

2008 NETBALL MASTERS GAMES

NEWSLETTER

Netball South Canterbury are your hosts for the Masters Netball and we extend a very warm welcome to you all. We hope that wherever you are coming from safe travels, **please** bring the sunshine with you and be prepared for a weekend of good netball, fun and laughter!

Some things we believe you should know:



Strapping by Active Health - \$10 cost and between 8.30-10.30 both days
10 minute pre and post game massages will be given by Victoria for a gold coin donation
First aid will be provided by St Johns and ice will be available

Smokefree Netball Courts: No smoking is permitted around the courts, so for those of you with the nicotine urge, or those dealing with the stress of playing netball again after so long, only partake on the grass area or in the carpark. We ask that you consider those around you and dispose of the cigarette butts appropriately.



Toilets: Women's toilets will be directly underneath the office, port-a-loos alongside the women's toilets and also off our top lounge. We also have access to the toilets at the SBS Events Centre – opposite the netball courts. We have been asked to pass on that no washing of feet is allowed in the handbasins and NSC urges you respect that request.



Kitchen: Once again, our kitchen will be fully stocked for the weekend! Our tasty menu will consist of the following: Pies, sausage rolls, savouries, pizza, quiches, cheese rolls, soup, bread rolls, dagwood sandwiches, salmon and cheese rolls and tasty cream cheese rolls. Muffins, scones, biscuits, slices and museli bars will also feature with fruit, tea, coffee, milo, bottled soft drink and water. For those with a sweet tooth – sante bars, moros and licorice will be available.



Rubbish: We are a Zero-Waste event and over the weekend you will find rubbish, compost and recycle bins around the courts. We ask that you help us by sorting your waste into the appropriate bins. Attached is a blurb and pictures on our 3-2-1 Zero Waste Programme.



Don't forget to throw a rug or two in the car as you are very welcome to sit on the grass area around the courts inbetween games and if you have access to a gazebo and want it for shade, bring it along also. Don't forget the sunscreen as you will be visiting 'The Riviera of the South' and sunshine there will be!



Our office will be manned for umpires to collect and return their cards and for any inquiries you may have – of course, requests will only be attended to by way of gifts!!!!

With less than a week to go, we hope that your preparations and **training** are going well, but more importantly – that the arm extensions have been mastered! Don't forget to pack the dancing shoes!

See you all bright and early on Sat morn – the draw is on our website – netballsouthcanterbury.org.nz
Umpires will be updated by Thursday.

