



PHOENIX NEWS

AUGUST 2025

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Presidents Note

Dear Phoenix family!

What a season it has been! From our youngest NetSetGo players taking their first passes to our elite squads representing Phoenix with pride, this year has been filled with growth, teamwork, and incredible moments on and off the court.

A big shoutout to all those who took part in the **Future Diamonds Carnival** – what a joy to see our tiniest Phoenix cuties out there already showing so much potential (and style!).

Well done also to everyone involved in the **McDonald's Junior Carnival** – your teamwork, enthusiasm and club spirit were on full display. A special thank you to the coaches, team managers and families who helped make both events so successful.

We were also proud to see several of our players represent Townsville at the **State Age Championships**. Competing at that level is no small feat – congratulations to our players, and thank you to the coaches, umpires and families who supported them on their journey. You've done Phoenix proud!

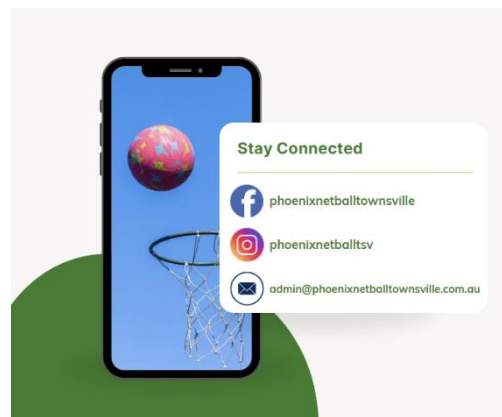
As we now head into the finals series, I want to thank every player, coach, umpire, manager, volunteer and family member for making Phoenix the strong, connected club that it is. The results we've achieved are a reflection of your commitment, resilience and passion for the game.

Finals are always exciting – the atmosphere, the energy, the nerves, and the sheer joy of competing for something special. Whether you're taking the court or cheering from the sidelines, remember that every game is an opportunity to show the Phoenix spirit: play hard, play fair, and support each other all the way.

Good luck to all our teams – let's make these finals ones to remember.

Deb Eastlake

President





Finals Fever

Finals season is here - and Phoenix is right in the thick of it! With a number of our teams on track for finals contention, we're gearing up for an exciting finish to the 2025 season.

Whether you're locking in top spot or fighting hard for a place in the final rounds, we're behind you every step of the way.

Finals Start:

Seniors: 19 August  Location: Townsville City Netball Association Courts - Annandale

Juniors: 20 August  Location: Townsville City Netball Association Courts - Annandale

Premier League: 25 August  Location: Townsville Stadium

Grand Finals

Seniors & Juniors: Saturday 30 August

 Location: Townsville City Netball Association Courts - Annandale

Premier League: Saturday 6 September

 Location: Townsville Stadium

Finals are all about passion, teamwork, and the chance to put everything you've learned this season into action. It's the energy, the nerves, and the noise and we can't wait to see our club shine.

How to Show Your Colours:

- Wear your Phoenix gear – hoodies, visors, training shirts – let's light up the sidelines in green and blue.
- Stick together – find a spot as a club and make your support loud and proud.
- Cheer with class – finals bring out big emotions. Let's continue to lead with positive, respectful sideline behaviour.
- Support across the board – even if your game is done, stay and support other Phoenix teams battling it out.

Let's turn the TCNA courts into a sea of Phoenix pride and make this finals series one to remember!

Player Spotlight – The Lawlers



Netball is well and truly a family affair for the Lawlers. Mum Kate suits up for Phoenix seniors while daughters Ellie and Zara shine in their junior teams.

You'll often spot dad Nath courtside, proudly cheering them all on as the family's number one fan.

Whether they are playing, supporting from the sidelines or celebrating each other's wins, the Lawlers are a true Phoenix family - passionate, competitive and always up for a good war cry.

We caught up with all three to talk team spirit, finals fire and what it's like sharing the Phoenix journey together.

Ellie & Zara

What's the best part about playing for Phoenix?

Ellie - The friendships and bonds I have made and the coaches are the best thing about Phoenix. My coach is really positive and helps me to develop as a player. I have always had great coaches.

Zara - I love getting to meet new people and having fun. I have a great team and great competition. I love seeing my friends and playing with them. Every time presentation night rolls around it's always a good night

Does it feel special being part of the same club as your mum?

Ellie - I like that some of my mum's team cheer me on too. I'm looking forward to being able to play together in the future.

Zara - Not really. This is a weird question 😊

Who is the most competitive?

Ellie - Me because I like to win! 😊 I am hoping we win again this season because my team has always won the GF.



Zara - Me. I don't like losing. I go into every game warming up as hard as I can and really get into it. On the court, I try and be supportive, give my team and my captain feedback. I yell the war cry extra loud, so the other team know we are coming for them.

Kate

What do you enjoy most about being part of the same club as your daughters?

I love the Phoenix family, that the girls and I are part of a big club, yet feel a real family vibe. I love them supporting me and equally watching them on court. I love that my team mates celebrate and support my kids achievements too and the whole family is embraced by the club on and off the court.

How has netball brought something special to your family life?

Netball is a big part of our family dynamics. We love talking about the games over the dinner table and giving each other feedback. Nath and I love watching the kids grow and improve and he is always our #1 cheer squad on the side.



What's one finals tip you've shared with the girls from your own experience?

Finals tip is always to remember how hard you have worked to get there. Go on court and play hard, play fair and walk off the court knowing you have your best no matter the outcome.

Umpire Achievement

Congratulations to Faith on achieving her C Badge umpire accreditation!

This is a fantastic milestone that reflects her dedication, knowledge, and commitment to the game.



Sponsor Chat - PACE Private Wealth

Q: What inspired PACE Private Wealth to support Phoenix Netball Club?

Having played and coached for Phoenix in my younger years, my girls were adamant that they wanted to play for the same club. It was important to me to give back to the club who supported me, the girls I coached and now my girls who are just starting their netball journey.



Q: Why is community involvement important to you and your team?

I'm very passionate about supporting our local community. I believe that feeling a sense of belonging to your sporting club as well as helping others to better themselves and their teammates is essential to developing a strong network.

1. What does Pace do best and how can people get in touch?

Think of us as your 'Money Coach' while you're building your wealth and your 'Money Manager' in retirement.

Check out our website for more information www.pacepw.com.au.

For the girls Ariana and Lucia

1. What's the best thing about playing netball with Phoenix?

'We have amazing coaches who teach us everything we need to know'

2. Who's your favourite netball player and why?

We recently watched the Firebirds vs Giants in Brisbane.

Ariana – 'Matisse Letherbarrow – Giants – because her shooting accuracy was great.

Lucia – 'Macy Gardner – Firebirds – because she moves so well on the court'.

Coaches' Corner

Featuring Coach Kat

Q: You coach and play - how does that influence your approach?

It gives me a broader view. I understand how it feels to be in tough game moments, so I try to bring calm and clarity when coaching.

Q: What's been the highlight of coaching this season?

Watching the team grow in confidence and connection. Seeing Fireflies trust each other and play smart netball has been really rewarding.

Q: What mindset do you encourage going into finals?

Focus on effort and intent. Control what you can and give everything from the first whistle to the last.

Q: What's one routine or tip you swear by before big games?

Music, movement, and mindset. Shake the nerves out, get in the zone, and visualise your role.

Q: What do you love most about being part of Phoenix?

The community. Whether I'm on the court or on the sidelines, I feel surrounded by support and pride in the green and blue.



Presentation Night

Pace Private Wealth Phoenix Netball Club Presentation Night is our chance to come together and celebrate a fantastic season, on and off the court. It's a night to recognise the achievements of our players, coaches, umpires, and volunteers, reflect on highlights

from the year, and share in the spirit of our club community.

Entry is just \$10 per person - a flat fee for a great night out!

Your ticket includes access to water, soft drinks, a jumping castle, and a 360 photo booth.

All RSVPs will receive an armband, with tables and seating provided.

BYO food and settle in for a relaxed evening with teammates, family, and friends.

Thank you again to our event sponsor **Pace Private Wealth**.

Tickets selling fast! Jump onto our Facebook page to purchase, or [purchase here!](#)

Around The Courts



**Pledge your support here for
Netball to be in the 2032 Olympics!**





Play On! Sports Vouchers are here!

This new round is available to all Queensland families with children aged 5-17. [Apply now](#)



Phoenix Phamily Deals

Exclusive Offer for Phoenix Members - We're excited to team up with two of Townsville's leading health and fitness providers to help you stay at the top of your game, on and off the court!

◆ **Get 10% off memberships at Hybrid Performance Training (HPT)**



One of the largest and most advanced gyms of its kind in Australia, HPT is your one-stop shop for fitness, health, and wellness.

Call (07) 4723 4422

◆ **Get 10% off at Free Movement Physio**



Recover faster, move better, and feel stronger. Free Movement Physio offers extended one-on-one appointments that treat you as an individual, not a number. Call [\(07\) 4788 9444](tel:(07)47889444)

EST 2014

PACE

PRIVATE WEALTH

Our aim is to work with you as your Money Coach throughout your wealth creation years and your Money Manager when you retire.

Managing your wealth, in line with your goals and objectives, relies on selecting the right investment strategies that can be practically implemented and maintained. Pace Private Wealth has expert advisers that will consider a broad range of investment options against your wealth aspirations and preferences. When determining which investment strategies are best for you, we design solutions that deliver on:

- Capital preservation
- Wealth creation
- Cashflow optimisation
- Debt management
- Income requirements
- Tax effectiveness

At Pace Private Wealth, we place our clients first. We recognise our clients as individuals who will have specific investment needs and that there is no "one size fits all" investment solution. Our advice is supported by a robust investment framework and access to the best available industry research. We analyse the wide investment universe to handpick "best of breed" opportunities.

We know that a sharp and considered focus on your superannuation today will pay dividends when you need it most.

After a productive and rewarding working life, don't risk downgrading your lifestyle or plans when you retire. In fact, superannuation is likely to become one of your largest assets – so we make sure it is professionally and actively managed now to position you for your best financial future.



Let's build your future together.

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10 YEARS CELEBRATING 10 YEARS OF EXCELLENCE

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