



Southern United  
**Netball**  
Association

## SUNA *Contact*

**Welcome to our first edition of SUNA *Contact***

SUNA CONTACT will be published quarterly: electronically and sent to clubs, along with being on our website and Facebook.

### **SUNA normal office hours**

Monday-Friday 8.30-4.30pm

Phone number: 8384 2142

### **Christmas Closure**



SUNA will be closed from Tuesday 17 December 2024 and reopening on Monday 13<sup>th</sup> January 2025.  
January 2025.

Wishing all our clubs a Merry Christmas and a safe and Happy New year.

### **Diary dates 2025**

Games resume on **Tuesday 21 January 2025.**

Thursday 20 February SUNA Board meeting

Finals commence week commencing Tuesday 25<sup>th</sup> February 2025.

Grand finals week commencing Tuesday 11<sup>th</sup> March 2025.

### Last games for 2024

As we come to the end of the games for 2024, on Friday night we will have a special guest visit in the clubrooms. Subway cookies will be handed out to players after the games.



### Member special offer

With games ending this week for 2024. Players have a few weeks to have any piercings before games recommence in 2025.

For SUNA members run into Essential Beauty at Hallett Cove for a special discount rates. Ends Xmas Eve.

Don't forget to mention "Netball" to receive the special discount.

# ESSENTIAL BEAUTY HALLETT COVE

**10% off  
piercing  
mention  
'netball'**



\*6 weeks to heal  
from last Dec game

\*phone booking required  
for 2 operators  
ph 8381 3444  
offer expires Xmas Eve

**essentialbeauty**

## SUNA EVENTS 2024

### *Thunderbirds Clinic*

In June, we had Thunderbirds Goal Shooter Romelda Aiken-George visit SUNA for a junior skills clinic. The sun came out on this Sunday along with over 100 junior SUNA players.

The netballers completed a number of drills and learnt many new skills.

Romelda stayed on until she had signed everyone's Thunderbird's team picture.



## Carnivals 2024

This year saw a record number of carnivals and had attendees from all across South Australia.

The nine and under carnival is a time to have some fun with coaches and others dressing up on the day.

The weather was kind to us with the heavy rain starting as soon as the last game of the day finished.

SUNA carnival jumpers and the introduction of t-shirts at the last carnival proved popular as always





### Walking Netball

Walking netball is a slowed down version of the game of netball. It is aimed at adults and is for all abilities, with each session including a gentle warm up and warm down.

If you are interested, nominations are per person and not team based.



## SUNA Patron

We recently announced Nat Cook MP as the Patron of SUNA, this honours Nat's ongoing support of local netball. Nat was a player at SUNA many years ago and recently attended the SUNA birthday celebrations.

## SUNA 50<sup>th</sup> Birthday Celebrations

SUNA celebrated its 50<sup>th</sup> birthday this year. A dinner was held to celebrate this amazing milestone. Life members, Clubs, umpires and politicians attended this event.



## Netball rules

### Did you know this rule?

The centre must have 1 foot wholly in the circle when the umpire blows the whistle to restart play after a goal is scored.

The line around the circle is deemed part of the playing area.

The player can have a part of their foot on the line, but not over it.

If you do make contact with the outside of the centre circle then the umpire will call “centre positioned incorrectly”. A free pass would be awarded to the opposition where the rule was broken.

### **Umpires**

Kelly and the umpiring mentoring team have developed a number of our umpires this year.

Looking over this list it has been a great year for our umpires.

Congratulations go to:

Sarah Flagstaff Hill Falcons Netball Club who received her C badge

Holley Morphett Vale Magic Netball Club who received her C badge

Hannah Flagstaff Hill Falcons Netball Club who received her C badge

Tayla Southern Stars who received her C badge

Tahlia who received her B badge

Jorja Meadows NC who received her C badge

Halle Cove Tigers who received her C badge

### **A special mention to umpire winter award winners**

Jeanie Harries Marion Hub

Keely Cook Valley Vikings

Holley Vidau Morphett Vale

Emillie Perryman Cove Tigers

Netball Joke corner

What's a netball player's favourite food?

PASS-Ta

What was the netball team so good at maths?

They knew how to calculate the "NET" gain