

JETS

NETBALL CLUB



Hi Jetsetters,

Goodbye Summer netball and hello Winter 2023. I'd like to acknowledge all summer finalists B2 (Inter 1), B5, Inter 2, Junior 5 and Primary 4.

A special mention to our Primary 4 team of little champions who went down in their grand final by a goal. What a game they played. And then a big congratulations to our Inter 2 team, Premiers with a strong win. Great work by the team and stand out rookie club coaches Lucy and Caitlin.

So onto Winter 2023. Our season launch took place on the 26th of March at our new club base West Adelaide Football Club.

What a turn out – approximately 300 people, with players meeting their coaches for the season.

The committee again has been working extremely hard and we are pleased to say that we have increased team numbers for the season. We are proud to say that our club members will be wearing unison jackets and hoodies to make us all feel part of our special club. Our aim is to improve our results and develop our athletes to compete well during the season.

Our Premier League competed in the pre-season cup on the weekend which was a great opportunity to see our girls in action!

Our training for all teams has now started and myself, the committee and our coaches are excited about the season ahead – we hope you are too.

Happy Easter and Go Jets!!

Judith Dingwall
PRESIDENT

THE AUTUMN EDITION

APRIL 2023

MAJOR CLUB SPONSOR



We are excited to introduce our new Major Club Sponsor for 2023 - [GrowthFront Home Loans](#).

With the current economic climate, having the right lending partner by your side can have a significant impact on your loan outcome. Whether you need to refinance an existing loan, secure a new investment loan, or obtain commercial finance, Michael Smith and his team are the lending specialists you can trust. To learn more, please send your enquiries to

bdm@growthfronthomeloans.com.au and remember to use the

identifier code **JETS23** in your email. By doing so, you will receive a complimentary review of your current financial plans and future requirements from a certified expert.

STRATEGIC SPONSOR



Announcing our new strategic sponsorship with the [West Adelaide Football Club](#). We are excited to have "Westies" as our new home base and we look forward to socialising together as one club.



WINTER SEASON 2023

Welcome to the 2023 Winter Season at Metro Jets!

It was great to see so many players and parents at our season launch last week. This year we have more teams playing in the AMND competition than ever before which is very exciting for our club! And with more teams come more coaches, so a big thank you to those who have volunteered their time to coach across our club – your efforts are hugely appreciated. Metro Jets would like to wish everyone a fun and enjoyable season for 2023 and we look forward to celebrating our many successes throughout.

And remember,

“don't aspire to be the best on the TEAM, aspire to be the best for the TEAM”

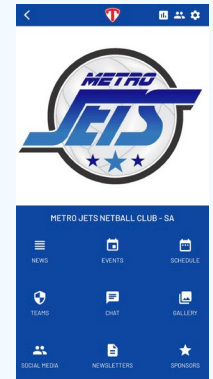
Good Luck everyone!

MEET OUR WINTER CLUB COACHES

“Coaches are everyday heroes”

AMD	Carly Bradley	Junior 3	Hannah King
A Grade	Judith Dingwall	Junior 4	Hayley Hawkin
B4 Grade	Caitlin North	Sub Junior 1	Amy Henry
Inter 1	Tanaye Nolan	Sub Junior 2	Sini Kontopoulos
	Tazmin Petzer (Assistant)	Sub Junior 3	Seugnet Miller
Inter 2	Rachel Pearce	Sub Junior 4	Petra Ritchie
Inter 3	Grace Searle	Sub Junior 5	Tam Hays
	Amy Henry (Assistant)	Primary 1	Rachael Droegemueller
Inter 4	Lucy Palmer	Primary 2	Bec Taheny
	Sean Nolan (Assistant)	Primary 3	Jess Miller (Assistant)
Inter 5	Arty Antonis	Sub Primary 1	Karen Harvey
Junior 1	Jason Delfos		Jess Bais
Junior 2	Lily Weckert		
	Sienna Owers (Assistant)		
	Emily Bradley (Assistant)		

We thank you for your commitment toward the development of our girls this season!



Have you checked out the new StackApp? Do you want to stay in touch this winter? This year Metro Jets will be communicating via the new 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 out for all the latest news, events and team schedules coming up!

SAVE THE DATES



28th April
Premier League & Reserves first game



29th April
AMD & Seniors first game



13th May
Juniors first game



4th April
Juniors first Training



15th April
PL Metro Jets
[Cocktail Fundraiser](#)



6th May
Pride Round



3rd June
First Nations Round



12th August
Charity Round



23rd September
Metro Jets
Presentation Night

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? If so, please contact Club Secretary **Katrina Wood** at secretarymetrojets@gmail.com

OUR SUMMER SUCCESS

"She believed she could so she did"

WELL DONE to all Jets Teams on a your performance throughout the Summer Season. You did your club proud, strongly demonstrating our club values through your commitment to your team and your respectful sportsmanship. *#JetsProud*

SPECIAL MENTION to to the following sides on making it through to the Semi Finals in their respective divisions:

Senior B5; Inter 1 (B2); Junior 4 (Div 6);

You all fought very hard right to the end and have done the club proud with your efforts!

And and extra big **CONGRATULATIONS** to our **Primary 2 (Div 4)** team for making it to the GRAND FINAL;



and to our

INTER 2 PREMIERS!



OUR SPONSORS 2023

GROWTHFRONT
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VALOUR

JRPgroup 


MID MURRAY
STORAGE MANNUM

JETS ACADEMY

"The harder you work the better you get"

The Metro Jets Summer Academy Program was offered to players selected in the top two teams of each age group from our Inters, Juniors and Sub Juniors. This year the program was also extended to our top Primary age group.

It was so exciting to see 55 of our junior club members register and attend seven weeks of academy sessions that were designed to develop strong foundation skills across our club, ensuring our players continue to develop their understanding of the game of netball.

Our specialised coaches introduced a club warm up as part of the program which we look forward to seeing our teams implement in the winter season. They also covered attacking and intensity skills, defence and court play, as well as yoga, team structures and and specialist court area training.

We would like to thank our fabulous sponsor [Bowman Accounting and Management Services](#), the Premier League Coaches & players and club coaches for their support and delivery of such a great program – we couldn't have done it without you.

We look forward to watching our talented players continue to develop and achieve their goals with Metro Jets in the coming years.





PL

PREMIER LEAGUE

We have had a successful 22/23 preseason with coach Zeke from PEAQ. The girls have been pushed and are getting great results. Our training started at Underdale High with the whole squad working on a modified skilled session and sprint conditioning program. Wednesday's session we worked on endurance and Friday at PEAQ we focused on strength and conditioning in the gym. Coach Zeke also provided players with their own strength program to complete at home.

The *Preseason Camp* was a huge success completing an Amazing Race through the town of Barmera. Our colourful teams interacted with Barmera locals and created lots of excitement with numerous people coming up to the coaches and the girls asking what we were doing in downtown Barmera. A highlight was supporting the local community by helping Vinnies and Foodland who both really appreciated our support. We had lots to get through with our overnight stay and we were able to successfully complete everything we wanted during this time.

The girls worked hard challenging themselves with a lot of team building activities like Hungry Hippo, Caterpillar race and the water challenge. Coaches presented TRUE to the group and what it means to them, with all squad members receiving their TRUE tops. We set our *team goals* for the season ahead and look at *building a better culture* with lots of positive group activities.

We are thrilled to announce *Alice Gerlach* as the Premier League Captain and *Bridget Keurschner* as the Premier League Reserves Captain.

CONGRATULATIONS also to our **2023 LEADERSHIP GROUP** in *Alice Gerlach, Rebecca Taheny, Tamsin Petzer, Jessie Miller* and *Rhianne Kaluza* as selected by their peers.

Trudy Gardner, Di Hughes, Kelly Cole, Donna Stewart and Teresa Groverman

Premier League coaching team



Giacinta Arancino
Chloe Britten
Krystal Collins
Mia Duryea
Caitlin Ferguson
Shelby Finlay
Maeve Garnett
Alice Gerlach

Madison Hughes
Alyssa Jones
Rhianne Kaluza
Jemma Kelly
Bridget Keurschner
Lily Massey
Jessie Miller
Poppy Neilson

Tanaye Nolan
Zoe O'Brien
Lucy Palmer
Tamsin Petzer
Monique Raidis
Rebecca Taheny
Kleo Trajkovic
Lily Weckert

OUR TRAINING SQUAD

Mia Kirpirtoglou
Olive Massey

Lara Mellow
Abbie Player

Grace Searle
Nikkita Trajkovic

Drew Yandell

OUR PREMIER LEAGUE SQUAD 2023



PRE-SEASON

The season is just around the corner and training for all our teams has started! I know some of you are coming with a base fitness level with Summer Netball coming to an end and other sports and commitments. But in 2023 if you want to go that next step further, this is the time to start to plan out your week and training commitments. It is always a balancing act managing your time and training volume and load but there are always things you can be doing to enhance your ability, conditioning and all-round game on the court.

Netball is a sport with several important movement patterns – sprinting, jumping, landing, pivoting. It is also a high intensity interval sport with lots of acceleration, deceleration, and change of direction. For players to withstand the high demands of the game they should all be conditioned properly.

Netballers need to focus on two types of attributes of fitness - aerobic and anaerobic. Aerobic training is generally lower in intensity and longer duration. Anaerobic is more high intensity, usually quick bursts of energy. Anaerobic training includes sprinting and HIIT and can also improve our aerobic fitness simultaneously. My suggestion would be to look at your current levels of fitness and create a plan to assist you in your chosen positions.

End court players such as Goal keeper and Goal Shooter cover less distance than our mid court players, so their movements are short and sharp and involve lots of jumping. Your conditioning should focus on short high intensity movements at 80-100%, with rest periods of 1-3x how long you work for.

Mid Court players need high aerobic fitness to be able to run long distances over the course of the game but have strong anaerobic systems to tolerate the centre-pass sprints, hard drives, and cuts to the ball. When incorporating repeated movement efforts, players should focus on a higher amount of volume, 3-5 sets of 4-12 reps of 7-100% of max intensity. Incorporating long slow aerobic conditioning will assist the recovery during a game.

All positions need to incorporate plyometric explosive exercises to help with the jumping and landing component of the game. 2-4 sets of 4-12 reps would be a good place to start.

STRENGTH TRAINING IS VERY IMPORTANT!!!!

I would suggest talking to a professional to assist you in creating the best training plan to assist in your development as a netballer.

Jason Delfos

CLUB DEVELOPMENT



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INTERESTED IN UMPIRING?

If you're interested in umpiring and supporting our Club, we would love to have you on board. Metro Jets are required to provide an umpire for every game that we participate in, so we need your help. Please contact our Umpiring Coordinator, at metrojetsumpiring@gmail.com if you have any questions or would like to know more about the process and support offered within our Umpiring Program.

Please keep an eye out for our brand new Coloured Shirt program umpires as we enter the new Winter season. They shouldn't be hard to miss with their bright green shirts. The Coloured Shirt Program is an initiative which helps spectators identify learner umpires - let's remember to be patient and give respect.

Caitlin North

UMPIRING COORDINATOR



UNIFORM REPORT

The new club hoodies are being printed and are free for all players thanks to the generous support of our sponsors whose names will feature on them. Players have been invited to add their name to the back of the hoodies and I am very much looking forward to seeing a sea of blue out at the courts come Saturdays!

Due to popular demand MJNC hair ribbons are back – hopefully they should be available soon! We are also in the process of developing a club inclusive uniform so watch this space for more details.

Remember all winter uniform items (except the club hoodies) are to be purchased online through Valour www.valoursport.com.au. Why don't you check out the MJNC leggings whilst you are there too – a new item this winter!

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

Best of luck to all for a great winter season!

Petra Ritchie

UNIFORM COORDINATOR



Trident Marine Group



INSURANCE ADVISORY
& RISK MANAGEMENT



COACH PROFILE



CARLY BRADLEY

AMD Coach

Name: Carly Bradley

Age: 42

Nickname: Legs, Legsy, Spider

WHAT IS YOUR OCCUPATION OR CURRENT STUDY? I'm supposed to be running an ANZ Mobile Lending Franchise when I get time – ha ha ha!

WHAT IS YOUR INSTAGRAM NAME? @legsylou

WHAT NETBALL POSITIONS DID YOU PLAY? GD when I was young and fit, then relegated back to GK. I played a few years of shooter – I was great at getting the ball, ordinary at getting it through the ring!

WHAT ARE SOME OF YOUR PLAYING ACHIEVEMENTS? I played all 5 eligible years of Country Champs and Regionals (no Academy) when I was a whipper snapper. I was also State reserve in a couple of those years. I moved to Adelaide and played a year of Premier League when I was 30 – just to tick it off the bucket list. I then moved back home and played/coached back to back A1 premierships at MinMan.

WHO IS YOUR FAVOURITE NETBALLER? Shamera Stirling and Jo Harten

WHY DID YOU CHOSE TO COACH NETBALL? I have coached since I was about 14 years old and have always loved it! It makes me happy that I can be a small part of someone's netball and life journey.

WHAT ARE YOUR COACHING ACHIEVEMENTS? Intermediate Coaching accreditation and coaching back to back A1 premierships is a highlight!

DESCRIBE YOURSELF AS A COACH: I coach to get the best out of every single athlete, not just for now but for the rest of their playing careers. I care about each individual player and believe that creating an environment where everyone feels valued and comfortable to take risks allows for the greatest team success.

WHAT IS YOUR FAVOURITE QUOTE YOU GIVE TO PLAYERS? Either "Lead by example" or "Get around each other!"

WHAT OTHER INTERESTS/HOBBIES DO YOU HAVE? Ha ha – no time for other interests or hobbies – netball and parenting it is!

TELL US A FUN FACT ABOUT YOU: Ummm that's a tough one! I am very particular with how I like things to be – particularly at home. Move a cup out of place at my house and I'll have ya! Ha ha!



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 **Katrina Wood** at 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!

<https://www.facebook.com/metrojets/> <https://www.instagram.com/metrojets/>

JETS NEWS!



**BRAVE
FOR
DAVE**

The Premier League were lucky enough to have a wonderful and very strong young lady by the name of **Chloe Drogemuller Fiebig** come and talk to them about her journey, sharing her struggles, her ups and downs, highs and lows in netball and life in general. Of course she made them all cry. Chloe is an amazing woman and the girls were very lucky to hear her story. Our take-away was that life is too short and to make the most of your opportunity and to never give up. We will continue to support Chloe with the ribbon round this season.

Awesome job by the PL Squad who ran a Bunnings BBQ at Mile End store in February. They had a lot of fun doing this and even managed to raise over \$2000. Thanks especially to Kelly Cole for arranging this.



*Metro Jets
Cocktail Night*

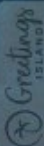
15 April 2023, 7:30pm
@ West Adelaide Football Club
57 Milner Road, Richmond
"Deck Bar"

\$75. Drinks Package & Cocktail Food
Plus Raffles, Player Squares & Coin Toss
(Bring coins to join in the fun - prizes to be won)!

You won't want to miss out!!

Please click the link
or scan QR code
to secure your ticket:
[https://www.trybooking.com/
events/landing?eid=1032957&](https://www.trybooking.com/events/landing?eid=1032957&)

#jetsup



CONGRATULATIONS to our up and coming *Jetsetters!*

U17 State Team Selection Jemma Kelly
U17 State Development Squad + State Basketball Team Selection Elouise Nordhausen-Bradley
U17 State Development Squad Chloe Evans
U19 State Development Squad Krystal Collins
Thunderbirds Academy Phase 2

Jess Bais
Remi Droegemueller
Ella Humphrys
Kera Kopa
Suraya Lyle
Sophie Massey
Elouise Nordhausen-Bradley
Jess Wood

It was great to see our Academy Inter 1 and Inter 2's join the Premier League squad in a recent training session. Well done girls – you all did a fantastic job!!



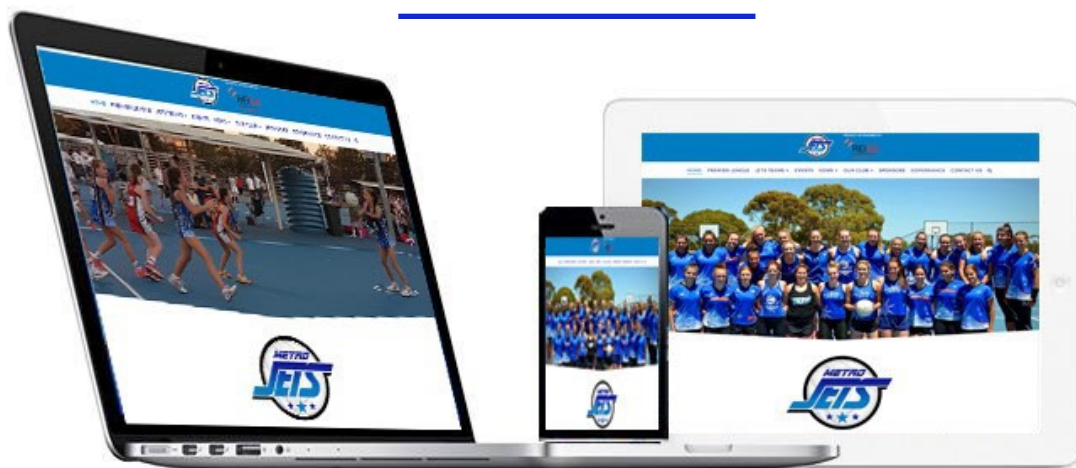


FIND-A-WORD

- CHEER
- COACH
- DIAMONDS
- DODGE
- DRIVE
- GOAL
- GO JETS
- LEADS
- MATCH
- NETBALL
- OBSTRUCT
- SIDELINE
- STEP
- TEAM
- THROW
- UMPIRE

S	T	E	P	R	M	A	T	C	H
M	D	P	L	A	E	V	I	R	D
C	W	N	E	T	B	A	L	L	T
H	O	T	O	I	H	C	A	O	C
E	R	I	P	M	U	O	K	Q	U
E	H	N	L	E	A	D	S	Z	R
R	T	A	I	L	P	I	G	F	T
W	O	E	N	I	L	E	D	I	S
G	D	S	G	O	J	E	T	S	B
E	G	D	O	D	H	E	T	S	O

STAY CONNECTED



www.metrojets.com.au



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“Stay Positive – Work Hard – Make it Happen”