

SMOG Snippets

Edition 7: 25 May 2009



Winter has well and truly arrived, with absolutely horrible weather at the courts on Saturday. It was a battle of the wind and rain, and certainly wasn't an easy day for shooters.

I managed to catch a few games before I caved and went home to warm up. SMOG 4 had a hard game against Wellington Northern United 2, winning 15 – 10. The through court defence was fantastic, and it was great to see Alice Jay getting loads of intercepts. This win keeps SMOG 4 at the top of the Premier Reserve 1 table, with a total of 16 points.

Build up to Regional Super League

The battle is heating up for the 5 Premier 1 places that qualify for the Regional Super League starting 12 June. SMOG 2 secured an important win on Saturday, beating PIC 2 by 1 point. Lena, Flo and loyal supporters were kept on the edge of their seats till the very end.

SMOG 1 secured a win against SMOG 2 on Wednesday 20 May (after a shaky start), winning 58 – 36, but unfortunately went down to PIC 1 on Saturday, 58 – 36. SMOG 1 will be taking on PIC 2 tonight up at Wellington East Girls College gym – game starts 6.15pm, all supporters welcome!

Want your team to be sponsored like the Silver Ferns?!?!

New World's latest promotion has been advertising your team's chance to win awesome prizes! All you have to do is collect New World receipts (excluding the fuel docket) for the period 18 May to 14 June, join them together and send them off before the 22 June! You need to register your individual team (it does not apply to Clubs). A few of the prizes on the website include: your entire team being VIP guests at a Silver Fern Test match; personalised Adidas Gear; a training session with a

Silver Fern; signed netballs for your entire team; and various kits - to find out more info (AND TO CHECK OUT THE PRIZES!!!), to register and check out the terms and conditions, go online www.getssponsored.co.nz.

Spot light on Leanne Mildenhall

Leanne Mildenhall is a general committee member, coordinating social functions and liaising with our sponsor bar – The Establishment. Originally from the mighty bay (Hawke's Bay that is) Leanne made the move from London to Wellington in September 2006, and wouldn't change living in Welly for the world. This is her third year playing for SMOG & second on the committee.

Netball is a relatively recent sport of choice (about 6 years of playing), but hugely enjoys and is much more practical than being stuck on the cricket field all day, during the summer months where the beach / beers and BBQ's are a much higher priority.

Passions are good food, good wine and travel, with favourite food being Italian, chardonnay



as poison of choice and Sarajevo being her favourite city in the world.

Work wise, work for Williment Travel on the Official Accommodation Bank Project for the Rugby World Cup and hugely enjoy the challenges and opportunities that a project of this size presents.

Hope you all enjoy the long weekend,

Karen

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New Friend in Business

SMOG Netball club are excited to announce io Altitude Simulation as a new Friend in Business. io is a natural, drug free and passive programme proven to improve the health, wellbeing and fitness of Wellingtonians of all fitness levels



Play Harder, Recover Faster, Breathe Easier

Gasping for breath due to poor fitness or asthma is not fun. Having your opposition player run circles around you because you're unfit is frustrating. Feeling like you're the weakest link in the team is embarrassing. Regain the fun and competitive spirit by adding altitude simulation into your training today!

io Altitude Simulation will **improve your endurance and stamina** and **enhance your recovery** between centre passes and quarter times, so that you can play a full game at full strength. io will also **improve your breathing control** and **assist mild to moderate asthma** so that you are not hindered by breathing difficulties and your performance and fitness is boosted on court.

*'I find that io helps me **to regain my fitness and stamina leading into my netball season**. In season io helps me to **maintain my peak fitness** and also helps my body to **recover faster** after every game.'* Ngarama Milner- Central Pulse

*'I started io over 4 years ago and the first thing I noticed was that it helped me to **fall asleep faster and deeper** which is great as it makes it easier to get out of bed in the morning, and **the extra energy lasts all day**. The **enhanced recovery and breathing control** of io is what I really love. I **recover faster during a game** and can keep playing at my initial intensity for longer. I **fully recommend io for people of all fitness levels**.'* Bronwyn Jones- Vic Uni



io takes the concept of living at altitude and brings it here to Wellington. Used by people of all fitness levels to improve their day to day health, wellbeing and fitness, io is the natural way to get the extra edge in your day so that you can walk up the stairs with less puff, play with the kids with more energy and break through training plateaus easier and faster. And it is so easy! You simply take a seat in the io Centre, alternate breathing oxygen reduced air and normal air through your own mask, watch movies, read the paper, work or relax whilst your body does all the work.

Call io today for your FREE Consultation valued at \$60- see how taking a break in our lazyboys, watching movies and breathing less oxygen can help you get fitter faster! PLUS –mention that you play netball for SMOG and receive a \$75 training pack including an io t-shirt, drink bottle, sweat towel and bag.