

Focus on Falcons



Newsletter 2, 2013

Quote for the week.

"There are only two options regarding commitment; you're either in or you're out. There is no such thing as life in-between"

Pat Riley



"Ever wonder what the coaches do after training on Thursdays???? They can usually be found in the 'Café Flava,' at the Darch Shopping Centre having breakfast. Working of course!"

Introducing the Falcons' Teams for 2013

League

Ama Agbeze
Wendy Atkinson
Alice Coakley
Emma Cosh
Jessica Eales
Susan Fuhrmann
Andrea Gilmore
Tayla Grigg
Larissa Harrison
Lisa Millman
Kate Schleicher
Denise Shepley
Numi Tupaea
Gina Zupanovich
Jo Smith - coach
Jane Ridley - Manager
Karly Hoar – Assistant coach

Reserves

Emma Buggins
Moeriana Bullen
Janis Burgess
Stacey Butcher
Brittany Lee Follett
Jennifer Gibson
Elizabeth La Verghetta
Jennifer Peel
Alexis Stevens
Claudia Todman
Lyn Pemberton Coach
Shelagh Newham - Manager
Warren Wheatley - Assistant Coach
Leanne Bruce - Apprentice Coach

18U

Lauren Anderson
Melissa Baker
Bryanna Bartel
Emily Haywood
Amy Holliday
Emma Johnson
Amy Kennedy
Faith Mataseni
Bailey McNair-Hogben
Breanna Peacock
Lauren Pow
Helen Taylor
Stephanie Cooper
Calandra Smith - Coach
Lauren Bridges - Manager
Brooke Kyle - Assistant Coach

Falcon's Hat Trick

The 2013 Smarter than Smoking State Netball League (STSSNL) season started off with a 'Hat Trick' win for the Falcons. All three teams won their first games which were held at the Arena Joondalup.

The League team played their first game on Tuesday night with a competitive win against the Rangers with the final score being 47 to 37.

The winning streak continued on Wednesday night with the 18s beating WATO Wheatbelt Flames 43 to 38 and then the Reserves winning against the Flames 45 to 39.

It was smiles all 'round from coaches, players, managers and supporters.



Meet Our Club Captain

The club captain had to be to an athlete within our club who had the respect of their peers, a person athletes could speak with if they did not feel comfortable speaking to coaches or managers and who could offer advice and support and, if needed act as a liaison between athlete and coaching staff/managers. Someone with good listening skills, who could be empathetic when required, but also with the qualities to be open and honest with the playing group, coaching staff and management committee. They would represent the playing group at meetings when required and someone that the coaches may at times consult and discuss matters relating to the club and athlete group. This person needed to be positive in nature and able to maintain confidentiality. They would be able to take part in healthy debate respecting the views and rights of others and therefore be able to make informed decisions without bias.

It is with pleasure that we introduce Kate Schleicher in this role. Kate has played with West Coast Falcons for 8 years. Kate has been a state representative and a member of the Western Sting, WA's team in the Australian Netball League Competition.

Kate's other roles is as the League Team Captain and a player representative on the Falcons Committee.



From The Coaches

League

League Game Report

West Coast Falcons League team defeated Rangers 47 to 37 in the first game of the year in the Smarter than Smoking State Netball League (STSSNL) competition on Tuesday 5 February at Joondalup Arena. Although at times errors crept into the game costing us possession of the ball the players ensured that they worked hard to regain possession and gain back control of the game. There was no doubting the intensity in which they worked on the court.

Wendy Atkinson and Larissa Harrison made not only their debut for West Coast Falcons but also into the STSSNL. Both of these athletes have been playing in division 1 at Wanneroo & Districts Netball Association. Both had solid games after no doubt fighting back a little pre-game nerves. Wendy showed her athletic ability over the court with some great intercepts and speed making her hard to keep up with. Larissa with her height was a strong target in the shooting circle for the centre court and showed that she is going to be an asset in the shooting circle.

Emma Cosh also made her debut for Falcons after having moved to Perth from Geraldton where she played for Mid West Tigers. Coming back from injury Emma was allowed 1 quarter where she showed everyone how you put away the long shots with pin point accuracy. We look forward with anticipation to her full recovery.

After playing most of their games in Falcons reserves last year Numi Tupaea, Jess Eales and Tayla Grigg all had strong games making valuable contributions to the team. Jess in WD and Tayla in GK made numerous intercepts and drove the ball into attack strongly. Numi was hard to stop showing her creativity in the attacking end as WA and then C finding the circle edge and ensuring that the shooters were provided endless opportunity with the well placed balls she fed into them.

Gina Zupanovich who only 2 weeks ago celebrated her 17 birthday made her debut on the league court after having played a handful of games in the 18Under Falcons team last year. After a nervous start Gina found her rhythm and the circle edge delivering some well-placed balls into the shooters.

Veteran League athletes Alice Coakley, Denise Shepley and Club Captain Kate Schleicher showed their on-court leadership. Alice had a good game in GK getting lots of tips and some well-read intercepts. Relishing the opportunity to have a run at GD Alice consistently looked for the intercept opportunity.

Kate and Denise were exceptional supporting the new and younger athletes in the team providing them with lots of positives on court. Denise showed her athletic ability around the court using her speed and elevation to take some good intercepts in the forward court. This ability was not limited to the open court, delivering some strong circle work taking rebounds and producing a large shot load. Showing that she can be a play maker Denise combined well with the new circle shooters in the team and the young centre court around her.

Kate played a captains game showing her strong defensive and communication skills, providing lots of opportunity into the forward court. Setting the intensity and work rate for the game the team had no illusions as to what was expected of them. Showing great skill acquisition in both defence and attack Kate led by example for the four quarters continually providing support through the mid court when opportunity was denied by the opposition.

The team looks forward to our next game on Wednesday 13 February against Lions.

From The Coaches

Reserves

WEST COAST FALCONS v WATCO WHEATBELT FLAMES

DATE: 6TH February 2013

Winning your first game of the season is always a good start – congratulations ladies. The team is a combination of experienced players and developing talent from last year's 18 & under team. With only 2 scratch matches under our belts before the start of the Smarter than Smoking State Netball League (STSSNL) season, the girls put together excellent units of play.

The experienced players controlled the play and worked hard to bring the younger players into the game and the youngsters did this with confidence and skill; everyone hit the court and performed admirably.

The game was goal for goal in the first half with Watco Wheatbelt Flames up by one; In the second half the girls kept the pressure on and in the last quarter jumped out with a 14/16 shooting quarter and a last quarter splurge in Defensive Long Court Possession winning stats saw West Coast Falcons come away with a 45/39 victory.

Lyn Pemberton

From The Coaches

18's

Falcons 2013 Team

Wednesday 6th February saw the early morning conditioning and skills sessions that begun in November 2012 finally put into a competitive game for the 18U athletes who were due to play the WATCO Wheatbelt Flames. For the majority of these athletes it was their first State League game in which they were representing West Coast Falcons. Arriving an hour before the game, saw the girls instructed to meet out the front in the foyer at the Arena, however with all the excitement and nerves of the first game they headed to the change rooms to listen to some tunes supplied by Emma Johnson before Lauren, Brooke and I entered to start the pregame chat.

Clearly it was nerves all round as the starting seven were read out, the coach decided to read out Breanna Peacock into the position of WD, sighs and laughter from the team made sure I was aware of the mistake and I quickly corrected myself!

We got out onto the court early, to prepare the bench, view the surrounds and gain control of the excitement and nerves for the upcoming game. The warm-up was strong and all players were focused and pumped for the first whistle that began the first game of Season 2013! What transpired in the first 8 minutes of the game boosted the confidence of the girls on the court and those on the bench. Each team was able to score off their first centre pass, but that's where it ended for Flames. Falcons were able to link five consecutive goals together before Flames were able to next score with the score 8-2 at the 8 minute mark in the first quarter. Falcons ended the 1st quarter ahead 14-8.

One change was made going into the second quarter (Anderson to GS), with the rest of the team left out on court to implement the feedback given to them. The quarter started with each team converting their own centre passes before Flames were able to intercept and string three goals in a row. There girls maintained their composure and finished in front 22-19.

The third quarter saw changes to most of the court (Peacock to GS, Faith to GA, Bailey to WA, Helen to C, Pow to GD). It took a while for the team to settle in and find their rhythm, with Flames making minimal changes and capitalising early and converting 4 goals in a row before the girls hit back, turning the ball over multiple times which enabled them to link 6 goals in a row! Both teams went one for one until the last minute of the quarter where Flames ran onto a 4 goal streak to draw the game 33-33.

Combination change in the last quarter (Bartels to C, Helen to WA) and the teams were goal for goal with Flames. Fatigue was setting in with an increase in turnovers occurring. The ball flew up to the attack end only for it then to be sent straight back down to the defense without a shot being put up. Falcons outscored Flames 10-5 to become eventual winners 43-38 to post their first win of the season!

It was great to be able to get all the athletes out on court for the first game and give them a taste of what the competition is like at State League level. It has given the girls the opportunity to put into practice what they have been working on for the last 3 months. The team showed great composure throughout the game, building upon turnovers and pushing forward as a group when Flames attempted to fight back.

A consistent effort from Amy Kennedy in the defensive circle, Emily Haywood picking off balls in the centre third and Breanna Peacock a strong target in the goal circle is just to highlight a few of the outstanding efforts on the night.

Thanks to the support of all the family and friends in the stand!

Calandra Smith

Photos from the Games



President's 12

WCR Team Representatives

- ❖ Ama Agbeze – Playing Coach
- ❖ Kate Schleicher
- ❖ Denise Shepley
- ❖ Numi Tupaea
- ❖ Alice Coakley
- ❖ Jane Ridley – Manager

We congratulate the Falcons athletes and officials who have been successful in gaining selection into the President 12's team. The team is a hand-picked team and Robert Shaw, President of Netball WA, is excited about the President's 12 vs. West Coast Fever pre-season fixture on Sunday 17th February at Challenge Stadium (doors open 11.15am, game starts at 12.20pm).

Tickets are priced at only \$10 (Under 16's are free). Come down and support our Falcons players and officials.

This game will celebrate the career of recently retired West Coast Fever and West Coast Falcon Susan Fuhrmann, as well as having a host of fun activities for the whole family to enjoy.



Player Profile

League

- **Name:** Lisa Millman
- **Age:** 31
- **DOB :** 3 August 81
- **Nickname:** Millie, Millman
- **Occupation:** Millman Tennis - Accounts
- **Team:** League
- **Position:** GA, WA, GS
- **Years with WCF:** Since 1997 (16)
- **Most memorable WCF moment:** Winning 2012 League Grand Final against Demons
- **Greatest achievement:** Being a member of the 2013 West Coast Fever Team
- **Favourite colour:** Blue
- **Favourite food:** Pasta
- **Favourite movie:** Top Gun, Girls Just Want to Have Fun
- **Favourite music/band:** Anything you can dance to
- **Sporting Idol:** Roger Federer
- **Hobbies/Favourite Pastimes:** Hanging out with my husband and friends, Walking the dog, Crossword puzzles



Player Profile

Reserves

- **Name:** Emma Buggins
- **Age:** 16
- **DOB :** 28/01/1997
- **Nickname:** Em
- **Occupation:** Student
- **Team:** Reserves
- **Position:** WD/GD
- **Years with WCF:** 2
- **Most memorable WCF moment:** Geraldton 2012
- **Greatest achievement:** Train on State U/15's
- **Favourite colour:** Yellow
- **Favourite food:** Kebabs
- **Favourite movie:** Taken
- **Favourite music/band:** Pink
- **Sporting Idol:** Andrea Gilmore
- **Hobbies/Favourite Pastimes:** Friends, Movies



Player Profile

18's

- **Name:** Lauren Anderson
- **Age:** 14
- **DOB :** 21/07/1998
- **Nickname:** Loz
- **Occupation:** Student
- **Team:** 18's
- **Position:** GA,GS
- **Years with WCF:** 1st
- **Most memorable WCF moment:** Bonding Day
- **Greatest achievement:** MVP Grand final 2012
- **Favourite colour:** Turquoise
- **Favourite food:** Tortellini
- **Favourite movie:**
- **Favourite music/band:** Pop
- **Sporting Idol:** Cathy Freeman, Catherine Cox
- **Hobbies/Favourite pastimes:** Listening to Music



Coach Profile

- **Name:** Lyn Pemberton (Lynette if in trouble)
- **Age:** OMG 57 in August AAAAHHHH- So 56
- **DOB:** 25/8/56
- **Nickname:** Lynni Loo 5ft 2 born in the Melbourne open zoo (family, what fools) – Just Lynni these days
- **Occupation:** Netball Coach & Jack of all trades
- **Team:** West Coast Falcons Reserves
- **Position:** Coach
- **Years with WCF:** 6 months
- **Most memorable WCF moment:** Watching the coleslaw being tossed in the washing basket
- **Greatest achievement:** My Family
- **Favourite colour:** Taupe, Inky blacky/purple
- **Favourite food:** Anything made with apple
- **Favourite movie:** Erin Brockovich, Green Mile,
- **Favourite music/band:** Up the Duffs – Adele and her number 1 song – I'm useless with music – whatever my radio in the car is on
- **Sporting Idol:** McIntosh Netball, Gaze Basketball, Federer Tennis, Stoner MotoGP, McCore Rugby U
- **Hobbies/Favourite Pastimes:** being with my grandchildren/family, swimming, gardening, reading, netball – by the list above I like watching other sports too.



Important Dates for February

February

- 13th – 5.45pm – WCF 18U Vs. Lions – Challenge Stadium
- 13th – 7.20pm – WCF League Vs. Lions – Challenge Stadium
- 13th – 8.55pm – WCF Reserves Vs. Lions – Challenge Stadium
- 19th – 5.45pm – WCF 18U Vs. Sharks – Arena Joondalup
- 19th – 7.20pm – WCF Reserves Vs. Sharks – Arena Joondalup
- 19th – 8.55pm – WCF League Vs. Sharks – Arena Joondalup
- 26th – 7.20pm WCF League Vs. Flames – Arena Joondalup

Mark in Your Diary

- President's 12 vs. West Coast Fever, 17th February, Challenge Stadium
- Falcon's Cup, Sunday 23rd June
- WCNR Awards Dinner, 13th August venue TBA
- Netball WA Awards Night, 20th September.

West Coast Netball Region

News Corner

■ Junior Falcons Cup 2013

Sunday June 23rd

All Association Teams with U10s – U16s welcome.

Registration details coming soon.

- “The West Coast Netball Region would love to hear from past Wanneroo Warriors/Compac Warriors/West Coast Warriors and West Coast Falcons athletes, and also any past SNL coaches, managers and committee members. We would like to set up a data base of all these people, and to include them in what’s happening with the current West Coast Falcons via our newsletter. Ultimately we would like to set up a Past Player and Officials group, and hopefully some of those that contact us would be happy to drive that. If you are or know of a past player or official, we’d love you/them to email us so we can get in touch. Our email address is westcoast.netball@bigpond.com”



- ❖ All correspondence relating to WCNR Media and Marketing can now be addressed to WCNRmediaandmarketing@yahoo.com.au

Umpires

The West Coast Netball Region would like to congratulate the following Umpires that have been selected as part of the Smarter than Smoking State Netball League Competition

STSSNL Umpire Squad:

- Melissa Baker – JNA
- Shayna Kingston – WDNA
- Mark Lawler – WDNA
- Laura Payne – WDNA
- Alicia Rogerson – WDNA
- Natasha Tassone – WDNA
- Zia Van Aswegen – JNA
- Rachel Williams – WDNA

STSSNL Umpire Academy:

- Bianca Botha - JNA
- Michelle Henning – WDNA
- Nerize Peyper – WDNA





West Coast Falcons sincerely
thank all our Supporters

Aceway Plumbing Service
Armour IP
Astone Painting
B&B Embroidery
Boeing Plumbing
Brighton Pool & Spa Service
Citrine Beauty & Day Spa
DVG Automotive Group
Electrical Industrial Wholesalers
Galvin Engineering
Galvins Plumbing Supplies
Go Go On-hold
Hon Rob Johnson JP MLA
ISIGN (Aust) Pty Ltd
JTC Australia

Mossy's Mini Excavations
My House Property Settlements
New Image Protective Coatings
Property Scene
Roof Top Industries
Shieldcoat
Signal Cabling
Tasfreight
TCB Electrics
The Grass Chopper
The Workers Shop
Tradelink Plumbing Centres
Trim Grader Hire
Unity Insurance Brokers
Wanneroo Cycle City
Westcoast Moorings