



Bangkok Netball League

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VOLUME 2

ISSUE 1

OCT 05

League News

The Bangkok Netball League welcomes new members and old members to a new and exciting 2005/6 season.

The New season is now under way and at the end of the registration period, a record 128 ladies have signed up to play.

This Seasons League currently has 12 teams registered to play.

- Representing the Leagues Silver Sponsors this season will be: Transpo - Captain, Rachael Wheaton
- The Bulls Head and the Leagues Bronze Sponsors are represented by The Bulls Head Nomads - Captain. Lynne Smith
- Representing the School Girls Patana Tigers, Captain - Ashleigh Gray
- Two teams from last season (League champions) Southerners Sporting Club: Southerners

Guinness A Captain - Nicole Stanners and Southerners Guinness B— Captain, Libby Elms

- Two teams from The New International School of Bangkok: Captain - Angela Boreham NIST A and NIST B
- From the British Embassy: Queen Vic - Captain Danielle Rossiter with Vice Captain Jacqui Ayton
- From ANZWG: Sika Sirens - Captain - Leanne O'Leary
- Representing the London Brew: The Londoners - Captain - Delia Bethell
- Representing Samitivej Hospital: Samitivej - Captain - Jenni Jones

And finally new to the League:

- Mad Dogs - Captain Ange Molony (In the words of Cindy Lauper are 'girls who want to have fun' playing netball!)



Play Offs

Each team will play each other once. Teams will then be seeded according to their results. The 6 teams with the most points at the end of round one will be placed in Division A. The other 6 teams will be placed in Division B.

Results

It's a bit early to start determining exactly who will be moving to Division A and who will be staying in Division B, but Southerners Guinness A, Bulls Head Nomads, Queen Vic, Samitivej, NIST A & B and Transpo, all got off to an excellent start. Don't forget, weekly results are available to view on the Bangkok Netball website. www.bangkoknetball.com





COMMITTEE NEWS

Welcome and thank you to all committee members who offer their valuable time to help run the Bangkok Netball League's forthcoming season 2005/6.

Chairperson

Janet Williams -Queen Vic

Secretary

Sara Martin - The Londoners

Treasurer

Gail Anderson - Transpo

Sponsorship & Marketing

Nicole Stanners - Southerners Guinness A

Social Coordinator

Carol Frizelle - Transpo &
Sue Cuthbertson - Bulls Head Nomads

Website Coordinator -

Suelin Billingham - The Londoners

Night Time Coordinator -

Sara Simmons - Bulls Head Nomads

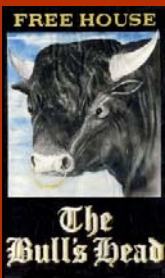
Umpire Coordinator -

Dana Piggott - Southerners Guinness A

TEAM REPS - Each team is required to have one representative present at committee meetings, one person can represent more than one team.

This years team reps are listed below:-

- Bulls Head Nomads - Lynne Smith
- NIST A - Angela Boreham
- NIST B - Angela Boreham
- Samitivej - Jenni Jones
- Sika Sirens - Gail Stubber
- Transpo - Angela Baker
- Queen Vic - Jacqui Ayton
- Southerners Guinness A - T.B.A
- Southerners Guinness B -T.B.A
- The Londoners - T.B.A
- Mad Dogs - T.B.A
- Patana Tigers - T.B.A



TOURNAMENT NEWS

Two tournaments are coming up in October and November.

NAT TOURNAMENT

The Netball Association of Thailand will be holding a tournament from 8th till 15th October

BNL TOURNAMENT

The BNL are holding it's 3rd annual Invitational Inter-Asia competition on Saturday 26th November, at Patana School. Invites have gone out to teams in Hanoi, Bali, Hong Kong, KL, Jakarta and Singapore, and hopefully a few teams from Bangkok.

Please logon to www.bangkoknetball.com, for details

Important News!!

'BNL Constitutional Prize Winning Draw'!

The Bangkok Netball league is in the process of formalising its Constitution. If you feel strongly about how the league operates this is your big chance to influence it. We will be looking at the membership, how new members are allocated teams, what we spend our money on and lots more. We need to have your input to be able to set the basis under which the league operates, so this is a very important document which will set the parameters of how the league functions and will continue to function in the future. Please take time to follow the link and download a copy of the first draft.

www.bangkoknetball.com

All returned copies will be eligible for entry into the

'BNL Constitutional Draw'!

please return your altered document to

info@bangkoknetball.com



The game— Magical lessons in Defending

There are a couple of rules you have to remember.

Firstly, make sure you're three feet away from the shooter, and secondly make sure you don't touch the ball while they are still holding it.

When you're trying to put the shooter off, take a strong position three feet away and stretch your arm over the ball to make things as hard as possible for your opponent. Keep in mind that a hand defending the face is 'intimidation' and you will be penalised.

You need to be thinking in terms of creating a barrier between the post and the ball - you

are that barrier!

When you're trying to intercept a shot, try to time when the shooter's going to release the ball.

A good idea is to look at their elbow as it'll move just before they shoot.

If they do get the shot in, don't give up! Remember to reposition yourself for the rebound.

So if you want to keep out those goals, just remember my tips.

Bangkok netball Newsletter is compiled by Janet Williams. Please come forward with any comments, articles or ideas for future editions if you have them.



News from our Sponsors



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Vacancy

Part Time Job in Bangkok: we would be interested to hire someone to go to expat events (primarily chamber of commerce functions) and take photos that would be posted to our Bangkok site :- (e.g. http://hongkong.asiaxpat.com/nightlife/bar_pics.asp?page=6) They would need to have a digital camera - we would provide them with some AsiaXPAT cards to give to people before taking their pics so they know to visit our site to check out the photos. We pay US\$1.00 to our other photographers who work with us around Asia. If anyone is interested please contact Paul Luciw, AsiaXPAT, 13B Carfield Building, 75-77 Wyndham St. Central, Hong Kong, Dir: (852) 2523 4245, Fax: (852) 3106 0315



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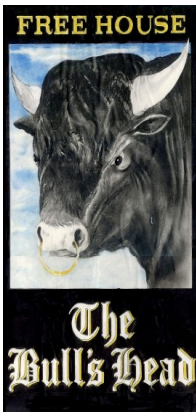
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6/15 Ground Floor, Sornkid Place, No. 6, Soi Sornkid,
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TrustNet Chambers, P.O. Box 1225, Apia, Samoa
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News from our Sponsors



A Hi 5 for the Bull's Head

Hello again,
Monday nights we'll offer you the BNL - 100bht pints of Heineken & house spirits. Free roast potatoes w/ horseradish mustard dip
Tiger buy 2 get 1 free

Not that we needed it confirming but we were chuffed to bits to be Voted BEST PUB IN BANGKOK 2005 at the prestigious Metro Magazine Hi 5 Awards last week! To us what makes a pub special is about great food, great service and a great atmosphere. Whilst the first 2 are our job, the atmosphere is made by having a special blend of discerning, open-minded and friendly patrons...which is you lot! Cheers for making it happen.

Let's see what we've got planned for this week-



THURSDAY - The Newspaper Direct ACCUMULATOR is up to a mind blowing B15,000 and should be won this week as we will be very busy. LIVE MUSIC is supplied by the talented Dean Cannon, an Englishman who grew up in Arizona so his influences come from both sides of the Atlantic. Entertainment is likely to be provided by Paul and Matt if they get drunk enough to get up and have a dance, the term 'dance' being used very loosely.

FRIDAY - Shustov's OPEN THE BOX is standing proudly at a staggering B21,000-with only 4keys left in the bag- and someone will have a chance to step up to the plate and have a go at stealing the CASH as well as our Crown Jewels. Ouch!



SATURDAY - GOLF DAY @ Muang Ake - The stage is set. The greens have been watered. The iron's have been, erm, ironed, and we are all set for a great day
Of golf, good food & cold beer. Anyone else who still wants to be involved contact the Bulls Head asap!
ENGLAND v AUSTRIA (World Cup Qualifier @ 10pm)
England always seem to do things the hard way and now we need to win this one-it's gonna be exciting!

I still think we'll do it. LIVE on the 1st & 3rd floors. We also have Saturday Guinness Fever - just B120 a

pint 6-midnight!

SUNDAY - Don't forget our famous TOSS THE BOSS from 5-7pm which is then closest you'll come to a real British Sunday pub atmosphere. It's fun & friendly

and you can drink for FREE if your lucks in! Try our Royal Roast Dinners as well - Roast Lamb, Pork, Beef AND Chicken with all the trimmings, gravy & sauces. Fit for a King or a very large Queen!



MONDAY - We now proudly sponsor the Bangkok Netball League and the girls will be in after the games every Monday night for a few refreshments. Feel free to join them. We also have a team in the league-The Bull's Head Nomads-and we promise no favouritism will be shown whatsoever, although I do think we'll win it! Any ladies interested in playing please let me know.

TUESDAY'S we've got Chess Club and Wednesday we've got the Lighthouse Networking Club, who apparently this week are having a game of 10pin bowling on the 1st Floor mezzanine level if anyone interested!

And as well as spontaneous nights of revelry, we've actually organised a party as well!



FRIGHT NIGHT: LAST FRIDAY OF THE MONTH HALLOWEEN DISCO (Fri 28th Oct.)

Dress up & get down...wicked prizes for the worst costumes...it's Gonna be a SCREAM!



PUB QUIZ NIGHT (Weds 19th Oct.) Pit your wits at our quiz night. Great fun and no one leaves empty handed!

And last but not least, watch out for:
Play Your Cards Right...it's LADIES NIGHT (every Saturday night 7-11pm)
Starting at the end of this month, half price or FREE drinks for Ladies Or blokes in dresses and hats.



That's all from me Ladies, enjoy your netball

Cheers!
Billy



www.bangkoknetball.com



UMPIRING TIP NO.5 - GETTING THOSE CALLS RIGHT

What to Say

What not to Say

Contact (for Clarification can add shoulder)

Hitting the shoulder

Contact Wing Defence

Contact Wing Defender

Contact

Contact from behind
Contact coming over the top

Contact / contact on the ball /
contact with the ball

Hitting the ball / you knocked the ball

Replayed ball

Incorrect playing of the ball

Not wholly in Centre

You were not in the Centre Circle

Incorrect setting/Not set

Reverse the penalty

Delaying

Not hurrying

Continual breaking

You have been breaking too much

Deliberate Obstruction

That obstruction was too close and on purpose

Stepping, hopping, drag, footwork

Inappropriate comment

You can't say that

Taking part
Moving too soon

You must not move GD

Throwing In offside area WA

WA throwing in from behind an off-side area

Simultaneous Breaking

Double Breaking

Simultaneous Offside

Both offside

Over a Third

Through a Third

Centre Pass not wholly received

Incorrect Centre Pass

Warning Continual Obstruction

Not using the word warning and next time infringer suspended

