



**PANTHER PRIDE!** [www.woodspanthers.com.au](http://www.woodspanthers.com.au)



Comiserations to our State League team who bowed out of the 2010 season last Friday with a dissapointing loss to Jags 60 to 34. A late revamped line up to account for Abbey Holmes, out with a knee injury, saw Alice Murt take up the vacant WA spot. The first quarter was awesome, lead by Khao Watts at C, bodies were on the line, tough attack on the ball and Woods lead by 1 at the first break. The coach asked for the desire to continue throughout the next quarter...but we went missing. Jags made a huge attack on the game and lead at half time by 16 goals! Woods fought back and stayed in the game keeping even with Jags during the 3rd and 4th quarters, but could not close the gap.

**SOME FANTASTIC NEWS !! ..... OUR STATE LEAGUE RESERVES TEAM have taken out the MINOR PREMIERSHIP !** After another strong win against Jags our Reserves team hit the top spot to finish off the season on a high. Coach Andrew Plenty and Assist Scott Fort have managed the team beautifully this season working with their core players plus State League players requiring a game through the rezzies. They now settle with a group of qualified players, which includes co-captains Tara Gagliardi and Alice Murt, (who have played up in SL but are qualified for SLR finals) to work on their finals campaign. **GOOD LUCK TEAM.**

**SUPPORT YOUR RESSIES THIS FRIDAY 6TH AUG - COURT 1 - vs MATRICS 7.00PM**

Summer Regos were due this week, but August has rushed up on us and we will continue to take registrations throughout next week - final date for registration will be Thursday 12th August. Rego form available for download from our website [www.woodspanthers.com.au](http://www.woodspanthers.com.au).



Do you know any 5-7 and 8-10 year olds wanting to learn our fabulous game of netball? If so our Cubs program is for them! We run an 8 week training program commencing 9th September at our clubrooms. The cost is \$55 for this program and each participant receives a FREE Tshirt, Net Set Go back pack which includes a Netball! Great Value. Coached by qualified club coaches and State League players plus ambassador and Thunderbird Mo'onia Gerrard may make a visit ..... All details and registration forms available for download from our website [www.woodspanthers.com.au](http://www.woodspanthers.com.au).

As promised last week more photos from Murray Bridge Carnvial - Louise Cheatles Primary 1 team.



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Australian Netball Diamonds Captain, Sharelle McMahon, takes us through a complete series of exercises pre and post games as well as training days. The exercises are explained in terms of the physical benefits, muscle groups utilised, and the benefits that this provides given physical requirements that are placed on the body in the game of netball. Also get a personal skills insight from the sharp shooter herself.

"The Wanna Be A Champion DVD series promotes a healthy, active lifestyle and I am very proud to be involved" - Sharelle McMahon

**[ FITNESS ]**  
Fitness exercises specifically designed for Netball including Speed, Agility & Strength.

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**[ EXTRAS ]**  
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Great present idea! Learn all their secrets!  
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Win signed Sharelle McMahon uniform & netballs!!!  
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visit our website:  
**www.wannabeachampion.com.au**

**INJURY NOTES:**

Each year the Club experiences a number of finger injuries. Here's a reminder of what to look for and do from the Netball SA Website:

Finger injuries make up a significant proportion of injuries suffered by netballers. Every shooter knows the awful feeling of being struck on the tip of a finger by a bullet pass and every defender will remember an attempted intercept that leaves

the finger feeling like it's about to drop off. Centre court players will have experienced both. Most people will try and play on despite a knock to the finger but this is not necessarily the right thing to do. Correct management strategies need to be utilised, the same as for a serious knee or ankle injury.

**WHAT TO LOOK FOR** If you have sustained a finger injury there are some important signs that will give you an indicator as to whether you should be continuing play or stopping immediately.

- If there is an obvious deformity of the shape of the finger you must stop
- If a joint is obviously dislocated you must stop
- If you are unable to move the finger you must stop
- If movement is accompanied by sharp pain you must stop
- If aching or sharp pain persist or worsen, you must stop

Remember....being able to move your finger does not mean it can't be broken.

**WHAT TO DO** As for all injuries, follow the RICE principles of injury management. That is:

- **Rest:** rest the injured part (ie. Stop play)
- **Ice:** apply ice packs to the injured part (frozen peas or soft drink cans are better than nothing)
- **Compression:** apply a compression bandage. It should be firm but not so tight that the finger starts to turn cold or blue.
- **Elevation:** keep the injured limb elevated. A sling can be used effectively for this with finger injuries  
If a finger is dislocated it is important to seek attention from an experienced person such as a doctor or physiotherapist. Trying to "pop it back in" will often result in causing more damage to the finger joint, leading to an extended rehabilitation period. In a small number of cases a local anaesthetic will be required to reduce the dislocation.

Every finger dislocation should be followed by an X-ray to determine the extent of the injury. Even sprains should be X-rayed in most cases to exclude the possibility of fractures or other joint damage. This should be followed by a visit to a physiotherapist to have the injured finger assessed for joint stability and an appropriate rehab programme commenced. Most finger injuries can be treated with taping or very light splinting which allows continued participation in netball almost immediately with protection against further injury and therefore long term damage.

It is always far easier to treat acute injuries to fingers early than to try and fix a stiff, deformed, dysfunctional knuckle joint later on.

**THE COUNTDOWN IS ON.....3 GAMES TO GO ....**

**CURRENTLY 20 OUT OF 33 TEAMS IN THE TOP 4 !**