

Continuously evolving and embracing members



It was a great honour to lead KNA as President throughout the 2023 season, and I felt proud of the growth we experienced as the season developed.

As the 2024 season dawns upon us, I am filled with great enthusiasm as I extend a warm welcome to all new individual committee members within our associated clubs. As a collective, KNA's vision for the upcoming season will revolve around two key elements: embracing our new members and evolving as a community.

Embracing both past and new members lies at the heart of what makes KNA special. Whether you're spectating from the sidelines, volunteering, umpiring, playing, or coaching, each person contributes to the foundations upon which KNA is built. This season, we will continue to consciously cultivate an environment that celebrates the diverse strengths and backgrounds that each member brings to our netball family.

In the spirit of evolution, we are thrilled to announce several changes that may be noticeable at KNA this year. Specifically, there will be alterations to how the NetSetGo! Clinic is organized, with a heightened focus on

skills development to create a more enriching atmosphere and a deeper understanding of the fundamentals of the game.

Additionally, we are introducing and adapting new rules related to substitutions, toss-ups, throw-ins, foul play, blood restrictions, scoring opportunities, and short passes. These changes are explained further on our KNA website and were also discussed during our Welcome to Netball Weekend last month.

Our season kicks off on April 6th, and if you didn't have the chance to say hello earlier in the year, please take the opportunity to introduce yourself or simply say G'Day on Day 1 or any Saturday thereafter. Always feel free to reach out to me if I can be of assistance at any time.

Rod Jackson
KNA President



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Message from the KNA Patron

Welcome back one and all. I hope you all had a lovely Christmas, holiday season and New Year.

We had a great ending to 2023. The Diamonds won the World Cup and followed it up with another great win against England in the Nations World Cup.

Thank you to the volunteers who have once again offered to ensure KNA is the best run Association. I also want to pass on a massive welcome to our new volunteers, you are all very important assets to our Netball family.

However, we unfortunately still need more, especially people to man the complex on Saturdays, handing out score sheets and checking them when they return. Please reach out for further details.

A big thank you to returning sponsors, who we love having associated with our netball family and we all hope you have a great year. If there are people out there who are interested in becoming a sponsor or advertiser in our newsletter come up and have a chat. Please don't forget to support them and tell them that you came from KNA when acquiring their services.

Please remember to come and introduce yourselves to us in the complex and if you have any questions, don't hesitate to ask. Good luck to all our umpires and representative teams who will be representing the entire KNA family to the best of their ability.

Don't forget to visit our BBQ, Canteen, and Coffee Cart who are always happy to serve you.

I hope you have a wonderful season.

Cheers

Brenda Williams OAM
KNA Patron



Message from the Mayor Cr Sam Ngai

The team at Ku-ring-gai Council extends our best wishes to all players, coaches, umpires and supporters of the 2024 season.

It is great to see so many new and returning players registering for the exciting season ahead.

Ku-ring-gai Council continues to work closely with the Ku-ring-gai Netball Association and other local sporting groups to ensure that our sporting facilities meet the needs of our players as well as the spectators who come to cheer for you.

We highly commend KNA's continued commitment to inclusivity, welcoming players of all ages and abilities to the competition.

We wish you all a successful and enjoyable 2024 season!

Best Wishes

Councillor Sam Ngai
Mayor of Ku-ring-gai



Message from Hornsby Shire Mayor Philip Ruddock AO

As Mayor of Hornsby Shire, it gives me great pleasure to share my support and encouragement with everyone involved in Ku-ring-gai Netball as you embark on the 2024 winter season.

As a grandfather of two accomplished young sportswomen, I am acutely aware of the vital role played by community sport. It gives participants young and old a sense of pride and belonging. The camaraderie experienced and bonds formed can lead to lifelong friendships and the benefits to both physical and mental health are great.

The Ku-ring-gai Netball Association is of particular significance, touching the lives of thousands of people across the North Shore since 1969. Now with over 3,600 members, the association contributes greatly to the mental and physical wellbeing to our community on the Hornsby and Ku-ring-gai.

I'd like to take the opportunity to acknowledge all the wonderful staff and volunteers who make each season possible – the coaches, managers, umpires, committees, and many more who often go unrecognised. Volunteers are the backbone of the community, and we thank you for your time and dedication.

A word of thanks, also, to the 5000 parents, siblings and extended families who spend their Saturdays courtside to lend support. You make a significant contribution to building our sporting community.

To each and every club participating this year, I wish you every success.

From the newest players embarking on their netball journey with NetSetGo, right through to those continuing to enjoy it in adult life, I wish you all the best for a enjoyable and memorable season.

The Hon Philip Ruddock AO
Mayor, Hornsby Shire Council



Message from Alister Henskens SC MP - Member for Wahroonga

In terms of the big picture, sports like Netball are a great unifier in our community, building social harmony and cohesion. But at a personal level it's all about having fun, making friends and staying healthy.

What differentiates netball from other sports is that it is a sport for all ages, abilities and backgrounds. Netball is the biggest team sport in the country and is played by over 1.2 million people.

Netball enables women and girls to develop important social and physical skills, with positive impacts on self-confidence and mental well-being.

Building strength and resilience whilst overcoming challenges is a pivotal part of the game. Communicating effectively and supporting your teammates are valuable skills that can be used in all aspects of life – school, work, family and friends.

As another season starts, I look forward to seeing the teams, competitions and enthusiasm for netball continue to grow and thank all of the volunteers for ensuring the Ku-ring-gai Netball Association runs smoothly throughout the year.

I wish all of the players, coaches, managers, umpires and organisers the very best for another successful netball season. I can't wait to see you on the courts!

Alister Henskens SC MP
Member for Wahroonga



Meet the KNA Executive Team 2024



Rod Jackson
President



Ruth Havrlant
Vice President



Helen Pratt
Secretary



Ian Eldershaw
Treasurer



Mick Flarey
Executive Member



Gill Boyd
Executive Member

KNA Heroes in the spotlight

Top KNA Woman Recognised

KNA Life Member and active Berowra Netball club player, Kathy Staggs (pictured below), received the prestigious NNSW Anne Clark Service Award in November last year. Presented to individuals in recognition of their significant contribution to the development of the game, Kathy is now entering her 48th netball season and continues to play a big part in the life of KNA.



Umpiring achievement

Congratulations to Cayleigh Hartwig, who earned her National B for umpiring in Port Macquarie throughout the off-season. Achieving a National B badge after only umpiring for 5 years (including two years of Covid restrictions), shows her tremendous talent and determination. Berowra Netball Club is extremely proud of Cayleigh and what she has achieved in such a short period of time.



REP
NEWS

2024 KNA Junior Titles Teams

Our 11-15s Junior representative squads were selected following trials in October and November last year and have trained under their coaches since then to further develop their skills and fitness. Following recent round robin carnivals, our teams of selectors have finalised the State Age and Development teams in each of the 12-15s age groups.

Congratulations to the following players on their selection into our KNA teams for 2024.

We would like to wish the State Championship teams all the very best competing at the HART Junior State Titles at Camden in July (12s to 14s) and Senior State Titles at Maitland in June (15s)!

U14s Male Representative Squad

Team:

Jayden Calder
Cooper Cameron
Hamish Delapierre
Oscar Haslam
Andrew Kim
Archie McCarthy
Joshua McKibbins
Benjamin Norris
Ryan O'Connor

Development squad:

Liam Dicks
Roman Taylor
William Hyndman

12's girls

Team:

Ella Achike
Evaigh Gong
Cassandra Gracey
Ira Haldankar
Lucia Julian
Jasmine Kalinin
Lucy Matthews
Aurora McLerie
Flossie Murphy
Caitlyn Yu

13's girls

Team:

Gracie Atkins
Sienna Bryant
Lucy Edgar
Catherine Halgreen
Sofia Li
Steph Shaw
Emmy Wiblin
Grace Wiblin
Zalia Wicks

14's girls

Team:

Sally Arthur
Ella Bruce
Annalise Cottrell
Scarlett Gerke
Lucy Glastonbury
Mia Hooton
Lily Hughes
Jessica Hugo
Mary Loughnan Walsh
Harriett Murphy

15's

Team:

Sienna Abrahams
Isobel Bagley
Carys Byrnes
Marley Dighton
Ella Drinkwater
Isabel Grant
Abbie Julian
Alexandra Reardon
Maddie Sachs
Stephanie Watzlaff

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The Sydney Netball Shop provides custom uniforms and equipment to players and clubs all over NSW. They pride themselves on the fact that their focus has never wavered from providing all possible netball requirements in one store. Now with their new online facility, they can supply Australia-wide.

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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.



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of finding something to please. Enjoy instant rewards by joining the St Ives Shopping Village on line club. To find out more, visit their website: www.stivesvillage.com.au

Spring Competition rings as another success

The Spring Competition was another success in 2023. KNA had 118 teams competing throughout several different levels, including a father-daughter competition with four teams, and a variety of mixed social teams.

Most importantly, the Spring marked the introduction of the first Boy's only division thanks to the wonderful work of Kelly Norris. Through hours on foot and emails, calls to PSSA schools in the area, Kelly was able to convene the first Boys competition – a massive success for KNA.

I look forward to running another successful Spring Competition and I invite anyone with a desire to play in Spring to reach out to a KNA member for more information. Bring on the Winter!

Robyn Rowland
KNA Spring Comp Convenor



Highlights from the 2023 Grand Finals





ALL STARS

The 2024 season cannot come soon enough for the KNA AllStars

The KNA AllStars players and coaches are more than excited for the upcoming 2024 season. As Laura so perfectly sums up:

'Summer break is just so long, and I cannot wait to be with my friends playing netball again.'

In anticipation of another year of playing their best netball, several players have been keeping fit over the off-season. Jemima has been busy with tennis, Lucy has continuously kept up her swimming, Jenny has a personal trainer, and Emma has been keeping us all motivated with her healthy life goal updates. This key focus on health and overall fitness will hopefully translate to the court, where the AllStars are looking forward to playing again in the State Titles competition and the KNA carnival. This will, of course, be in conjunction with the AllStars participating in the open's competition, where they really appreciate being included in mainstream matches.

Additionally, teams from the KNA community will be invited to play against the AllStars each week on court 21. There are also plans for arranged social activities, including a come-and-try day, and extra opportunities for training with North Shore United players.

KNA spectators are very welcome to come and cheer the AllStars on each week, and we very much look forward to seeing you there.



Life is better with GOALS

Alister HENSKENS SC MP
Member for Wahroonga

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wahroonga@parliament.nsw.gov.au

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A generous donation

In other news, throughout the offseason the AllStars received a generous donation of \$1000 from Sharon Franke, Community Development Manager at Bendigo Bank. This donation will support various aspects of the program, including keeping registration fees stable, enhancing social events, covering entry fees for the State Titles, and providing transportation for selected players. Additionally, funds will be used for training equipment such as flat markers and an agility ladder, as well as umpiring essentials.

A presentation of the cheque took place on February 20th at Warrabee Bowling Club, attended by AllStar players and organizers. Any remaining funds will contribute to purchasing trophies.

Deb Frost



CLUB NEWS

Kissing Point Netball's New Uniform for 2024



At Kissing Point Netball Club, we want all players to feel included in our teams. One way we're hoping to promote this sense of inclusion in our community is by expanding our uniform range and style. For this season, we're excited to have new uniforms available, with a focus on the past and present. We wanted to hold onto our club's established colours of royal blue, red and white, which are so recognisable in the South Turrumurra community due to all our sporting codes wearing them. Yet, also include a new contemporary element in the design.

Off season trips



Berowra Netball Committee had our annual camping trip to Blue Lagoon Beach Resort on the Central Coast on the weekend of the 12th-14th January.

We had many committee members enjoy a wonderful weekend at the beach and the pool, as well as a huge dinner at the local club for 34 of us. Our committee had such a great time together and it was a great chance for us to catch up socially while relaxing and watching the kids enjoy each other's company. This is our third year for the annual camping trip, and we hope to have many more.

Thanks to our President, Mick Flarey, for putting the time and effort into organising this annual event.

Kath Edgar
Berowra Publicity and Marketing

We commissioned Aboriginal artist, Emily Lloyd, {Instagram @elloydsart} to create an original artwork for our club to be used as part of this new uniform. This amazing artwork created by Emily depicts the core values of our club which are friendship, teamwork, and fostering a positive and fun environment to play in. The artwork also pays respect to the natural environment of South Turrumurra that our club is based in.

Our new uniform range will give players the option to wear either:

- a dress; or
- singlet / short sleeve shirt / long sleeve shirt with shorts or a skort.

Emily also has a personal netball connection, so it seemed a perfect choice for the artwork.

In Emily's own words:

I have grown up hearing the umpire's whistle and the call of players to their teammates whilst in the arms of my Nan while watching my mother and Aunt play each Saturday. When my sister and I were old enough we joined the sport, and my mother coached our team. In the off season our family and friends often got teams together to play mixed indoor games to get us through 'til the next season.

I remember one time my sister's team coach could not make it to a training session, so my Nan stood for the day. My sister and I thought it was so funny watching her hobble up and down the court clearly out of breath and a little out of shape, yet there she was; in her happy place.

My family has had many fond experiences playing netball and the sport will always have a special place in my heart. Playing netball not only provided me with opportunities to make new friends when we moved towns but also taught me the importance of teamwork and the positive impact Netball has on players' physical and mental health.

Elisabeth Stewart
Kissing Point Netball Club President

NTNC Announces The Add Style 2024 NTNC Academy -with GIANTS Mid Courter - Sam Winders!

In the world of netball, talent can take you far, but dedication, hard work, and structured training can take you even further. That's where the North Turrumurra Netball Club (NTNC) Academy comes into play. Designed to support and nurture players who aspire to reach their highest potential, NTNC President said "With the establishment of the NTNC Academy, we aim to offer an extra development pathway for younger netball players, especially those on the cusp of representative qualification.

Thanks to Add Style's support, we can now expand our program and cater to more aspiring athletes in our community."

You can find out more via The North Turrumurra Netball Club Website.

Caroline Macdonald
Vice President/Club Secretary



Welcome to Netball Weekend

New members joined, families reunited, and our KNA community thrived on the courts. The sun was out while cheers and laughter echoed, creating unforgettable moments. Thank you for making the weekend a success!





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UMPIRE'S NEWS

Recap of last season and a welcome to 2024

It's hard to believe that it's the first day of the 2024 season when it feels like only last week that we were celebrating Grand Finals Day!

In the spirit of Grand Finals, we would like to extend our congratulations to the KNA Umpires who were allocated to umpire a game. These allocations were not done randomly and were in recognition of the umpire's hard work and improvement throughout the season. It was amazing to see so many smiling faces and well-managed games throughout the day.



We are very excited about the year that lies ahead and look forward to all the umpiring we see and celebrate around the courts. In the spirit of supporting our officials, we extend a warm welcome to all new umpires as well as those returning to officiate another season. A special welcome goes to Ellen, Sarah and Gaby who are joining the KNA Umpire's Committee in 2024. Additionally, congratulations to Zac who will be in the role of KNA Co-Umpire's Convenor in 2024.

Canoon Road Developmental Plan Changes

KNA is also happy to announce that the Ku-Ring-Gai Council has endorsed major developments to the management plan of Canoon Road. As of late last year, the Council has passed changes that will see KNA having an increased ability to hold more matches and competitions on a Saturday from March to September. This will give us more flexibility and potentially allow us to move the U9s back from Thursday evening games to once again being included in the normal Saturday matches throughout the Winter season.

While nothing will change for the 2024 season, this development has given us the opportunity to plan for the 2025 season and incorporate appropriate changes.

A huge thank you must go to Councillor Greg Taylor, who was a driving force behind the enactment of these changes.

The KNA Team



2024 will also see the introduction of some new initiatives, including specific rule changes that can be seen on the KNA website and will hopefully assist with improved games and standard of play. The Umpires committee are also ordaining buddying certifications for increased support of all umpires and a WhatsApp community for representative opportunities.

Junior Umpire Development

Incorporated into the Family Fun Day staged on the 10th of March, there was a big focus on teaching the new crop of umpires beginning this season the basics of umpiring. Specifically teaching them the skills and carrying forward the importance of the 5C's of umpiring

Confidence Communication Consistency Common-sense Concentration

Throughout the day we emphasised how to best utilise these tools to increase their ability to hold authority over a game. We also showed them how to start and stop a game using clear and loud whistles plus clear and highly visible hand signals. We are excited to see these umpires give umpiring a go this season.

A couple of reminders

As always, we remind everyone that umpires, like players, are learning and improving, with many officiating their first games this 2024 season. Most of our umpires are minors and regardless of frustrations, misunderstandings, or mistakes, we must support and encourage them as they learn, improve, and excel at their new undertaking.

It is unacceptable for a spectator, coach, or manager to approach an umpire under any circumstances. If you need to talk to someone, please find a KNA Executive Member or KNA Umpire's Committee member (at the complex or court 4 shelter) during a game for any clarification or support required throughout the season. According to our netball rules, the captain of the team is allowed to approach umpires during intervals for clarification on any rules and we encourage captains and umpires to engage in these conversations with patience, kindness, and positivity.

We also encourage, particularly with the rules update this year, that everyone read the rules which can be found on the Rules of Netball App to help them be the best that they can be!

Cathy and Zac
KNA Umpire Co-Convenors



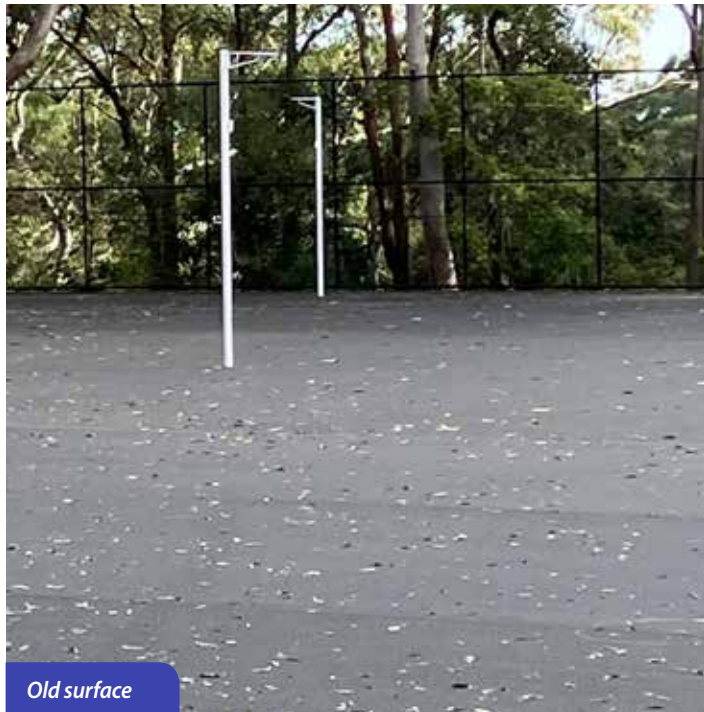
New surface at Lofberg Courts

KNA is proud to announce that after years of planning and lobbying, the Lofberg Courts have been upgraded.

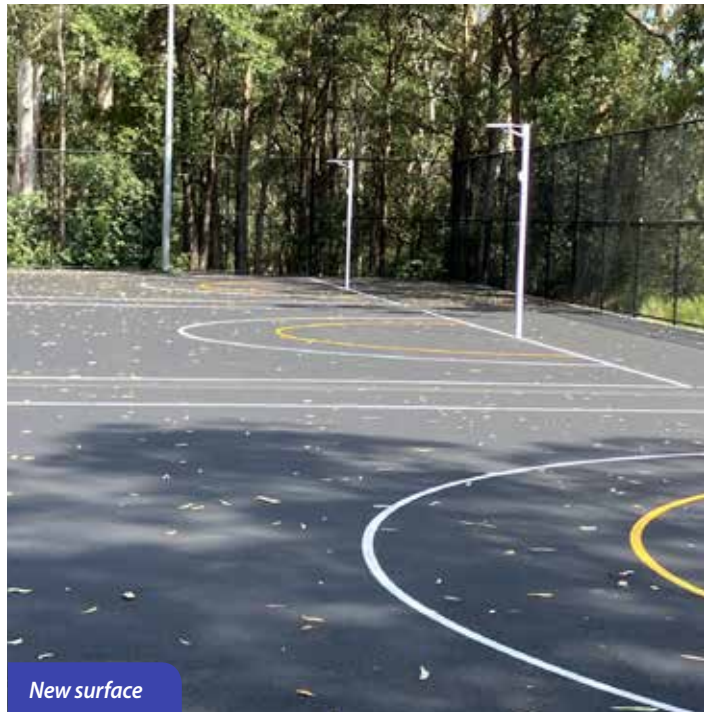
Following the completion of the 2023 Winter competition, the Ku-Ring-Gai Municipal Council levelled and resurfaced the entire playing area, finishing

the project with new markings to ensure that it was ready for use for the 2023 Spring Competition. The courts will now be readily available for our netballers to use throughout the 2024 season.

A special thanks must go out to the Ku-ring-gai Council and former KNA President (2013-2022) and life member Jo-Anne Perry, who was a driving force for this change over about ten years.



Old surface



New surface



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It's Crazy Hair and Sock Day at KNA on June 01, 2024

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.

Entry Fee: A donation of \$5 per individual entry and \$20 per team.

Your donation will go directly to:  **THE KIDS' CANCER PROJECT**

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KNA ALLSTARS

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Our Crazy Hair and Sock Day Sponsors



Crazy Hair and Sock Day Entry Form

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 Supporter Umpire

Club:

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Donation:

Canoon Rd Lofberg Oval



Ku-ring-gai Netball Association bringing dads and daughters together, one game at a time

Ku-ring-gai Netball Association (KNA) are set to run their 'Dads and Daughters' social competition again in 2024, after the event's success in Spring last year.

Running over nine weeks, this competition was designed for dads and daughters in netball to share the court together, learn to work as a team in a new environment, and of course, have a smile on their face while doing so.

"We have a lot of fathers standing around and watching netball all year, and we thought it'd be a good idea to get them running around on a court to show everyone what they can do."

Rod Jackson, President of KNA

In preparation for the event, Rod admits that it was initially a challenge to find engagement from father-daughter pairs who were both keen to participate. However, as hype for the competition grew and community members saw dads and daughters put their hands up to play, eventually four teams were finalised to take part in the competition over Spring.

These teams were made up of fathers and their daughters aged from 14 up to 20 years old, taking to the court every Thursday night at Lofberg Oval Netball Courts. The games were competitive, and everyone involved saw and embraced the fun side of it as the weeks went on.

As well as the increase of happy faces on the court, the competition also saw growth in its number of participants in the later stages. With reports of significant positive feedback and praise from both the parents and children of the Ku-ring-gai community. Encouraging other associations to look at running similar social competitions.

Overall we are happy to confirm that the KNA Dads and Daughters social competition will be returning this year – even potentially earlier than it was last year, to allow for more teams and engagement from the Ku-Ring-Gai community.







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Why Use a Professional Property Manager



According to research by Domain, most Australian investors - around 75 per cent, use a property manager to manage their investment property; and there are plenty of reasons why.

With numerous responsibilities, laws and regulations applying to investment property owners, outsourcing the management of your rental property saves time and stress when compared to managing a property yourself.

If you're undecided about using a professional, here are our top three reasons to use a property manager to oversee your investment property rather than going it alone.

1. Finding quality tenants

Sourcing and securing quality tenants requires a lot of work and is not as easy as people may think. When it comes to finding the right person for your investment, property managers have the advantage over those managing their own property.

"Property managers are experts in their local rental market and typically have a database of verified tenants living in, or looking to move, to the area. With experience in dealing with multiple types of tenants, they can match the right people to the right property – making for a swifter and more effective process compared to managing it yourself," explains Melinda Cotton, Head of Property Management and Escapes at Belle Property.

"The other benefit is that property managers often have access to databases and software which allow them to verify tenants and their rental history. Self-managed investment property owners generally won't have access to this kind of data so are taking more of a risk when it comes to placing a tenant in their property." - Melinda Cotton

2. Managing maintenance and repairs

If maintenance and repairs aren't handled quickly and correctly, owners can find themselves left in hot water. As such, this is one key area where a property manager can take away a lot of stress and hassle for an owner.

"A property manager also ensures that the trades are suitably qualified and insured to carry out the work required," says Melinda.

"Without a property manager the responsibility of organising the trades, getting quotes, liaising with the tenant and gaining property access falls to the owner, all of which can take a significant chunk of time"



3. Understanding the fine print

There are a number of laws that apply to rental properties, investment owners and tenants, which can vary from state to state. It's imperative that owners are up to date with and across all the fine print when it comes to renting out their property; however, it can be a lot to keep track of, and for many owners having a professional take care of the legal side of things is a deciding factor in employing a property manager.

"Property managers are responsible for understanding all the regulations and laws that apply to tenants and investment property owners at a state level, and can explain all this to a property owner so they understand their responsibilities as well as their rights. They also keep up to date with the latest changes to laws and regulations so their owners don't have to," says Melinda.

Being across all the requirements of the Tenancy Act also makes it easier for property managers to have difficult conversations if they need to, which can be extremely uncomfortable for self-managed investment property owners, especially if they're not across all the rules.

The other benefit to using a property manager is that they stay on top of property market movements on behalf of owners. This means you always have an expert in your corner to advise on how to respond to fluctuating market conditions, helping maximise the return on your investment as a result.

To find out more about Belle Property's professional property management services please contact us on 02 9056 8600 or info.pymble@belleproperty.com

belle
PROPERTY

Navigating Sports Injuries – we can help you STAY IN THE GAME

Sports injuries are a common reality for netballers across all levels, impacting both performance and well-being. Whether you're a casual enthusiast or a seasoned professional, these setbacks can be daunting. Let's look at what you can do to minimise the risk of injury and get back into the game if an injury does occur.

Reduce the risk:

Regularly perform the Netball KNEE program – it is a netball specific program designed to improve your neuro-muscular system to minimise Knee and other soft tissue injuries. See <https://www.kssp.com.au/netball-knee-program> for more information.

Use braces or taping on recent injuries - if you've suffered an ankle sprain in the past then the advice to reduce the risk of re-injury and chronic ankle instability is to wear a brace or taping for 6-12 months following the injury – both during training and games. If you need assistance with taping or the correct brace, please see us at the tent at Canoon Road courts or make an appointment at kssp.com.au

Gradually increase your activity level - coming in to a new season, and for some a new sport, the risk of an overuse injury giving Achilles or knee pain is significant. If you are experiencing these then please talk to us at

the physio tent at Canoon Road for strategies to minimise these symptoms or make an appointment for a comprehensive review at treatment at kssp.com.au

Ku-Ring-Gai Sports and Spinal Physiotherapy (KSSP) offers comprehensive assessment and treatments from Titled APA Sports Physiotherapists. As well as treating patients, our Physiotherapists are involved in both injury prevention research and in teaching Physiotherapy.

All KSSP Physiotherapists are covered by all Private Health Funds. We participate in the HCF More4Muscles program which with most covers provides a no-gap initial consultation and BUPA Members' First which in most cases where you are under 25 will offer no-gap physiotherapy up to your annual limit (dependant on your specific cover).



Ku-Ring-Gai
Sports and Spinal Physiotherapy

Become a Safer Driver with NRMA Safer Driving School!

Are you a young driver eager to enhance your skills behind the wheel? Look no further than the Safer Drivers Course offered by NRMA Safer Driving School!

What is the Safer Drivers Course?

The Safer Drivers Course is designed to empower young drivers with the knowledge and skills needed to navigate the roads safely. Developed by industry experts, this course focuses on hazard perception, defensive driving techniques, and risk management strategies.

Why Choose NRMA Safer Driving School?

- **Expert Instructors:** Learn from qualified instructors with years of experience in driver education.
- **Interactive Learning:** Engage in interactive sessions that simulate real-world driving scenarios.
- **Practical Skills:** Master essential driving skills that go beyond the basics of driving.

Course Details:

- **Duration:** 5-hour course (split into 2 sessions)
- **Location:** Conveniently located venues in your area
- **Eligibility:** Learner drivers under the age of 25 who have completed at least 50 hours of supervised driving

Register Now! Don't miss out on this opportunity to become a safer and more confident driver. Spaces are limited, so register now by calling [Insert Phone Number] or visit [Insert Website] for more information.

Join NRMA Safer Driving School today and take the first step towards safer driving for life!

CALL 1300 696 762 to book a driving lesson or visit our website www.nrmasaferdriving.com.au for more details.

NRMA SAFER DRIVING SCHOOL
Learn with the experts

Give the gift of
safety



Other great benefits available online!

FREE

60 minute keys2drive driving lesson for learners and their supervising drivers*

FREE

12 months NRMA Roadside Assistance for 16-20 year olds*

An **NRMA Safer Driving School gift voucher*** is the perfect gift idea.

nrmasaferdriving.com.au
1300 696 762



What's the Best Age for Braces?

It's natural to want your child to have a beautiful healthy smile. Many parents suspect that their child will need braces but knowing when to start is another matter.

Dr Matthew Lewis, a specialist orthodontist at North Shore Orthodontics, our Silver Sponsor explains, "The ideal time varies for everyone. To ensure optimal results, we recommend a first orthodontic assessment for children between 7-9 years of age. Early intervention can take advantage of natural growth patterns or prevent potential tooth damage. Wearing certain appliances may reduce a child's time in braces later and may also make treatment more effective. While most children begin treatment between 11-14 years of age, an early assessment helps determine the most suitable approach for your child."

Free Review Programme

"Another advantage of screening your child early is that they will be placed in our **Free Review Programme** if we recommend starting treatment at a later age. After their initial assessment, we see children annually for a quick check-up. By monitoring their growth and development we can make sure that orthodontic treatment starts at the best possible time for them. We do not charge for these review visits which is great news for families.

With our **Free Review Programme**, you can rest assured that your child's orthodontic treatment will commence at the perfect moment, guided by our expertise and passion for creating healthy, confident smiles."

Braces at Any Age

"Any age can be the 'right' age if you want to improve your smile, bite and confidence. More adults are wearing braces because of the aesthetically pleasing options available including clear aligners such as the brand Invisalign.TM These aligners are usually hailed as 'invisible braces' due to their subtle appearance. They are transparent in colour and custom-made to fit snugly on your teeth, a bit like a small mouthguard."

North Shore Orthodontics are orthodontic specialists and are happy to answer any questions you may have as it's never too early to start talking about your children's teeth.our practice to orthodontic treatment all day, every day. With our doctors regularly attending professional development, patients can be assured they will receive the benefits of the latest orthodontic treatments and technologies and the highest quality of service.



Exclusive Sponsor Offer for all KNA Players and Families

- ALL netball players, siblings and parents receive a **no gap orthodontic assessment i.e., no out-of-pocket expenses** if you have dental cover, or a 50% discount if you do not have private health cover.

PLUS

- **ANNUAL FREE REVIEWS** to ensure treatment commences at the ideal time.
- Please 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!

Amber Tiles Hornsby: About us

For over three decades, Amber Hornsby has stood as a cornerstone of the Hornsby, NSW community, offering an extensive array of products and services tailored for home renovation and improvement projects. Our legacy is built upon a deep-rooted commitment to excellence, reflected in our unwavering dedication to simplifying the renovation journey for our valued customers.

As industry specialists, we take great pride in our unparalleled expertise and in-depth knowledge of the local community. We understand the unique architectural styles, design preferences, and home improvement needs prevalent in the area. This insight allows us to curate a diverse range of high-quality products that resonate with our customers, ensuring that they find everything they need under one roof.

At Amber Hornsby, we firmly believe that our customers need look no further when embarking on their home renovation endeavours. Our tagline, "Amber has the Answer," embodies our steadfast commitment to being the definitive solution provider for all home improvement needs in Hornsby. Whether it's elegant tiles, durable pavers, stylish bathware, or innovative hybrid flooring, we offer a comprehensive selection of products to suit every taste and requirement.

Moreover, our dedication extends beyond offering superior products. We understand that navigating the world of home renovations can be daunting, which is why we offer complimentary design consultation services. Our team of experts is on hand to provide valuable advice, installation guidance, and maintenance tips, ensuring that our customers are well-equipped to make informed decisions.

At Amber Hornsby, we are more than just a retail store. We are an integral part of the Hornsby community, deeply committed to enriching the lives of our customers by helping them transform their houses into homes.





It takes a
Village
to comfort.

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.

What's New at The Village

Midas

New retailer Midas is now open at St Ives Shopping Village offering well priced high-fashion footwear to elegant and sophisticated women. The iconic shoe brand draws inspiration from the latest looks from Italy and the boardwalks of Europe striving to deliver fashion forward pieces with luxurious leathers, uncompromising quality and timeless elegance.



School Holiday Activities Sorted!

Marian Street Theatre Group Performances

From **Monday 15 April – Thursday 18 April** we welcome back Marion Street Theatre Group with a performance of 'Fairy Tale News' which has been specially developed for St Ives Shopping Village.

There will be shows held daily outside Nextra Newsagency at **9:30am, 10:30am and 11:30am daily**. Seating will be a first come, first served basis and no booking is required.

Plaster Fun House

Plaster painting starts **Monday 15 April – Monday 29 April** on Level 2. Our much-loved plaster painting school holiday activity will keep your kids entertained and off screens during the April school holidays.

Upcoming Events:

Village Life Magazine and Fashion Promotion

The next edition of **Village Life** will be available April 15, 2024.

Keep an eye out for our **Autumn Fashion promotion April 29 to May 12**. Spend \$250 on fashion, beauty and accessories and receive your complimentary \$25 Gift Card.




KEEP IN TOUCH

Follow us on Facebook:

Our KNA Facebook <https://www.facebook.com/pages/Ku-Ring-Gai-Netball-Association> is a great interactive tool where members of KNA members can share their favourite netball moments as well as be kept up to date with all the latest KNA events and news.

KNA Website:

The KNA website www.kna.com.au is your go-to place for key information such as results, schedules, events, latest news, and photos.

ANZ Netball Nation is for all Aussies who live and breathe netball. Visit the Netball Nation Facebook <https://www.facebook.com/NetballNation> or website www.netballnation.com

North Shore United FaceBook. Follow the latest news and developments of North Shores elite netball venture established to participate in Premier League that kicks off its inaugural season in 2016. <https://www.facebook.com/pages/North-Shore-United-Netball/144861013877102>

Published by:

Ku-ring-gai Netball Association
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Red Rabbit Creative Pty Ltd

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