

## Excitement at KNA: What a start to the season!

We've hit the ground running this year! A visit from the Swifts, Sponsor's Day, Mother's Day stalls, and we have even been lucky enough to dodge the worst of the weather.

But I can't forget Opening Day – what an unforgettable way to launch the year! We were blessed with sunshine and an awesome day of netball. There were great games, a fantastic atmosphere, and plenty of special guests, including MPs, councillors, and local mayors. We were especially grateful that, unlike last year, we had electricity. This made the day run even more smoothly! A big thank you to everyone who helped bring the event to life.

For our youngest netballers, it has been fantastic to see NetSetGo flourish once again this year. We're delighted to also be joined by a group of players from Pymble Ladies' College, who are embracing the joy and energy that comes with our great game.



Make sure you look out for Crazy Hair & Sock Day next weekend, which has been paired with a round of Supershot games. Those with the most creative hairstyles and socks will be in the running for a multitude of prizes. It's shaping up to be a massive day for KNA and remember, all proceeds donated will go towards The Kids' Cancer Project. Let's turn the courts into a colourful celebration of community, creativity, and giving back. Visit <https://kna-crazy-hair-and-sock-day-2025.raiselysite.com> or head to our socials to find more details.



Looking even further ahead, our representative teams are ramping up preparations for State Titles. Our Senior sides will head to Camden and Campbelltown over the June long weekend while our juniors will be at Baulkham Hills from July 5-7. If you see any players, please don't hesitate to congratulate them on their selection and wish them luck for the competition.

**Stay Connected with Ku-ring-gai Netball – Download the Netball HQ App Today!**  
Want the latest netball updates at your fingertips? Stay in the loop with Ku-ring-gai Netball Association by signing up on the Netball HQ mobile app!



As always, we welcome your input and suggestions, so please don't hesitate to contact me or one of the Executive Team to share your comments or concerns.

**Rod Jackson**  
KNA President



KNA is currently seeking a **Headline Sponsor**, which comes with exclusive benefits and consistent courtside exposure. If your business is interested, please reach out to me at [president@kna.com.au](mailto:president@kna.com.au) or contact Hugo Lumb at [marketing@kna.com.au](mailto:marketing@kna.com.au).

**Connect with us on Instagram and Facebook to stay up to date on all things KNA. Keep an eye out for videos, photos, and challenges with prizes to be won.**



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# Shoutout to our Umpires - They play such an important role in our game!



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NSW GOVERNMENT netball NEW SOUTH WALES



# ALL STARS AllStars Update



The KNA AllStars are happy to be back for the 2025 netball season. Players have been particularly excited to meet our new coaches and teammates, with Bec summing it up best – “the best thing about netball is meeting new friends and laughing a lot.”

Entered into the B3 competition, the AllStars have pitted their skills against teams from Lindfield and St Ives. With brilliant sportsmanship on display, these teams have played in closely fought, tough games which have certainly helped the AllStars improve.

On the training court, we have been fortunate to have teams from Lindfield and Berowra help with coaching skills and gameplay. The laughter heard coming from the court during these sessions certainly indicates that fun is being had by all.

The AllStars squad is filled with players who play brilliantly all over the court. New player Marc is dazzling us with his shooting skills, and Eleanor is also doing really well as she shoots for the first time this year. Lara has shown incredible stamina, playing Centre in a very hot start to the season and running non-stop. As a superstar quick centre-court player, Lucy is ever-reliable, and her feeds into the circle are spot on. Felicia and Tracey's defensive skills continue to be impressive as they leap for intercepts effortlessly. Every one of the AllStar players is keen to improve again this year, and even after just two weeks, we can see those improvements coming.

The AllStars have announced their 2025 State Titles representative team. Those selected are looking forward to playing with pride, honour, and most importantly having FUN! Congratulations to the following (bold this in nice writing please):

**Kathleen Campbell**

**Shana Filer**

**Jenny Jones**

**Amber McMahon**

**Ruby Thomson**

**Will Curtis**

**Jemima Heberden**

**Melissa Jones**

**Laura Robinson**

**Yufei Xie**



The AllStars also enjoyed a welcome back to netball dinner at one of KNA's greatest supporters, Magpies Waitara. Everyone had a great time hanging out with old and new friends, getting to know each other in a social environment. The culture of the AllStars revolves around inclusion and supporting everyone in an encouraging, friendly atmosphere. As Ruby says, “We like to win but mostly we just like to have fun!”



**Here if you need**

**Alister HENSKENS SC MP**  
Member for Wahroonga

☎ 02 9487 8588 📧 alisterhenskens.com.au  
📧 wahroonga@parliament.nsw.gov.au

Authorised by Alister Henskens SC MP, 37 Roddall Ave, Warrington NSW 2536. Funded using Parliamentary Entitlements.

**I'm a proud supporter of local netball & our Ku-ring-gai Netball Association**

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 **Matt Cross MP**  
MEMBER FOR DAVIDSON

☎ (02) 9880 7400 📧 davidson@parliament.nsw.gov.au  
🌐 [www.mattcrossmp.com.au](http://www.mattcrossmp.com.au)

Authorised by Matt Cross MP, BA / 12 Tryon Road, Lindfield NSW 2070. Funded using Parliamentary Entitlements.



## KNA Heroes in the spotlight

### Marley Dighton – Australian Pathways selection

From cartwheels at age five to the 2025 National U17 Squad, Marley's journey is one of incredible growth. Starting with Hornsby Heights/KNA and eventually joining the Junior Rep Program in 2020, Marley developed from a key defender into a confident shooter after moving to St Ives Netball Club three years ago.

She has proudly represented KNA through to U15s and now plays in our 2025 Metro 1 team. Marley is the first KNA player in three years to make an Australian pathway team and is one of just 14 athletes from NSW to be selected in the 2025 U17 and U19 National Squads.

#### Personal Achievements (so far):

- 2023 Indoor Netball NSW Team
- 2024 North Shore United Academy
- 2024 Sydney Netball Academy
- 2024 Netball NSW Metro Emerging Talent
- 2024 NSW CCC U15s
- 2024 NSW All Schools U15s
- 2024 All Australian U15s Merit Team
- 2025 North Shore United Training Partner
- 2025 Sydney Netball Academy
- 2025 Netball NSW U17 State Team
- 2025 National 17/U Squad



### Umpiring Superstars

Huge congratulations to KNA umpire **Shauna Winchester**, who has been awarded the All Australia Umpiring Award (AA). Reserved as a badge of excellence, it recognises an enormous level of commitment, dedication, and resilience.

Shauna becomes just the 47th person in NSW to receive this award and shared her thoughts on the achievement to Netball NSW;

*"I am truly honoured to have been awarded the All Australia Badge. It was always a dream as a young umpire, and I still can't quite believe it."*

*"I am truly grateful for the support I have received from fellow umpires and for the encouragement that has been unwavering from my coaches at Netball NSW and Netball Australia. They have helped to shape me into a better umpire but also a more resilient person."*

Shauna has made a strong start to the 2025 season, officiating multiple Suncorp Super Netball games.

**Bronwen Adams** has also returned to officiate for another year at the elite level, now with well over 100 Suncorp Super Netball games to her name.

We're incredibly proud to see two of our own representing KNA on the biggest stage in Australian netball.



Bronwen Adams

Shauna Winchester

## Fantastic Turnout at North Shore United School Holiday Clinic

Over 75 players from across all our clubs attended the recent netball clinic hosted by North Shore United at Canoon Road. It was an incredible opportunity for athletes to develop their skills, connect with elite-level coaches, and enjoy a high-energy, supportive environment. Unfortunately, the second scheduled session was called off due to wet weather—but we're looking forward to more clinics later in the year. **Thanks NSU!**



## WE ENCOURAGE YOU TO SUPPORT OUR KU-RING-GAI NETBALL PARTNERS

*We thank our sponsors for their continued support and encouragement which is greatly appreciated.*

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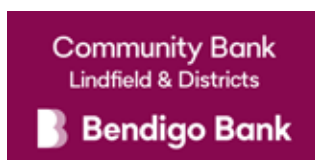
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A trusted name in the sphere of driver education, NRMA Safer Driving School offers a best practice curriculum which focuses on low risk driving techniques that assist students to become safer drivers for life - not to just pass their driving test.



Ku-Ring-Gai Sports and Spinal Physiotherapy has been providing court-side care and injury management for KNA for the past nine years. In addition to management of sports injuries by Sports Physiotherapists, they offer excellent physiotherapy management of a wide range of injuries including neck and back pain, pre-and post-natal care, fracture management, as well as small group Pilates classes.



Add-Style is a long-established design and build company specialising in upstairs additions. Our distinguishing feature is a high level of design ability born of study at university level combined with years of experience. Our finished projects look beautiful and work well inside and out. We are a one-stop shop incorporating design, costing, approvals, engineering and construction - all in a can-do, friendly atmosphere. We expect your first floor addition to be a rewarding and exhilarating experience. Our designer and construction teams will guide you through the process, making it enjoyable, and avoiding surprises.



Established for over 60 years, independently owned St Ives Shopping Village has proudly been a focal point of the local Ku-ring-gai community and the surrounding areas. Over 100 national and independent retailers, providing a hub for shopping, dining and socialising for local residents.

### KNA PARTNERS



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# Highlights From Opening Day 2025









# NetSetGO Orientation Day – 16 March 2025



Our NetSetGO Orientation Day was a roaring success, with two fun-filled sessions giving netball's youngest players their first taste of the game.

Around 120 boys and girls joined us at Canoon, many stepping onto the court for the very first time. The day kicked off with a group warm-up, followed by breakout skills sessions led by our amazing volunteers. With the sun shining brightly, a well-timed ice block break was a welcome treat — for the kids and the organisers!

The courts were buzzing with energy, thanks to a great mix of action, games, facepainting, a sausage sizzle, and even a DJ spinning tunes courtside. It was a fantastic introduction to netball and the season ahead.

A big thank you to Michelle, Alex and everyone else who helped make the day such a success. Great example of the Clubs and KNA coming together to put on a great session for the kids!

**Marc Gozzett**  
*St Ives President*  
*KNA Executive Member*



## Collaboration with Pymble Ladies College

We're delighted to welcome PLC's three teams to our NetSetGo program this year. Through our collaborative efforts, we've successfully integrated PLC's junior school teams into the competition, providing their youngest students with opportunities beyond what the school has previously been able to offer.

This partnership enables more young players to develop strong foundational skills in netball while discovering a passion for the game. We look forward to seeing these enthusiastic players on the court throughout the season!



*Pymble Ladies' College*





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# KNA Metro League Teams – Season Update

As the 2025 season gets underway, our KNA Metro teams have hit the ground running. With strong performances, team spirit, and some incredible individual achievements already, it's shaping up to be a fantastic year. Here's a quick update on how our teams are tracking so far!

## Metro 1

Coaches Val Horne and Phil Tane have encouraged the team to enjoy, have fun, smile, and celebrate our successes — and the team has certainly brought this onto the court. The players have been hugely supportive of each other, creating a positive and united atmosphere. It has been fantastic to see KNA pathway players step up to join our more experienced players, combining their strengths to form a strong team unit.

We've put out some solid play, held tight against tough comebacks, and managed to post three wins to start the season.

A special celebration goes to our team member Marley Dighton, who represented NSW at Nationals and has also been selected in Australia's U17s — an incredible achievement!

**Captains: Daisy and Madi**



## Metro 2

The season is off to a fantastic start for the KNA Metro 2 team under the guidance and encouragement of coaches Stuart and Maddi. The girls are gelling brilliantly both on and off the court, showing great teamwork, determination, and spirit. They have two great leaders who are leading by example, and there is a strong sense of support, energy, and joy within the team.

Bring on the rest of the season!

**Captains: Taya and Cassidy**



## Metro 3

Under the guidance of coach Beckie Metro 3 have had a strong start to the season, opening with a win over Penrith. Our second round saw a loss to a strong and consistent ERNA side. We finished before the holidays with a hard-fought win — the team had to work hard and come back from a poor start, but they got it done in the end. Great resilience and determination shown by all!

**Captains: Caitlyn and Charlotte**

## Metro 4

Coached by Jeanne and Rod, Metro 4 are off to a cracking start to the season! With one win and a loss under our belt, Metro 4 are looking forward to a fun-filled season of amazing netball and strong team spirit. Despite a few injuries in the team, we can't wait to have everyone back on court together soon! Our

**Captain: Lara Sgavavizz**

**Vice-Captain: Grace Anderton**



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## KNA Rep Day Brings Teams Together, Thanks to Chatswood RSL

Our 2025 Representative Program kicked off in style on Sunday, March 23rd with the annual **KNA Rep Day**, held at Magpies Waitara. The event brought together all our junior representative players from the Under 12s through to the Under 15s for a day of learning, connection, and team-building - **supported by a grant from Chatswood RSL**.

The morning kicked off with an inspiring session from former North Shore United Captain, **Ash Fong**, who spoke to players and parents about the importance of player wellbeing. Her presentation focused on preparing both the body and mind for the challenges of the representative season, and strategies for managing stress, recovery, and resilience throughout the year.

After a break, **Georgia Huon** led a fantastic series of team-building activities, where girls from different teams mixed and interacted. The goal was to foster a sense of unity across our rep program, building one community rather than four individual teams. Judging by the laughter and energy on show, it was a great success.

In the afternoon, NSU U23 Head Coach **Lisa Duncan** led an interactive workshop focused on the value of every player within a team. Coaches, players, and parents worked together to explore what makes a successful team environment and how they can all contribute to creating that winning culture.

It was truly a brilliant day of connection, learning, and fun which has set the tone for a positive, united season ahead.

**Andrew Younan**  
Junior Rep Selection Convenor



*We are incredibly grateful to Chatswood RSL for their generous contribution which allowed us to run this special day for our athletes. We would love the opportunity to connect with them again and sincerely thank them for investing in the development of young netballers in our community.*

**RSL**  
**Chatswood**  
Your Club!



# Sponsor's Day 2025

*It was fantastic to see four of our valued sponsors set up at Canoon Road on Saturday, May 3. They spent the morning engaging with our vibrant netball community and strengthening their connection with KNA.*





## Thank you North Shore United – KNA's biggest supporters



**NORTHSHORE**  
UNITED

*Our 12s- 15s Junior Rep teams recently enjoyed some fantastic specialist coaching from North Shore United. U23 Head Coach Lisa Duncan and her players provided a range of targeted positional training and drills, ensuring our teams are ready for state title's.*

*We're so grateful to the NSU team for their energy and expertise.*



### Proudly supporting Ku-ring-gai Netball Association

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- The Kitchen
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- Peggy's Cafe
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KNA  
BOYS

# KNA Boys Update



Our program has continued to go from strength to strength to start off this year. We've welcomed more boys join into our Saturday morning Winter competition, with boys opting to play Saturday netball with Hornsby Heights, Corpus Christi, St Ives, and Wahroonga. Arjun (first picture to the right) is one of our newest u11 players who has joined in 2025 and he's loving it. It's not too late to sign up as a late registration! So, if you have a young son wanting to try something new, contact boys@kna.com.au to see if we can find your son a team.

Our u14s Boys representative program has also seen growth, with 17 players joining our regular training squad. 11 of those boys will represent KNA at Junior State Titles in July while 6 younger boys make up our Development Squad, building future growth. We've had a number of training matches against our female compatriots in the u13s and u14s rep teams, with a few more coming up in Term 2. This has been rounded out with success at the Gosford Carnival, winning the day against Gosford and Newcastle.

Our U17s Program has attracted increased interest this year, with 10 boys set to represent KNA at the Senior State Titles in June. Most players are local to the Hornsby/Ku-ring-gai area, with a couple of older NSW state players joining to support and encourage the development of our younger U15/16 boys. This will be a fantastic learning experience, and we're so excited to be sharing our sport with them.

Following on from our own KNA programs, it's exciting to see even more opportunities emerging in the representative pathways for our boys. We've had 4 of our players join the North Shore United training academies, a chance for them to further develop in the lead up to their representative trial season in August. Congratulations to Archie McCarthy and Oscar Haslam for their selection into the NSU Tier 1 Academy, and to Benjamin Norris and Lucas Hunter for their selection into the NSU Futures Academy.



Congratulations also go to our boys who represented NSW at the Australian Men's and Mixed Netball Association (AMMNA) Championships in Melbourne during the school holidays: Ben in the NSW U17s team, Lucas in the NSW U20s, and Mitch in the Opens Mixed Team. They all had great carnivals, with Mitch making the final but narrowly missing out against a classy South Australian team.



If you have younger sons looking to try something new, encourage them to give netball a go at our KNA Boys Spring Competition in Term 4. You can form your own team, or sign up as an individual and we'll create teams. Start talking to your son's friends now—maybe even form a school team to have fun and compete together. Help us continue to share, educate, and inspire more boys to enjoy the game we all love.

**Kelly Norris**  
Boys convenor



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# Crazy Hair and Sock Day is coming soon!

Saturday May 31<sup>st</sup> at Canoon Road/Lofberg Oval  
Thursday June 5th for Fast Five and Walking Netball competitors

Wear your **CRAZIEST SOCKS** and come along with the **CRAZIEST HAIR** ever - be wacky, be creative, be daring!  
Make a donation or enter into our **CRAZY** competition where there are **LOADS** of prizes to be won.

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## PRIZE ALLOCATION CRAZY HAIR AND SOCK DAY 2025

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Best Junior Individual  
Best Junior Team  
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#### Senior teams - Cadets and Open Age

Best Senior Individual  
Best Senior Team

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Club that made the biggest  
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#### And more...

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### CATEGORIES LOFBERG

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Best individual  
Best Coach/Manager  
Best Supporter

### KNA ALLSTARS

Best Individual  
Best Individual Runner Up

### Prizes provided by our Sponsors:



## Crazy Hair and Sock Day Entry Form

Name: .....

Age: ☐ 9 - Inters ☐ Cadets - Seniors

Team name: .....

Category: ☐ Individual ☐ Team ☐ Coach/Manager

☐ Supporter ☐ Umpire

Club: .....

Contact number: .....

Email address: .....

Photograph Taken: .....

Donation: ..... Website Donation: .....



Canoon Rd



Lofberg Oval



**THE KIDS' CANCER PROJECT**





## Thanks for the support with our annual Mother's Day stalls





# First couple of sessions for our mini netball stars!

*Thanks to James Burrell for these awesome snaps!*





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### Ku-Ring-Gai Netball Association NetSetGo and Junior Gala Day 2025

**Event Date** - Sunday 15th June 2025, with the first game kicking off at 9am and approximate finish at 1pm

**Venue** - Canoan Road Netball Courts, South Turramurra

**Participating Ages** - NetSetGo (6, 7, 8 and 9-year-olds) and Junior (10 and 11-year-olds)

### Registration:

Register via the [Registration Form](#) (Registration form closes Friday 6th June 2025)

**Entry Fee** - \$35 per team (including GST)  
(Please note the entry fee is non-refundable unless ten (10) days' notice is given prior to the gala day. In case of cancellation, due to unplayable conditions, entry fees will be refunded.)



The draw will be available at the complex on the day (approx. 3-4 games of 2x10, or 9min halves). **No information will be sent prior to the day.**

Our **canteen, coffee van and BBQ** will be running on the day, for purchasing food and drink.

**Teams from KNA will be asked to provide volunteers to assist with running the day.**



**Wet Weather** - You will find wet weather information on our [Website](#) or our [Facebook page](#).

Any questions regarding the gala day please contact [accounts@kna.com.au](mailto:accounts@kna.com.au)



## Part of the Team!

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### 2. Higher sale price

Staging a home can also result in achieving a higher sale price. A well-presented property can help to create a stronger emotional connection with potential buyers, making them more willing to pay a premium for the property. By investing in minor upgrades, decluttering, and presenting the home in the best possible light, vendors can significantly increase their return on investment.

### 3. Creates a strong first impression

Most buyers start their home search online, browsing through listings and photos before deciding which properties to visit. A staged home looks more appealing in photos, drawing in more potential buyers.

### 4. Helps buyers visualise the space

An empty home or a cluttered one can make it difficult for buyers to see the true potential of a property. Staging helps create a warm, inviting atmosphere that allows buyers to visualise how they would live in the home. Properly arranged furniture displays the functionality of each space, making rooms appear larger and more practical. Buyers can see themselves entertaining in the living room, cooking in the kitchen, or relaxing in the bedroom, which helps them form an emotional attachment to the home.



### 5. Highlights key features and minimises flaws

Every home has its strengths and weaknesses. Staging helps emphasise the best aspects of a property while downplaying any less desirable features. For example, strategic lighting can make a small room feel more spacious, while stylish decor can divert attention from minor imperfections.

### 6. Gives you a competitive edge

In a competitive real estate market, staging can set your home apart from others in the same price range. Buyers often view multiple properties, and a well-staged home is more likely to stand out. It creates a memorable experience and leaves a lasting impression, increasing the likelihood of receiving strong offers.

## In Summary

For vendors looking to sell their home quickly and for the best price, staging is a powerful tool. It creates a strong first impression, highlights the home's best features, and makes it easier for buyers to envision themselves living in the space. With a relatively small investment, vendors can gain a significant advantage in the real estate market, ensuring a smoother and more profitable sale. If you're preparing to sell your home, consider staging - it could be the key to a successful and stress-free transaction.

If you are thinking about selling your property and would like advice on how best to prepare for a successful outcome, please don't hesitate to contact the Belle Property team.

*Daniel Dennis and Michael Doran are now at home at Belle Property Pymble, Wahroonga, Thornleigh & Hornsby. Daniel can be contacted on mobile 0402 309 476 and Michael can be reached at 0401 920 949*

**belle**  
PROPERTY



# Managing ankle injuries

It's netball season and so again we see acute ankle injuries. Prompt and appropriate physiotherapy is crucial to ensure a safe and sustained return to play.

## Optimal Timing for Physiotherapy

Initiating physiotherapy about 72 hours post-injury is recommended, especially if the sprain is severe or shows no improvement over this time. Early intervention aids in reducing swelling, restoring range of motion, and preventing chronic instability.

## Benefits of Physiotherapy

A structured rehabilitation program can significantly decrease the risk of re-injury and therefore developing chronic ankle instability. Exercise-based rehabilitation, including balance and strength training, is effective in reducing the recurrence of ankle sprains.

## Key Management Strategies

- **Taping and Bracing:** These provide external support, enhancing proprioception and reducing the likelihood of further injury.
- **Exercise Therapy:** Incorporating range-of-motion and strengthening exercises helps restore function and stability.
- **Manual Therapy:** Techniques such as mobilization can alleviate pain and improve joint mobility aiding your return to play without developing unhelpful compensation strategies.



## Practices to Avoid

- **Neglecting Rehabilitation:** Failing to properly rehabilitate an ankle sprain can lead to chronic instability and prolonged recovery.
- **Premature Return to Sport:** Resuming netball without adequate healing increases the risk of re-injury.

## Ku-Ring-Gai Sports and Spinal Physiotherapy (KSSP)

Located in Pymble, KSSP is renowned for its sports injury management and has been the official physiotherapy provider for the Ku-Ring-Gai Netball Association for over a decades. Their expertise in netball-specific rehabilitation ensures tailored treatment plans, incorporating the latest evidence-based practices to facilitate a safe return to sport.

Early and comprehensive physiotherapy is essential for full recovery from an acute ankle injury and we look forward to helping you get back to the game you love.



**Book Now**



## JOIN THE KNA ALLSTARS ALL ABILITIES NETBALL

- |   |  |
|---|--|
| <b>Have fun playing netball on Saturday afternoons.</b>   | <b>For:</b> Females and males aged 15 years or older                     |
| <b>Enjoy regular social events with your netball friends.</b>   | <b>When:</b> 5th April to 6th September 2025                             |
| <b>Learn new skills, build your confidence and improve your health and fitness in an accessible, inclusive, fun and supportive environment.</b> | <b>On:</b> Saturdays from 1:45pm to 3.15pm                               |
|   | <b>Where:</b> Canoon Rd Netball Courts, South Turramurra                 |
|   | <b>Cost:</b> Season registration is \$90.00 with a free uniform supplied |

### Contact for information:

**Deb Frost**  
debfrust@bigpond.net.au | 0424 403 065





# Braces vs. Clear Aligners: What's Best for Your Smile?



*Whether you're helping your child achieve a confident, healthy and straight smile or considering orthodontic treatment for yourself, understanding the difference between braces and clear aligners can help you make the right choice. Both are effective in creating confident, beautiful smiles but each has its own strengths depending on your needs and lifestyle.*

## Braces: Reliable, Hands-Off, and Great for Complex Cases

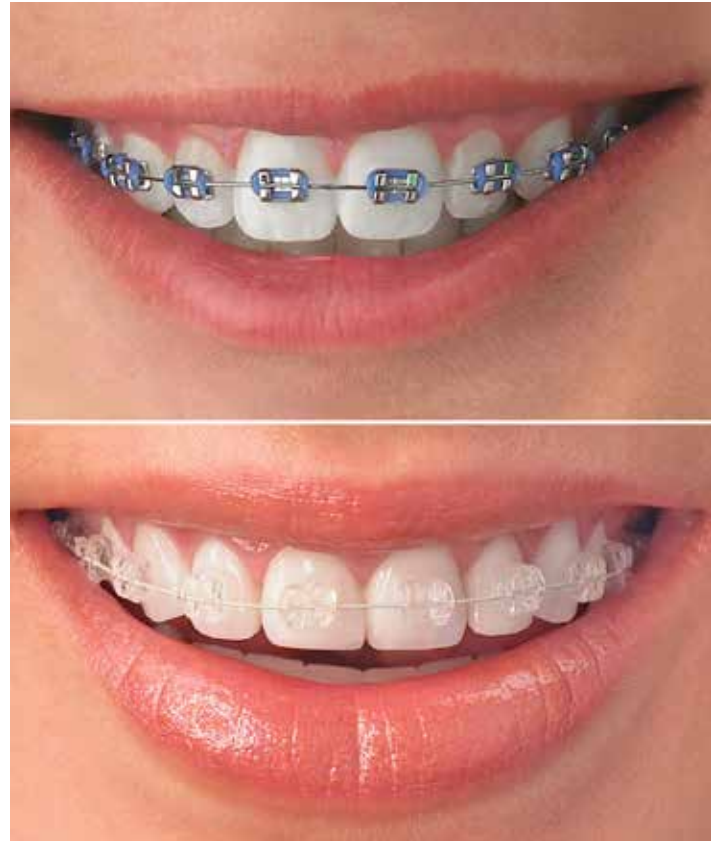
Traditional metal braces have stood the test of time as an excellent, reliable and effective treatment for a wide range of orthodontic issues. From complex bite problems to significant crowding, braces are often the go to choice for both children and adults dealing with more advanced alignment needs. Since they're fixed to the teeth, braces don't depend on consistent user compliance, which can be especially helpful for younger patients. They are also a good option for adults who want a hands off, consistent solution. While children might enjoy choosing colourful rubber bands to personalise their braces, teenagers and adults can opt for more discreet options like ceramic tooth-coloured brackets and clear bands. Though they require more effort to clean, braces consistently deliver excellent, long-term results

## Clear Aligners: A Discreet, Flexible Option for Teens and Adults

Clear aligners such as Invisalign offer a modern, nearly invisible alternative to traditional braces which are perfect for those who want a more subtle approach to straightening their teeth. Custom made for a precise fit, these removable trays make everyday activities like eating, brushing, and flossing easier. For both teens and adults, clear aligners offer a great balance of aesthetics and convenience, particularly for mild to moderate alignment concerns. Success depends on wearing the aligners 20–22 hours a day, which requires commitment and consistency—traits often seen in responsible teens and adults who are motivated by the freedom clear aligners offer.

## Finding the Right Fit

Braces are often the better choice for younger patients or anyone needing more involved correction and a structured treatment plan. Clear aligners such as Invisalign, on the other hand, are great for older teens and adults who prioritise aesthetics and are committed to consistent wear.



## Expert Guidance from North Shore Orthodontics

No matter your age, a consultation with a specialist orthodontist at our Silver Sponsor's North Shore Orthodontics is the best way to determine which treatment will deliver the best results. Creating a beautiful smile is a significant change that can affect confidence and facial structure which is why it's essential to choose a qualified specialist.

The orthodontists at North Shore Orthodontics are dedicated experts with decades of combined experience in orthodontic care. They focus exclusively on this field, ensuring you receive the best possible treatment with the latest treatments and technologies. With expert guidance, you or your child can embark on an orthodontic journey that leads to a healthier bite, improved oral health, and a smile you'll feel proud to share.

## GREAT NEWS! Exclusive Sponsor Offer for all KNA Players and Families

- NO GAP orthodontic assessments for ALL netball players, siblings and parents, i.e. no out-of-pocket expenses if you have dental cover, or enjoy a 50% discount if you do not have private health cover.

### PLUS

- **FREE ANNUAL REVIEWS** to ensure your child's treatment begins at the ideal time. Simply call the practice on 9418 1660 to book your appointment and no referral is necessary
- Please mention this special netball offer as it helps our club too!

### NORTH SHORE ORTHODONTICS

5 Khartoum Avenue, Gordon NSW 2072

Tel: 02 9418 1660 | [www.northshoreorthodontics.com.au](http://www.northshoreorthodontics.com.au)



## Magpies Waitara: A place to meet up



Nestled in the heart of Waitara, Magpies Waitara stands as a shining example of what a community-focused club can achieve. This vibrant venue has become an integral part of the local landscape, offering a diverse range of services and experiences for members and guests alike.

At its core, Magpies Waitara is a place where people come together. The club boasts an impressive array of dining options to suit every palate. The Kitchen serves up classic favourites and signature dishes, while Lucky Magpie Asian Cuisine offers authentic Asian specialties. For those seeking a quick bite or a perfect cup of coffee, Peggy's Café is the ideal spot.

The Garden has been a very popular addition and quickly established itself as a go-to destination for those seeking a sophisticated yet relaxed place to catch up with friends. It's a vibrant entertainment hub for live music and watching live sports whilst relaxing out on the outdoor terraces with premium cocktails and a great range of beers on tap.

But Magpies Waitara is much more than just a place to eat and drink. The club's commitment to live entertainment is evident in its regular

lineup of events. From live music every Saturday night to Trivia, Karaoke, Poker and Pool Comp there's always something happening to keep members and guests engaged and entertained.

What truly sets Magpies Waitara apart, however, is its unwavering dedication to the local community. The club makes a significant contribution to local charities, sporting organisations, and not-for-profit community groups and during the 2023-24 financial year alone, supported well over 100 local sporting organisations and charities demonstrating the club's deep-rooted commitment to fostering a strong and vibrant community.

Magpies Waitara also plays a crucial role in bringing people together to celebrate special occasions and large events through its function centre, which can host everything from business meetings, seminars and conventions to theatrical productions and presentation dinners.

Become a member of Magpies Waitara to benefit from initiatives like loyalty pricing, Birthday Rewards and the Uber for Members program, which contributes \$10 towards the members' Uber fares to visit the club and leave your car at home, showcasing its innovative approach to member engagement. Join online and use KNA25 redemption code to receive a three-year membership for just \$5.50 which supports our Gold sponsor.



## Empowering Safe Driving with NRMA Driver Training

In a world where road safety is paramount, learning to drive isn't just about getting a license; it's about mastering the skills that ensure safety for yourself and others on the road. That's where **NRMA Driver Training** steps in, offering a comprehensive approach to driver education that goes beyond the basics.

At **NRMA Driver Training**, we understand that every learner driver is unique, with individual needs and challenges. Whether you're a novice behind the wheel or looking to enhance your confidence on the road, our tailored lessons are designed to meet you where you are and guide you towards becoming a proficient and responsible driver.

With our structured curriculum and personalized instruction, you can expect to not only pass your driving test but also to emerge as a competent and conscientious driver, equipped to navigate any driving situation with ease.

Our commitment to safe driving doesn't end with obtaining your license. We believe in empowering drivers with the knowledge and skills needed to navigate today's roads safely. That's why we

offer complementary training, such as the **Safer Drivers Course**, which goes beyond the requirements of the standard license test. This course focuses on developing advanced driving techniques, hazard perception, and decision-making skills, preparing drivers to handle real-world challenges and potential dangers on the road. Let's drive towards a safer future, one lesson at a time.





Add-Style is a long-established design and build company specialising in upstairs additions.

Our distinguishing feature is a high level of design ability born of study at university level combined with years of experience. Our finished projects look beautiful and work well inside and out.

We are a one-stop shop incorporating design, costing, approvals, engineering and construction - all in a can-do, friendly atmosphere.

Our recently finished project in Lynbara Avenue, St Ives was completed in 2023. With a first floor addition space of 103m<sup>2</sup>, this local family chose a configuration of 3 bedrooms, 2 bathrooms and a second living and retreat space! They are absolutely thrilled with their end result – as are we!

If you are considering options on how to achieve more space for your family, we encourage you to reach out for a chat with us over the phone. Let us know your needs and we can explain what your options are so you can discuss more together and plan ahead!

Even if you are in the very early stages of research on what is possible at your property - no time is ever wasted, we genuinely love to talk with our community and we'll assist you wherever we can!

When the time and circumstance is right for you - our designer and construction teams will be here to guide you through the entire process making it enjoyable and avoiding surprises.

***We look forward to talking with you soon!***  
**9907 9055**



## Banking That Supports Your Community – Pass It On!



***Since opening our doors in 2003, we've proudly contributed over \$4 million to our local community, and we're just getting started.***

The Community Bank Lindfield operates as a franchise of Bendigo Bank. Offering the same full-service banking products as the big four banks supported by Bendigo Bank's robust systems and government protections, but **what truly differentiates us is our local focus.**

We are committed to providing exceptional personal service and, importantly, reinvesting in our community. We return up to 80% of our profits directly into the Hornsby and Ku-ring-gai communities. This includes our sponsorship of Ku-ring-gai Netball Association and our support of the KNA All Abilities Netball Program.

It's through the support of our customers - those who choose to bank with us, that we're able to provide this support. Quite simply, the more people who bank with us, the more we can give back!



Just like a great netball team, success comes from working together, making smart plays, and supporting each other. With our reinvestment of our profits into the local community, funding the programs, clubs, and services that keep our community thriving; isn't it time you considered banking with us?

**Let's keep the momentum going!**

Contact us today to see how we can help with your banking needs.

**Phone:** 9416 6337

**Email:** lindfield@bendigoadelaide.com.au

Or pop in and see us at the branch: 318 Pacific Hwy, Lindfield (Opposite Lindfield Station)

**www.kfsl.com.au**





It takes a  
**Village**  
to comfort.

## What's New, What's On + School Holiday Activities

### What's On in The Village

#### Annual Winter Coat Drive

**Monday 2 – Wednesday 4 June**

We're proud to support Hawkesbury's Helping Hands again this year. Drop off pre-loved coats and jackets to Concierge, Level 2 (Main Entrance). Your donation will help keep someone warm this winter. See website for details.

### School Holiday Activities – Sorted!

#### FREE Vietnamese Rice Paper Roll Workshops with Roll'd

**Saturday 5th July – Monday 7th July**

A fun, hands-on experience for the kids! Workshops are free but limited to the first 10 children per session. See our website for details and booking times.

#### Kids Coding Workshop with Code 4 Fun

**Monday 7th July – Thursday 10th July**

Let their creativity shine in this 2-hour workshop where they'll create a computer game using SCRATCH coding. For children aged 6-12 years. Limited spots – see website for details.

#### Plaster Fun House Returns!

**Monday 14th July – Monday 21st July**

Our much-loved school holiday activity is back! Let the kids get creative with plaster painting – the perfect screen-free fun.



### What's New in The Village

#### Angela Nails Salon – Now Open

Welcome Angela Nails Salon to St Ives Shopping Village! This boutique nail bar offers premium treatments in a chic, relaxing space. With student discounts and pensioner offers available, now's the time to treat yourself to a nail glow-up. Level 1, Shop 77

#### Introducing EPOCH Medical Imaging

Say hello to EPOCH Medical Imaging – your new destination for advanced diagnostic care. From X-rays to CT scans, MRIs, and ultrasounds, their patient-first approach and cutting-edge tech make healthcare more accessible than ever. Put your health first, request an appointment today. Level 2, opposite Concierge.

*Indulge in Autumn at St Ives Shopping Village.*



St Ives  
Shopping Village

Proudly sponsoring KNA  
netball for over 25 years

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IT TAKES A  
**Village**  
TO INDULGE.

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