

2022

TUGGERANONG
VALLEY
FOOTBALL &
NETBALL CLUB



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OFFICIALS & VOLUNTEERS

TVFNC BOARD

Netball Director

Karen Cooper

COMMITTEE VOLUNTEERS

Netball Committee

Kristie Chynoweth

Mel Keen

Natalie Rawsthorne

COACHES AND MANAGERS

Women's C Grade (Trailblazers)

Coach

Natalie Rawsthorne

Manager

Kristie Chynoweth

Women's 3rd Grade (Titans)

Coach &

Natasha Monger

Manager

Intermediate Division 1 (Toxic Spills)

Coach

Louise Patton

Manager

Taryn Virtue

Intermediate Division 2 (Thunder)

Coach

Bianca Sands

Manager

Renelle Pearce

Intermediate Division 3 (Thrillers)

Coach

Michelle Fisher

Manager

Christina Knobel

Intermediate Division 4 (Tigers)

Coach

Natalie Rawsthorne

Manager

Lauren MacDonald

TUGGERANONG VALLEY NETBALL

DIRECTOR'S MESSAGE

What a way to announce there's a new club in town but with a season that could be described as phenomenal! From the very first whistle way back in May, to the sunshine/rain/hail of the last Grand Final, TVFNC shone bright every week.

It's easy to measure a Club's success by Grand Finals wins (and we had plenty of those), but when you look closer, we have been successful in so many more ways. From coaches taking a chance and pushing players in harder divisions for their growth and development as players, to offering a safe and happy playing environment for players who may have been ready to quit the sport, to being a choice club for players who have never played or were wanting to try Intermediate Competition for the first time, to numerous queries about joining our Club in 2023- these are how I measure our success in 2022.

When Leo asked what would be the main draw card for players wanting to come to TVFNC, it was an easy answer: quality coaches. **Natalie Rawsthorne, Michelle Fisher, Bianca Sands, Louise Patton and Natasha Monger** we simply could not have done this without your passion for netball and your commitment to the development of our young athletes. Thank you so much for your commitment, organisation and willingness to coach our teams this year.

To the team of Manager's who are often the unsung heroes of the season, making sure things run smoothly behind the scenes and on Game Day. **Lauren MacDonald, Christina Knobel, Renelle Pearce, Taryn Virtue and Kristie Chynoweth**- thank you for your support this season. Community Nights, TNA Duty Rosters, photographs, team communications- the list of jobs to do so players can take the court can sometime seem endless!

To the parents and players who were willing to take a chance to build an amazing Club from the ground up, thank you for your patience as we worked through all of the processes and administration that comes with running a Club (all of which was very new to me) and for your ongoing support of our coaches, managers and myself.

All of this would not have been possible without the ongoing support and commitment of the Board. **Leo Lahey** who is a huge champion of women's sports programs and saw a space to grow the AFL Club into a Dual Sports Club, **Brett Monger** who managed our finances, **Kellie Hogan** who worked behind the scenes on our community events, **Mel Keen** who took on a million extra jobs to keep things running smoothly, **Kristie Chynoweth** who has taken the lead of organising Summer Competitions and **Luke Jess** who has looked out for us in the Sponsorship and Grants space- thank you for your support and trust that has allowed us to establish ourselves in the Netball space. **Natalie Rawsthorne** who took on the role of managing our Social Media Platforms, pulling together amazing videos and promotional material, you were mazing.

Finally, I can't sign off without a shout out to my family who have worked behind the scenes helping out with bits and pieces throughout the year and being incredibly understanding and patient as we worked towards creating this Club.

Bring on season 2023!

Karen Cooper

NETBALL AWARDS

TVFNC CLUB AWARDS

President's Award	Karen Cooper
Coach of the Year	Bianca Sands
Club Person of the Year – Player	Natasha Monger
Club Person of the Year – Volunteer	Natalie Rawsthorne
Umpire of the Year	Indi Kildey
Dual Sports Player of the Year	Kate Patton
Senior Player of the Year	Charlie McDermott
Intermediate Player of the Year	Imogen Bond
Encouragement Award	Tayla Bibb

NETBALL TEAM AWARDS

Women's C Grade (Trailblazers)

Coach's Award	Elysha Treacy
Player's Player	Madie Chynoweth
Best in Grand Final	Emily Hart

Women's 3rd Grade (Titans)

Coach's Award	Alana O'Dwyer
Player's Player	Natasha Monger
Best in Grand Final	Charlie McDermott

Intermediate Division 1 (Toxic Spills)

Coach's Award	Astrid Mwamba
Player's Player	Indi Kildey

Intermediate Division 2 (Thunder)

Coach's Award	Tahlia Banchit
Player's Player	Stephanie Nguyen
Best in Grand Final	Sophie Cooper

Intermediate Division 3 (Thrillers)

Coach's Award	Elaina May
Player's Player	Imogen Bond
Best in Grand Final	Maddi Shiels

Intermediate Division 4 (Tigers)

Coach's Award	Willow Bosley
Player's Player	Ayla Hogan

NETBALL ACHIEVEMENTS

ACT REPRESENTATIVE PLAYERS

Netball ACT Academy

Maegan Briedis Astrid Mwamba

ACT School Sports U15s

Maegan Briedis

TUGGERANONG NETBALL ASSOCIATION REPRESENTATIVE PLAYERS

U15s Division 1 Astrid Mwamba

U14s Division 1 Maegan Briedis Indi Kildey
Sophie Cooper Stephanie Nguyen

U14s Division 2 Chantel Burnett Isabel Heathcote
Charlie Chase Martina Luciano
Macey Hazell Charliese Virtue

U14s Division 3 Tayla Bibb Zoe Keen

U13s Division 1 Kate Patton

U13s Division 2 Tahlia Banchit Maddi Shiels

U13s Division 3 Ella Knobel

U12s Division 1 Imogen Bond Olivia Whitby
Elaina May

U12s Division 2 Willow Bosley Ayla Hogan
Elissa Gregory

U11s Division 2 Linley Stevens

SENIOR WOMEN C GRADE

TRAILBLAZERS – COACH’S REPORT

Well what a start for the TVFNC Trailblazers Senior team in our inaugural netball season. As one of two Senior Women’s teams the pressure was really on for the Trailblazers to try their hardest and do TVFNC proud. Initially it was looking like we may not get the numbers to field a team, fast forward a few months and the team remains undefeated and ends the season in the Senior Women’s C Grade, Grand Final.

The team have come together really well over the course of the season. There were no weak players in the team which is absolute bliss for a coach/manager. Most of these ladies had never met each other before, let alone played together before. For some, it was their first Winter Competition at TNA and for some, it was their second game, stepping up from their Intermediate teams. The team may not have had regular trainings, despite initial intentions of doing so, however still managed to bond really well and achieve amazing results and solid wins.

The team were very deserving of playing in the grand finals and boy did they bring it. Taking lead early on and finishing with a 47-30 final score, Trailblazers were undefeated AND Premiers in TVFNC’s inaugural season. You can’t get much better than that!

A massive thank you to the ladies in the team and to the friendships that have grown and will continue to grow over the years. I think it is fair to say, senior teams can be pretty special, and some amazing bonds made, the 2022 Trailblazers were no exception.

And of course, a huge thank you to Kristie Chynoweth for the incredible management of our team, without you we wouldn’t have a team and we wouldn’t have the amazing support from the sideline. A team isn’t a team without a solid, dedicated manager and you were exactly that.

It has been an absolute pleasure to not only be a player in the team but to be a part of this team of Women and to assist in a small way allocating positions on game days.

We can’t wait to see everyone again next year for an even bigger and better TVFNC netball season.

Natalie Rawsthorne

SENIOR WOMEN C GRADE

TRAILBLAZERS – PLAYER PROFILES

Maegan Briedis – Meg had an unfortunate interrupted start to the season with a broken bone (playing AFL) as well as representative commitments. Nonetheless, Meg was a great addition to the team playing incredibly as both goal shooter and goal defender and stepping up from her Inters team to play a 2nd game. Congratulations Meg on a great season.

Emma Chynoweth – When Emma had her eye in she was unstoppable in the shooting circle. Imagine what she could do if she practiced! Em's casual shooting style is quite unassuming often surprising the opposition and on several occasions was jokingly asked by an opposing team to go and play in defence. Well done on a great season Em.

Madie Chynoweth – Madie is one of our 2nd Grade Women AFL players who spent most Saturday mornings playing football then playing netball in the afternoons often battered and bruised after a tough AFL game. Playing in the mid court and goal shooter, Madie is a great team player always providing encouragement to everyone in the team. Great effort Madie to back up your AFL games, you gave it your all every time you took the court.

Emily Hart – Emily's height and perseverance proved to be a huge advantage for us whether she was shooting or in defence. For any opposing team, Emily made it difficult for them to play against her. We were very lucky that Emily was on our side in some of the closer games that we had this year. Great season Emily!

Isabel Heathcote – Issy is another one of our Inters players who stepped up to play a 2nd game this season. She has been a great addition to the mid court, always encouraging the team and putting her best foot forward to get on top of her opponent. Thanks Issy for joining the team, you have had a great season as your first in Seniors.

Indiana Kildey – Indi is another one of our multi sports talented players from the Inters who played with us all season. Indi never gives the ball up without a fight and shows her versatility by being able to play all over the court. It has been great having you in the team this season Indi and we can't wait to see where your sporting talents take you.

Renelle Pearce – It was so great to have Renelle join the team a few weeks into the season when we found ourselves short of players. We struck it lucky with Renelle on our side, a fantastic mid courter who was happy to run around with the girls and fitted into the team so well. We hope you come back and play next year Renelle.

Natalie Rawsthorne – Nat was instrumental in organizing a Seniors team to play in TVFNC inaugural winter competition. Nat was the quasi coach who took on the coordination of the team positions each week, favouring the mid court herself. Nat's love of netball is evident in the other roles she has taken on including coach of an Inters team and TNA's Net Set Go coach and coordinator developing the youngest stars to become lovers of netball too.

Elysha Treacy – Elysha had a fantastic season in defence, often frustrating the opposition with her perseverance and tenacity at the ball. Despite not knowing anyone at the beginning of the season, Elysha has been a fantastic fit in the team. We hope Elysha enjoyed playing with the team as much as we have enjoyed having her and hope to see you back next year!

Sophie Wilson – Another one of our terrific defence players, Sophie has always been committed to the team. Sophie is the quiet achiever, in the background ready to strike when required. Thank for joining the team Sophie, you had a great season and hopefully will come back and play again next year.

SENIOR WOMEN DIVISION 3

TITANS – COACH’S REPORT

As a team of 'ex-netballers', we didn't have many expectations for the season apart from being able to have some laughs with friends and a little fitness thrown in. We have more than accomplished these goals. The laughs were frequent, and the quality of netball soared as the season progressed.

We are super proud to have finished minor premiers of our division, a credit to our teamwork and support of each other each week.

To add a cherry on top of our season, we won the premiership!! Winning the Grand Final with this bunch of girls was a massive accomplishment and something that we won't forget (or stop celebrating) any time soon!

Congratulations also go to the 3 other TVFNC teams that won the premiership in their division – Trailblazers, Thunder and Thrillers! What a statement to make as a new club! We are also super proud of the Tigers and Toxic Spills who represented the club so well and had great seasons!

Firstly, a HUGE thanks to Karen for all of her support, running around, keeping us on track and tireless hours that she put into our team and the club. We absolutely could not have done this year without you!!

We are also super grateful to the TVFNC board and support staff, who have not only been instrumental in giving us the opportunity to play for this club but have also provided us with assistance and encouragement during the season. We are beyond proud to have played in the inaugural netball season for such an amazing community sporting organisation. We cannot wait to see the club continue to grow and thrive over the years to come!

Another massive thank you has to go to those that filled in for us this year -

Carol Dziouba, Kat Ghirardello, Annie Ghirardello, Mel Jess, Brooke McDermott, Abby Bartkowiak, Steph Kennedy, Lou Gowman, Maddie Ferguson, Corri Champion, Indi Kildey, Meg Briedis, Nat Rawsthorne and Kristy Everding.

Lastly, thanks to everyone else that helped us during the season! To the parents, partners and families who scored, cheered, passed band-aids and supported us, thank you!

Bring on Season 2023!

Natasha Monger

SENIOR WOMEN DIVISION 3

TITANS – PLAYER PROFILES

Laura Adams – Laura is a talented shooter who is always moving into space on the court. She is an encouraging communicator both on and off the court. Laura is great on long leads into the circle and is an accurate shot. She is one half of our killer shooting combination.

Ayla Hennessy – Ayla is one of our dual players, playing both AFL and Netball for TVFNC. Unfortunately, Ayla sustained an injury at football that meant she missed the second half of the season. Ayla is a great mover in the attacking circle and has worked really hard on refining her shot.

Courtney Holgate – Courtney returned to netball this year after having a number of years off. She hit the court with enthusiasm and fire in her belly. Courtney was a reliable defender who came out of the circle when needed. She was always willing to have a go at everything.

Erin Kelly – Erin is another player who returned to netball after some years off. She always has a smile on her face, both on the court and off. Erin encourages all teammates and brings so much positivity to the team. She is always willing to give any challenge a go.

Rachel Kennedy – Rachel is an incredible shooter. She is super accurate and always has smart positioning within the shooting circle. Rachel is a selfless player, including coming off the court to umpire when no-one turned up to do it. She provides directions to the team and encourages others. Rachel has mastered the falling out of court shot and loves to show it off.

Charlie McDermott – Charlie is a slick defender who can do it all! Her stretch is impressive, and she is a rebounding queen. Charlie provides great voice in both defence and attack and is rarely beaten by an opponent. She made a few cameo appearances in the shooting circle where she showed transfer of all of these skills. Charlie doesn't shy away from a long pass when she can.

Natasha Monger – Tash is another TVFNC dual player. She has shown that she can be a utility, playing every position on court this season. From C to GD and everything in between, Tash showed that she could match up on taller opponents each week. She keeps the team organised, brings lollies to every game, and doesn't shy away from a laugh. Tash reads the play well to take intercepts all over the court and managed some sneaky rebounds.

Alana O'Dwyer – Alana is a centre-courter who can run all day. She never stops working and provides great feeds into the shooting circle. Alana often takes the brunt of game time in centre, and always walks off the court with a smile on her face. She is an encouraging teammate to all.

Kate Ratcliff – Kate is another centre-courter who has a massive tank. She reads the game amazingly and takes plenty of intercepts. Kate is a super consistent player, who turns up with a strong game each week. She is always willing to put her body on the line and always gives it everything she has.

Teigan Single – Teigan returned to AFL at the end of the season, becoming our third team member to be a dual player. She is always having fun, both on and off the court. Teigan is ready to bring out her competitive side when there is some tough court action. She is a strong circle defender who has good vision down the court. Teigan communicates strongly within the defensive circle and provides a quick transition out of defence.

INTERMEDIATE DIVISION I

TOXIC SPILLS – COACH’S REPORT

It was an exciting year of firsts – a new netball club, the girls playing in intermediates division 1 for the first time, and the first time playing together with this talented group of 8. We entered the division 1 competition knowing that we would be facing opponents who were two years older and bigger, and we were prepared to use the season to develop and grow as individuals and as a team. Our improvement across the season was amazing and we didn’t take a backward step in facing challenges. We finished the season in fifth place, so will be pushing hard for finals next year after a great year of development. I am so proud of you, girls!

Huge thanks to our wonderful manager Taryn Virtue; our parents; Karen Cooper for the phenomenal job she did in establishing the new club; and the board, committee and other TVFNC coaches and teams for their support. Looking forward to a great year in 2023.

Lou Patton

INTERMEDIATE DIVISION I

TOXIC SPILLS – PLAYER PROFILES

Maegan Briedis – Meg had an unfortunate start to the season, with a finger injury that kept her out for six games. The team missed her presence and shooting while she was out. The second half of the season saw her quickly build and develop her positioning in combination with our other shooters. She is a huge target in the circle, but has great agility and skills for a tall player, which makes her very hard to match up on. Meg's ability was recognised with selection in the School Sport ACT u15 Netball team and the Netball ACT Academy. She was also the joint winner of the TNA Intermediates Division 1 Most Valuable Player award. Votes for this award are given by the opposing team after each game, so this is a great recognition of your skills and abilities, especially given the number of games missed. Congratulations, Meg!

Chantel Burnett – Chantel is a bubbly member of the team who brings high energy to training and games. She used her speed at WD and C this season to shut down fast opponents and transition the ball through court quickly and safely. Her decision-making in her passing was something we worked on, and she showed great improvement in this area with patience and precision in her passing. It was fantastic to watch her confidence grow at this level throughout the season. Well done, Chantel!

Charlie Chase – Charlie is one of our quiet achievers who is an absolute workhorse through the midcourt. Her game smarts and speed in attack are impressive, she always sets up the centre pass smartly and her timing is excellent. When not in attack, she is one of our hardest working players at defence, not giving her opponent an inch. She is a pleasure to coach and a wonderful teammate. She was not phased at all playing against bigger and older opponents. Great season, Charlie!

Indiana Kildey – Indi is a player who always puts her best effort out on court. A hard worker at training, she listens well and tries her best to carry out instructions. She spent much of the year playing tough through the centre, as well as backing up defensively when needed. She has worked hard to refine her feeding technique and positioning through court. She is a talented, reliable and supportive teammate, which resulted in Indi being voted by her peers as the team's Player's Player. Congratulations, Indi!

Martina Luciano – Martina showed her usual great shooting accuracy but also developed her feeding skills at a new position for her in WA. She is a selfless player who is always conscious of her shooting partner and sets up play for the benefit of the team ahead of herself. Sometimes she is too unselfish and should shoot more, as she can shoot from anywhere in the circle! Her combination work with her teammates was excellent, it is a joy to watch her movement in the circle and strong hands. Love your work, Martina!

Astrid Mwamba – Astrid is a naturally gifted player with great defensive instincts. Her closing speed enables her to come out of nowhere to take intercepts and deflect the ball. Speedy opponents find her very hard to shake. She makes a big effort to be at training and games and is a vital member of our team. Astrid's skills and abilities were recognised by selectors at ACT Championships, she was awarded with a place in the Netball ACT Academy. She is also the winner of the Coach's Award for the team in recognition of her efforts this year. Congratulations, Astrid!

Kate Patton – Kate led the way in the first couple of games in stepping up to the physicality of older and bigger opponents. She took on a shooting role, feeding her partners and working creatively in the circle. She also showed her versatility to further develop her feeding skills at WA. She works creatively at the centre pass and through court to create movement and flow into the circle. Kate was the winner of the Dual Sport Player of the Year award, for her excellent season in both netball and football. Congratulations, Kate!

Charliese Virtue – Charliese had a huge amount of growth in her game this year, particularly in the second half of the season. She adjusted to the speed and size of her opponents and contested everything in defence, coming up with excellent intercepts and rebounds. A standout game against an Australian u17 squad member was a highlight of her season, taking many intercepts. Her work in transition has become a great trademark of her game – she always provides a smart option into attack. She continues to develop her game outside the circle, while being our reliable anchor at the back. Great work, Charliese!

INTERMEDIATE DIVISION 2

THUNDER – COACH'S REPORT

How exciting to be part of the Tuggeranong Valley Football and Netball Club in its inaugural year!

Our Thunder girls were out to prove a point this season and they certainly did that. We went into the season wanting to enjoy netball, have some fun and learn new things. With that being the focus, we soon became the strongest team in the Intermediate Division two competition.

We suffered two loses early in the season which we knew we could turn around. Our main focus was to concentrate on our game and to challenge ourselves to improve on that score line the next time we played them. We achieved that! We went from losing by 6 goals to beating that team by 12 goals.

After securing our spot in the Grand Final in a close Qualifying Final, we knew we needed to continue to work hard. In true Thunder style, we fought it out through the first three quarters with the scores fairly even and then settling to bring it home in the fourth quarter. We always had our eye on that premiership and nothing was going to stop that! Congratulations on being the best team in the Intermediate Division Two competition!

The dedication this team has for each other and the friendships that have been built will continue on long after the season ends.

I would like to thank all of the parents for their support throughout this season. Providing fruit, lollies and helping out with scoring each week.

Thank you to Renelle Pearce for being a fantastic manager and making sure that I only ever had to show up and coach the girls.

A very big thank you to Karen Cooper for everything!! You have created this! We are all very grateful for your time, effort and most of all your support.

My biggest thank you goes to the girls! You are all fantastic role models for this club and I am so very proud of what you achieved this season!

I promise that I will bring you chocolate.... When I remember!

Bianca Sands

INTERMEDIATE DIVISION 2

THUNDER – PLAYER PROFILES

Tahlia Banchit – T is our workhorse! She is the backbone of the mid court! Her ability to find space makes it easy to move the ball down the court. She can play any position and dominate her opponent. Her passes are strong and accurate. Her placement of the ball to the shooters is unstoppable. Great Season T!

Tayla Bibb – Tay is one of the most exciting players to watch. She has the ability to shut down every shooter in this competition. If she doesn't intercept the ball, she gets a touch on it. She can read the play and can position herself to pick off most passes. We couldn't do it without you! Great Season Tay!

Annalise Blackwell – Annie is one of the calmest players you will ever see. She has the ability to find space but can also draw the defender to create space. Her vision into the circle and ability to place the ball is the strongest part of her game. Annie is a very smart netballer. I am so glad you decided to play this year. Great Season Annie!

Ava Bond – There isn't a position Ava can't play! Ava is a player who will fight right through until the final whistle. Ava is a very accurate shooter but also knows when to pass it off. In attack she is the player who will use prelims, change of direction and maybe even a roll to lose her player and in defence, she is relentless! She will not stop until she gets the ball. Great Work Av's!

Sophie Cooper – Soph is a kid that you could watch all day! She can shoot from anywhere and is very accurate. She has great space awareness and knows when she can sweep the circle, refeed or just pop out to receive the ball. Soph has a great eye for the game and can mix it up depending on the defence. Great Season Soph!

Macey Hazell – Macey played in every single position this season. She is a strong mid court player but also backed up the shooting and defence ends throughout the season. Mace is a player who can transition very fast from attack to defence and is always able to turn over the ball. She is a team player and supports everyone on the court. Great season Mace!

Isabel Heathcote – Izzy is our loudest player! You will always hear her on the court cheering and supporting her team mates. Izzy is very strong in both attack and defence and can read the play. She knows when to reset and when to release the pass. Izzy is very strong around the circle edge and can place the ball perfectly to the shooters. Good work Is!

Zoe Keen – The elusive player! Zoe will come out of nowhere to get an intercept or shut down her player. She has the ability to pull in even the most wayward pass or chase down a loose ball. Zoe is very reliable on the court and her team mates know that she will be there both in attack and defence. Well done Zo!

Stephanie Nguyen – Steph is by far the player with the most intercepts! She contests every single ball! Steph is a very fast player who has the ability to change her defensive style to confuse her opponent. Whether she is tight body on or defending off the body, she gets the same outcome. Steph's ability to transition from defence to attack means that she is always available to help move the ball down the court. Great Season Steph!

Kyla Pearce – Ky is the player who will step it up when needed. If you ask her to do something, she does it. Kyla always has strong passes and her placement is always spot on. She has good movement through the court and her defensive pressure often means that her opponent doesn't touch the ball. Good work Kyla!

INTERMEDIATE DIVISION 3

THRILLERS – COACH'S REPORT

What a year and what a privilege it was to coach this extremely talented group of young women. The team as a collective displayed utter brilliance from the first whistle of the season to the final whistle in the Grand Final. There was not one game where I could have asked for more from any one of the players, they each gave 100% week after week.

The team bonded immediately, with trainings and games always bringing many smiles and laughter- each player bringing their own strengths and willingness to learn. Even with COVID and illness occasionally taking its toll, the team would always rally together to bring home the win – no matter what position I threw at them, they would take it with a smile and eagerly have a crack, even if it was out of their comfort zone.

We were lucky enough to head into finals undefeated, with a season total of 42 points, which was 6 points clear of our nearest rivals. Shooting an impressive 455 goals & only allowing 179 goals to be scored against us. This was a huge effort given most of our girls were competing against players physically stronger, taller and much older than they were. I couldn't have been prouder of their determination and tenacity.

Despite clearly being the most dominant team in the division, this did not get to the girls. It was impressive to watch their humility. Each player always acknowledged and showed the utmost of respect to their opponents, officials, and myself.

The Grand Final brought many nerves, as we came up against a team relatively unknown to us. The girls did what they do best and played their game, giving 100% and coming away with a strong win - remaining undefeated all season.

A huge thanks to our dedicated Manager Christina Knobel. Christina (AKA Morticia) you are the best, and I can't thank you enough. Leaving me to just focus on coaching and not having to worry about the 'other' stuff was a blessing.

To all the parents, thank you for trusting me with your daughters. You should all be very proud, they are amazing.

Huge thanks to all the officials and volunteers at the club who work so hard to make it possible for us to play. Special thanks to Karen Cooper for everything you do, you are incredible, and I am so grateful you invited me to be part of this great club. Finally, big thanks to Lou Patton, Bianca Sands, Nat Rawsthorne & Tash Monger, it was great to share this coaching experience with you all. Thanks for your support, advice, and ongoing giggles.

Shell Fisher

INTERMEDIATE DIVISION 3

THRILLERS – PLAYER PROFILES

Imogen Bond – An exceptional player, deservedly winning ‘Players Player’ for 2022. Her skill, commitment and determination made her unstoppable. She had to face up against some extremely tough opponents and in several games would have two defenders trying to stop her, but not once did she let them get on top of her and not once were they able to stop her. I lost count of how many goals she scored, but it was epic. Immi, you were outstanding this year, so proud of you!

Elissa Gregory – A pocket rocket like no other. Her speed and ability to read the ball is phenomenal. By far the youngest out there, but week after week she’d turn up with a smile on her face and fed the circle like a boss. Always two steps ahead of her opponent and always aware of where she needed to be. Liss you are one smart little player, and it is a pleasure to coach you, keep up the great work!

Abby Jess – Cool, calm and collected. The kid was born to move, loving it when I threw in a good running session, often rallying the girls to keep going. Such a strong teammate who took on every position in her stride and would eagerly seek out feedback. She was fantastic at sticking to her players and could take on the game when required. A dynamic player who could swing between defense and attack. Well done, Abs, kept it up!

Ella Knobel – My rock, my defensive wall. After coming back from almost a full season away due to a serious injury, my heart broke when she was once again sidelined with a broken thumb. But this didn’t stop her showing up to every training session and supporting us on game day. The smile on her face when she was finally allowed back on court was simply the best!!! She finished off the season in her best form yet - those arms, that stretch, so impressive. So glad to have you back Ella!

Elaina May – The brightest light and one of the most positive kids I have ever met. This season she showed me how dynamic she can be and that she really is one of the best team mates out there. Often putting her hand up to play out of position, always giving everything 100% and absolutely killing it wherever she played. Lani thanks for always trying so hard and congrats on receiving ‘Coaches Award’, you are the heart of our team!

Maddi Shiels – A dream to coach and an incredible defender. Always first at training, first at games, always supporting everyone and always seeking and implementing feedback from me. She is a natural born leader striving for the best. Her performance each and every week was excellent, but her play on Grand Final day was absolutely spectacular, undeniably winning the ‘Best in Grand Final Award’. Mads, thanks for trusting me, big things coming your way, I love being part of your journey!

Chloe Smith – A natural athlete who always has a solid crack at everything she does. Her height, her fitness and her competitive nature are so tough to compete against. Such a valued member of our team, bringing loads of laughs, shooting loads of goals and an awesome backup defender. Her ball skills have improved out of sight this year and her ability to hold off some strong and pushy defenders was amazing. As always, great season Chlo!

Aislinn Vandermee – An absolute cracker of a season. By far the most improved player. She started out brilliantly but with her confidence increasing with every game, she soon became one of the most dominant players out there. She is an incredibly versatile player who can play anywhere on the court, but her defensive skills are undeniable. Game after game bringing utter brilliance, turning over a massive amount of ball. Ash, it is an honor, thanks for joining our team!

Olivia Whitby – The workhorse of our team, never slowing down, never leaving anything uncontested, always feeding the circle with precision, and always an option – often making 2 to 3 leads for every ball. She is one of the most reliable and consistent players around. Tiny by size, gentle by nature, but definitely one of the fiercest players on the court. Liv, what a year - your passion and netball smarts are impressive. Keep it up mighty one!

INTERMEDIATE DIVISION 4

TIGERS – COACH'S REPORT

Some called them the under dogs, not me though. I always knew these girls had it in them to be incredible, and not once did they let me down. As a lot of seasons do, the season got off to a rough start, games were being lost and energy was down. Fast forward a few weeks though and boy did we turn it around. The girls were finding their footing, most of them playing together for the first time and others learning to adapt to new players, skills and techniques. I am so proud of the team for accepting each other and welcoming each and every individual to the team. Those who had played for a number of years quickly stood up and were eager to help and encourage those who hadn't played much, if at all.

Training was always a little bit of fun, or a lot depending on who you asked. But little by little the girls took on feedback and showed everyone that the Tigers were here to roar! Teams who they had dramatically lost to at the beginning of the year were being thrown back at the determination and drive the girls had to win. The girls ended the weekly rounds tying for 4th place on the ladder unfortunately only being beaten by percentage and missing the elimination finals by a small margin. They proved themselves though in their last game, the playoffs for 5th and 6th position, taking the crowd by storm, possibly playing their best game yet and winning by 10 goals. They may not have made Grand Finals but in my eye they may as well have. They ended the season super proud of themselves and knowing they gave it their all.

A huge thank you to our incredible parents, grandparents and family members this year who supported our team, most who were playing at Intermediate level for the first time. It was such an amazing sight as a coach to see, week after week, new family members appear, from younger siblings to Grandparents, hearing you cheer the team on from the sideline is what keeps our players going.

Thank you of course to our amazing manager Lauren Macdonald, the girls looked up to you and were lucky to have you as their manager cheering them on, on and off the court. Being a manager is a vital role in a team and we all thank you so very much.

A huge thank you too to the TVFNC family for the constant support and for our incredible umpires' week after week.

My last thank you is to the 10 beautiful young ladies I had the pleasure in coaching this year. As a coach, every year is different, this year you have made the season so easy and enjoyable. A coach is only successful if they have a team who contributes and are willing to learn, and ladies, you were a dream. I am so very proud of where each and every one of you have come this year and can't wait to watch you all continue to grow and shine next year. I am going to miss seeing your smiling, bright and chatty faces each week.

2023 is going to be bigger and better, if that is even possible. TVFNC is no doubt the best place to be. Go TVFNC!

Natalie Rawsthorne

INTERMEDIATE DIVISION 4

TIGERS – PLAYER PROFILES

Willow Boswell – Playing as a second team for Winter Competition, Willow remained a very solid player throughout the season, ending the season with a very strong defensive position. She struggled a little bit towards the end with an injury but never let that dampen her spirits or her want for the team to succeed. Willow was a fantastic team player and has some very exciting years ahead of her.

Elizabeth Flood – Lizzy is small but super powerful. Transitioning from shooter to mid court throughout the season took determination and Lizzy absolutely did not let the team down. Lizzy was able to dart around the court and almost always with a huge smile on her face. A little chatterbox at trainings with the commitment to improve. Thank you for an amazing season Lizzy.

Ayla Hogan – Ayla came to us a few weeks into the season as a center court player and was the perfect addition to the team. Ayla was another player to play up from year 6 and really proved her strengths on the court. In Center, her circle feeds were incredible and to then shine in Goal Attack too is the definition of a strong player. Thank you so much for joining our team Ayla, we can't wait to see you again next year.

Chelsea Hogan – A dual sport player, Chelsea this year was welcomed into her first ever Netball season. By the end of our last game you never would have thought that little Chelsea had never played before. Chelsea always took on feedback and was eager to improve and learn the game. Chelsea loved moving from Wing Defence to Goal Keeper and was able to bring a little bit of AFL strength to the netball court. Chelsea, incredible first year and we will see you next year!

Amelia Kraljevic – Amelia was a shy but very determined player. With her strengths carrying across both shooting and defending, she was very much a trusted player in the team. Amelia's improvement moving around the circle was amazing to watch, she had this way of opening up the circle in attack or blocking her opposition in defence. Amelia, thank you for being you and we look forward to watching you shine.

Ingrid Macdonald – Ingrid was a solid all-rounder for the team this year, Ingrid was always bubbly and never let the team down. Playing across all sides of the court, there wasn't a position Ingrid wasn't prepared to give her all. Ingrid your smile and willingness to improve is infectious and we were so lucky to have you on our team this year, see you next year!

Caitlin Murray – Caitlin grew tremendously throughout the year, there was never a dull moment both on and off the court when Caitlin was around. Caitlin proved herself again and again in mid court and the improvement from game 1 to our playoff finals was incredible. Caitlin we hope to see you again next year and watch you grow even further.

Linley Stevens – Linley was another multi-game and multi-sport player this year, tackling not only on the AFL field but also playing up in a second netball team. Linley was a strong attacking player all year round always willing to take on advice and get that shooting practice in. We can't wait to see how Linley strengthens on both the field and the court, thank for you being such a solid player in our team Linley.

Nimrat Uppal – Nimrat this year unfortunately wasn't able to be with us much, however when she was, always brought a smile to the girls faces. Had Nimrat had stuck with it she would have more than proven herself as an amazing defensive player. Nimrat all the best with what is next to come.

Charly Watson – Charly is a force to be reckoned with. Charly returned to netball this year after having not played since NSG as a young child. Her determination combined with ability on the AFL field made for a very strong player. When Charlie wasn't kicking or dancing her way around Australia she was improving out of sight. Charly we love your determination and can't wait to see you in all sports again next year.

STATISTICS

PLAYER STATISTICS

PLAYERS		GAMES
First Name	Surname	Total
Laura	Adams	11
Tahlia	Banchit	15
Tayla	Bibb	14
Analise	Blackwell	13
Ava	Bond	9
Imogen	Bond	15
Willow	Boswell	14
Maegan	Briedis	16
Chantel	Burnett	10
Charlie	Chase	9
Emma	Chynoweth	16
Madie	Chynoweth	14
Sophie	Cooper	15
Elizabeth	Flood	14
Elissa	Gregory	9
Emily	Hart	13
Macey	Hazell	15
Isabelle	Heathcote	30
Ayla	Hennessy	6
Ayla	Hogan	14
Chelsea	Hogan	11
Courtney	Holgate	3
Abby	Jess	14
Zoe	Keen	14
Erin	Kelly	12
Rachel	Kennedy	9
Indiana	Kildey	24
Ella	Knobel	12

PLAYERS		GAMES
First Name	Surname	Total
Amelia	Kraljevic	12
Martina	Luciano	11
Ingrid	Macdonald	14
Elaina	May	15
Charlie	McDermott	12
Natasha	Monger	12
Caitlin	Murray	14
Astrid	Mwamba	10
Stephanie	Nguyen	15
Alana	O'Dwyer	11
Kate	Patton	11
Kyla	Pearce	14
Renelle	Pearce	8
Kate	Ratcliff	11
Natalie	Rawsthorne	14
Maddison	Shiels	14
Teigan	Single	10
Chloe	Smith	10
Linley	Stevens	15
Elysha	Treacy	9
Nimrat	Uppal	5
Aislinn	Vandermee	14
Charliese	Virtue	11
Charly	Watson	9
Olivia	Whitby	15
Sophie	Wilson	13
Lily	Young	5

PHOTOS



TIGERS 2022

Back Row: Nat Rawsthorne (Coach), Nimrat Uppal, Caitlin Murray, Amelia Kraljevic, Willow Boswell, Lauren Macdonald (Manager)
 Front Row: Charly Watson, Chelsea Hogan, Elizabeth Flood, Ingrid Macdonald, Ayla Hogan, Linley Stevens



THRILLERS 2022

Back Row: Imogen Bond, Maddi Shiels, Ella Knobel, Chloe Smith, Christina Knobel (Manager)
 Front Row: Michelle Fisher (Coach), Elaina May, Abby Jess, Aislinn Vandermee, Olivia Whitby
 Absent: Elissa Gregory, Lily Young



THUNDER 2022

Back Row: Bianca Sands (Coach), Tayla Bibb, Macey Hazell, Sophie Cooper, Annalise Blackwell, Renelle Pearce (Manager)
 Front Row: Zoe Keen, Isabel Heathcote, Kyla Pearce, Ava Bond, Stephanie Nguyen, Tahlia Banchit



TOXIC SPILLS 2022

Back Row: Louise Patton (Coach), Chariese Virtue, Maegan Briedis, Kate Patton, Taryn Virtue (Manager)
 Front Row: Chantel Burnett, Charlie Chase, Martina Luciano, Indiana Kildey
 Absent: Astrid Mwambe



PHOTOS

TUGGERANONG



TITANS 2022



Back Row: Laura Adams, Charlie McDermott, Teigan Single

Front Row: Natasha Monger (Coach / Manager), Rachel Kennedy, Erin Kelly, Alana O'Dwyer

Absent: Ayla Hennessy, Court Holgate, Kate Ratcliff

TUGGERANONG



TRAILBLAZERS 2022



Back Row: Emily Hart, Natalie Rawsthorne (Player / Coach), Meagan Briedis, Madie Chynoweth

Front Row: Isabel Heathcote, Renelle Pearce, Indi Kildey

Absent: Emma Chynoweth, Elysha Treacy, Sophie Wilson, Kristie Chynoweth (Manager)



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