CLUB SUPPORT

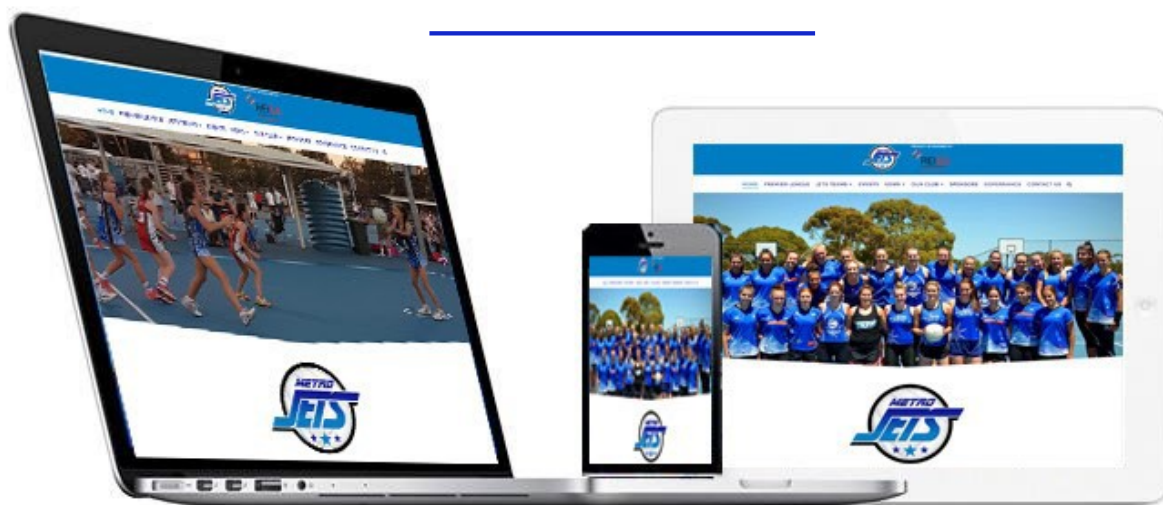
**We need your help!** The Jets Netball Club is run by volunteers of the Jets community, and we are always grateful for any assistance. Are you interested in Coaching? Do you have any skills that the Club can utilise? Can you offer some time to assist with events or even fundraising? Many hands make light work and there is always things to do. If you can help, no matter how big or small, please contact Club Secretary **Rachael Droegemueller** at [secretarymetrojets@gmail.com](mailto:secretarymetrojets@gmail.com)

## NEED A JETS UNIFORM?

Remember all summer uniform items (except the club hoodies) are to be purchased online through Valour [www.valoursport.com.au](http://www.valoursport.com.au).

Don't forget that second hand uniforms may also be available on our Facebook page, [Metro Jets Buy Swap Sell](#).

## STAY CONNECTED



[www.metrojets.com.au](http://www.metrojets.com.au)



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