

## Welcoming in change and reflecting on a successful start to the season



As we get into the season, I am thrilled to update you on recent events and the progress being made behind the scenes at KNA.

Our season opener on the 6th of April was a resounding success. Despite the unexpected challenge of no electricity until 2 pm and torrential rain in the hours leading up to the first games of the morning, KNA volunteers, supporters, and officials made sure everything ran smoothly. A testament to the strength and resilience of our community. We were one of the only associations in Sydney to play on this day!

A special shoutout must go to those that helped organise a thank you dinner for the grading and executive teams from all KNA clubs on the Friday night before Day 1. I would like to again extend my gratitude to this group, who make all KNA matches and games so competitive and exciting to watch.

I'm also excited to share the ushering in of new ground staff overseeing the maintenance of our KNA netball courts. Headed by Chris Shi and assisted by volunteers Hamish and George, their work behind the scenes ensures that we have courts to play and train on each week. This commitment to maintaining our facilities is invaluable, and we're incredibly grateful for their contributions.

In terms of events that have taken place at KNA, we were lucky to host another successful Charity and Fashion Day on the 11th of May, where the boundaries of our courts laid host to numerous stalls and markets. The following weekend saw representatives from our supportive sponsors come down and indulge in a Saturday of netball.

Make sure you look out for Crazy Hair & Sock Day next weekend that has been paired up with a round of Supershot games. Those with the most creative hairstyles and socks will have access to a multitude of prizes, in what is shaping up to be a massive weekend for KNA.

We welcome your input and suggestions, so please don't hesitate to contact me or one of the Executive Team to share your comments or concerns.

**Rod Jackson**  
KNA President



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## Wet weather fails to take shine away from another successful Charity and Fashion Day

*On the 11th of May, the Canoon Road courts and its boundaries were transformed with multiple markets and stalls coming for the day. On top of some exciting matches in driving wet weather, the day also brought awareness to issues occurring in our local community and raised money for these causes.*





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## KNA Heroes in the spotlight

KNA multi-talented athlete and valued member of the 2024 KNA 14'S Junior State Title Team, Mia Hooton, has been taking her athletic ability off the court and onto the track. In the earlier months of this year, Mia competed in the NSW Junior Athletic Championships, winning the 800m race and placing second in the 400m event. She then went on to represent NSW in the National Junior Athletic Championships in Adelaide and won the 800m event. KNA is extremely proud of her and her efforts throughout the athletics season. Her coaches and supporters should also be congratulated.



## Umpiring achievement

Congratulations to Maddison Lee-Joe who also earned her National B for umpiring in late September 2023 in Port Macquarie whilst umpiring the Academy Challenge. Achieving a National B badge after only umpiring for 4 years (including two years of Covid restrictions), shows her tremendous talent and determination. West Pymble Netball Club is extremely proud of Maddi and what she has achieved in such a short period of time.



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## Message from the KNA Patron

Hi wonderful netballers,

What a start to the season day 1 was. Who would have believed on the Friday night, with rain pouring down, that the games would go ahead on the very next day at Canoon Road. I for one thought no way. A massive congratulations must go to Rod, who called it at the right time and all the games were played in lovely weather that beamed down on the courts.

This is just a short Patron's message but a message of thanks. I believe West Pymble were on duty in the Canteen and the front office for the opening day and they did a great job. Many thanks to Rod once again and the wider executive team, who as well as helping in the front room, looked after our VIP Guests.

We nearly had a full house of guests on day one. With both Hornsby and Ku-Ring-Gai Mayors and Deputy Mayors along with other Councilors from Ku-Ring-Gai, dropping in to pay a visit to Canoon Road on the opening day.

I know it wasn't easy, especially without electricity, but as we do at KNA – we make things work.

Lastly, although we have some wonderful volunteers – like every other sport – we need more. If you are interested in finding out how you can help KNA continue to be one of the best Associations in NSW, please come find me and have a chat.

I am looking forward to what's ahead for the rest of the season with many big weekends quickly approaching.

Cheers

**Brenda Williams OAM**  
**KNA Patron**



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Ku-Ring-Gai Sports and Spinal Physiotherapy has been providing court-side care and injury management for KNA for

the past nine years. In addition to management of sports injuries by Sports Physiotherapists, they offer excellent physiotherapy management of a wide range of injuries including neck and back pain, pre-and post-natal care, fracture management, as well as small group Pilates classes.



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## ALL STARS

## A cracking start to the season for our KNA AllStars

The All Abilities 2024 netball competition has started with great excitement for our KNA AllStars. Entered in the B4 bracket, the AllStars have pitted their skills against several teams across the North Shore, including Hornsby Heights and Berowra. With brilliant sportsmanship on display, these teams have contributed to close fought, exciting games. Certainly helping our players develop their gamesmanship and love for the game.

On the training court, we have been fortunate to have teams from West Pymble and North Turramurra help with coaching skills and game play. The laughs coming from that court certainly indicate that fun is being had by all.

Our new shooting star, Ruby, is dazzling weekend onlookers with her attacking style, accuracy, and combinations with our layup queen, Jemima.

After breaking his thumb last year, we are happy to have Will back. As a superstar quick centre court player, Will is ever reliable and his passes into the circle are spot on. Every one of the AllStar players is keen to improve again this year and even after just a few weeks we can see those changes beginning to surface.

The culture of the AllStars revolves around inclusion and support of everyone in an encouraging friendly atmosphere. The AllStar players are so supportive of their teammates!!

Finally, the AllStars have announced their State Titles representative team and those players selected are looking forward to playing with pride, honour, and most importantly having FUN!

**Deb Frost**  
*All Abilities Co-ordinator*



### Message from the Mayor Cr Sam Ngai

As a Ku-ring-gai Councillor and as the new Mayor, I have always been encouraged to see how inclusive the Ku-ring-gai Netball teams have been of young women (and now men) of all abilities. The benefits are not just to physical health, but also of friendship, community, and support through life's challenges.

I attended the season kick off on April 6th though the trip was different to the usual. The previous night had heavy storms which resulted in power outages for most South Turramurra – including the KNA site.

We quickly realised that the electronic locks for accessing the changing rooms and toilets were not working, and I arranged for council staff to come with a key, which they did within an hour.

I also had a chat with Rod about the adequacy of on-site equipment storage and am keen to explore longer term solutions for you.

We hope to resolve the current restriction on Under 9's which limits them to playing competitions on Thursday only. As you know, it gets dark very quickly and this is not safe or good for bedtime routines. To allow Saturday play and to support early season use of the facilities, the council majority recently voted towards changing the Canoon Road Plan of Management. Council now seeks public feedback on the proposed amendment until 14 May 2024, and to show your support we need you to write to [krg@krg.nsw.gov.au](mailto:krg@krg.nsw.gov.au) quoting 'S09042'.

As always, the Council is here to support so let us know if you need anything.

**Councillor Sam Ngai**  
*Mayor of Ku-ring-gai*



## Another season of successful North Shore United holiday clinics

During the April school holidays, North Shore United (NSU) came to the Canoon Road netball courts to run and coach two fun-filled days of netball skills and drills for our KNA players. With over 70 players attending the clinic, the six-hour days were full of smiles and enjoyment as girls developed their skills and learnt off experienced NSU players. Don't worry if you missed out, there will be two more opportunities in the July school holidays.

NSU is a joint venture partnership forged between KNA and Northern Suburbs (NSNA) Netball Associations. Dynamic and innovative, it has the backing of over 50 netball clubs and 10,000 members. KNA has been assisted by NSU for successive years in running these highly rewarding days and we are forever thankful for their valuable contribution. Along with this a massive thanks must go to Chatswood RSL, for their contribution to the NSU Academy and Community Clinic Program.



## Inter-association matches lying at the heart of the development of junior men's netball

In preparation for the upcoming HART Junior State Titles in July, the U14's KNA male representative squad played a series of three matches with fellow association, Eastwood Ryde Netball (ERNA).

In what was a great opportunity for coach and mentor Mitch to have all the boys there, the squad used the games to work on new positions and combinations. Coach Mitch and his passion for boys' netball was evident on the day, leading a group of players coming from a multitude of sporting backgrounds to three fantastic victories against the boys' side from ERNA. Collaboration and mutual support between associations like KNA and ERNA, will be fundamental in growing the game for boys' netball and this spirit was on display in the lead up to, and throughout, the carnival.

We would like to thank ERNA for their collaboration and providing our boys' with some great practice and preparation for the State Titles.

If anyone is interested in getting into boys' netball for the Spring Competition or next year, please get in touch with me at [boys@kna.com.au](mailto:boys@kna.com.au)

**Kelly Norris**  
**Boys Convenor**



# SUCCESS is best when it's shared

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Funded using Parliamentary Entitlements.



# KNA Season 2024 starts off with a bang

*Torrential overnight rain dried up and the sun beamed down on Canoon Rd for Day 1, 2024.*





# Our Senior Teams on Opening Day



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## A great start to the season on a Winter-like Thursday night

The first day of the 2024 season for the Nines took place on a cold Autumn evening at Canoon Road on the 2nd of May. Although rain threatened throughout the week, the players were able to enjoy a series of exciting matches. The continuation of the Thursday night BBQ remains a popular move and was enjoyed by hungry players and spectators.



## Orientation day for Net-Set-Go Players

*The day after our season opener, KNA's youngest netballers enjoyed their first orientation day in the glorious April sun. The youngsters played in a series of matches, watched on by supportive parents and friends of KNA.*



**CLUB NEWS**

# West Pymble start season off with a bang

West Pymble Netball Club held a Swifties Season Launch at the West Pymble Bicentennial Club to celebrate the start of netball in 2024. This sold-out event was enjoyed by both junior players and parents, with bracelet making, face gemming, temporary tattooing, a life-size Taylor Swift photo booth, and NSW Swifts prizes.

Players finished the evening on the bowling green, dancing away to the Eras Tour Movie on the big outdoor screen. A big thanks to the West Pymble netball community for getting behind this event and to West Pymble Netball Club's aptly named social co-ordinator Gena Swift.

*Kelly Wiblin*  
**President**



## UMPIRE'S NEWS

KNA Umpires have had an excellent start to the season with countless Low Ds, Mid Ds, and High Ds being awarded over the first couple of weeks of the season.

Hannah from Hornsby Heights was also successfully panelled for her National C Badge on Day Two. Congratulations to all who have received a new badge so early in the season!

This year several KNA umpires have been selected for NSW programs. Look out for Bronwyn Adams, from Hornsby Heights, and Shauna Winchester, from St Ives, on Suncorp Netball games this year!

In the Premier League and Metro League programs the following umpires from KNA have been selected.

**Sarah Dahdah – Kissing Point**

**Nicole Davis – Kissing Point**

**Sophie Greenhalgh – Berowra**

**Olivia Thompson – Lindfield**

**Shauna Winchester – St Ives**

**Betty Zhang – Hornsby Heights**

Maddison Lee-Joe WP and Zac Aubourg KP have been selected for the inaugural Development Series, which is the feeder program for the Metro League program.

Finally, KNA has also had 3 National B Badges selected for the Developing Umpires Program. This program aims to build and develop a group of similar aged teenage-young adult umpires across NSW as a support group. Providing further education opportunities to extend their knowledge past Association level.

Congratulations to Cayleigh Hartwig (Berowra), Maddison Lee-Joe (West Pymble), and Abbie Renae (Hornsby Heights) for being given this opportunity.

Each of these NSW selections is a recognition of these umpire's hard work, talent, and strong performances. We are so proud of these umpires on their selections and wish them the best for their officiating in these programs.

For umpires who are HDs and above we have just produced National Badging Packs for both National Cs and National Bs that can be collected from the Umpires' Shelter. These packs have all you need to know about taking the next steps in your umpiring career. These have been available since the start of May

Keep working hard at your umpiring and remember the Umpires Committee is here to help, so don't hesitate to come to the Umpires Shelter next to court 4 with any questions or for any support!

**Zac and Cathy**  
**KNA Umpire Co-Convenors**



## Vital experience for KNA Club's provided by Coach the Coach's session

Club coaches across KNA were given the opportunity to attend a 2-hour Coach the Coaches session held at the Rosewood Centre Barker College on Sunday the 14th of April. Those in attendance were lucky enough to be taken through the afternoon by a host of current international netball experience and long-standing servants to netball in Sydney. The afternoon contained a specific focus on the introduction of new drills catered towards communication and alternative ideas, aligning with the modern-day developments of netball.

Names such as Dylan Nexhip, current Australian Men's Captain Eugene Lee, Michele Bullock, and Amelia Basheer should all be thanked for the effort they put into the day. A big thanks must also go to some of our 12- and 13-year-old representative players who helped demonstrate a variety of drills during the afternoon.



## KNA's Top Teams use specialist training to their advantage

This season, KNA has fielded four teams in the Netball NSW Dooley's Metro League Competition. Teams competing in Divisions 1, 2, 5 and the Development League have been battling it out with some of the state's most talented metro-based netballers on a week-to-week basis.

Having undergone training since February, our collection of KNA Metro League sides came together for a specialist session in the weeks leading into the start of the competition. During this time, they were split into defence, mid-court, and shooting sessions for the afternoon, partaking in various drills in preparation for their 18-week regular season.

The teams kicked off their 2024 campaign at Netball Central in Homebush on the 9th of April and have experienced an overall positive start to the year. They are all aiming to progress to the knockout stages come September, and we extend our best wishes to them for the remainder of the season.

**Louise Woods**  
KNA Senior Reps



## U9 & U10 Skills Training Session – Open to all U9 and U10 players

- Date:** 2<sup>nd</sup> June, 2024  
**Time:** 2.30pm to 4.30pm  
**Location:** Barker College Gym, Unwin Rd, Waitara  
**Registration:** <https://forms.office.com/r/GZgkqYfSV>



## NetSetGo! Gala Day – Sunday 23rd of June 2024

KNA would like to invite all 7, 8, and 9 year old NSG teams to participate in our annual NetSetGo Gala Day.

- Venue:** Canoon Road Netball Courts, South Turrumurra  
**Event Date:** Sunday 23 June 2024  
**Event Time:** First game 9am, approximate finish around 1pm  
**Entry Closing Date:** Friday 14 June at 5:00pm  
**Entry Fees:** \$35 per team (including GST)  
**Umpires:** Games will be umpired on your own.

The draw will be available at the complex on the day and each team will be expected to play around 3-4 games.

The link to the online registration form can be found on the KNA website and for more information please contact Lee at [accounts@kna.com.au](mailto:accounts@kna.com.au)



# It's Crazy Hair and Sock Day at KNA on June 01, 2024

Wear your **CRAZIEST SOCKS** and come along with the **CRAZIEST HAIR** ever - be wacky, be creative, be daring! Make a donation or enter into our **CRAZY** competition where there are **LOADS** of prizes to be won.

**Entry Fee:** A donation of \$5 per individual entry and \$20 per team.

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Best Senior Team	\$150 gift card from St. Ives Shopping Village

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Club that made the biggest financial contribution	\$100 gift card from St Ives Shopping Village
Club that had the best Spirit	\$100 gift card from St Ives Shopping Village

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### KNA ALLSTARS

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## Crazy Hair and Sock Day Entry Form

Name: .....

Age:  9 - Inters  Cadets - Seniors

Team name: .....

Category:  Individual  Team  Coach/Manager  
 Supporter  Umpire

Club: .....

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# Why Use a Professional Property Manager



According to research by Domain, most Australian investors - around 75 per cent, use a property manager to manage their investment property; and there are plenty of reasons why.

With numerous responsibilities, laws and regulations applying to investment property owners, outsourcing the management of your rental property saves time and stress when compared to managing a property yourself.

If you're undecided about using a professional, here are our top three reasons to use a property manager to oversee your investment property rather than going it alone.

## 1. Finding quality tenants

Sourcing and securing quality tenants requires a lot of work and is not as easy as people may think. When it comes to finding the right person for your investment, property managers have the advantage over those managing their own property.

"Property managers are experts in their local rental market and typically have a database of verified tenants living in, or looking to move, to the area. With experience in dealing with multiple types of tenants, they can match the right people to the right property – making for a swifter and more effective process compared to managing it yourself," explains Melinda Cotton, Head of Property Management and Escapes at Belle Property.

"The other benefit is that property managers often have access to databases and software which allow them to verify tenants and their rental history. Self-managed investment property owners generally won't have access to this kind of data so are taking more of a risk when it comes to placing a tenant in their property." - Melinda Cotton

## 2. Managing maintenance and repairs

If maintenance and repairs aren't handled quickly and correctly, owners can find themselves left in hot water. As such, this is one key area where a property manager can take away a lot of stress and hassle for an owner.

"A property manager also ensures that the trades are suitably qualified and insured to carry out the work required," says Melinda.

"Without a property manager the responsibility of organising the trades, getting quotes, liaising with the tenant and gaining property access falls to the owner, all of which can take a significant chunk of time"



## 3. Understanding the fine print

There are a number of laws that apply to rental properties, investment owners and tenants, which can vary from state to state. It's imperative that owners are up to date with and across all the fine print when it comes to renting out their property; however, it can be a lot to keep track of, and for many owners having a professional take care of the legal side of things is a deciding factor in employing a property manager.

"Property managers are responsible for understanding all the regulations and laws that apply to tenants and investment property owners at a state level, and can explain all this to a property owner so they understand their responsibilities as well as their rights. They also keep up to date with the latest changes to laws and regulations so their owners don't have to," says Melinda.

Being across all the requirements of the Tenancy Act also makes it easier for property managers to have difficult conversations if they need to, which can be extremely uncomfortable for self-managed investment property owners, especially if they're not across all the rules.

The other benefit to using a property manager is that they stay on top of property market movements on behalf of owners. This means you always have an expert in your corner to advise on how to respond to fluctuating market conditions, helping maximise the return on your investment as a result.

To find out more about Belle Property's professional property management services please contact us on 02 9056 8600 or [info.pymble@belleproperty.com](mailto:info.pymble@belleproperty.com)

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# Netball and your shoulder

Catching, throwing, blocking, and shooting are large components of netball's physicality and they are all very demanding on the shoulder. While the shoulder is very mobile this means that the trade-off is that it lacks stability compared to all other joints. Consequently, the body relies heavily on the muscle around the shoulder to keep the joint functioning as desired. If the shoulder is not keeping up with the demands of the game it can often feel achy or tired, stiff or clicky. This can make playing less comfortable but can also affect performance and increase the risk of injury.

There are a number of different ways to minimise the risk of shoulder injury and develop a more robust joint:

1. Firstly, strengthening a group of muscles called the rotator cuff. This can be achieved with weighted dumbbells or with bands or cables. Our physiotherapists can assist you to target the correct muscles and progress them as tolerated.
2. Secondly, shoulder blade control is important. The shoulder does not work in isolation, it works in tandem with the shoulder blade, the back and the neck so it is important to consider the whole system. Therefore, it can be important to practice shoulder blade control exercises or to complete mobility exercises if the upper back is tight and impacting the shoulder function.

3. Finally taping can provide some support to the shoulder and can give you some reassurance. However, not all shoulder pains are created equally and therefore some require medical assessment. If the shoulder pain is the result of a fall or heavy contact, or it keeps returning after training or playing it should be assessed and appropriate, individualised, rehabilitation exercises commenced.



 **Ku-Ring-Gai**  
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## Empowering Safe Driving with NRMA Driver Training

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Our commitment to safe driving doesn't end with obtaining your license. We believe in empowering drivers with the knowledge and skills needed to navigate today's roads safely. That's why we offer complementary training, such as the Safer Drivers Course, which goes beyond the requirements

of the standard license test. This course focuses on developing advanced driving techniques, hazard perception, and decision-making skills, preparing drivers to handle real-world challenges and potential dangers on the road. Let's drive towards a safer future, one lesson at a time.



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# Problems to Watch for in Young Children



## Healthy Bites = Beautiful Smiles!

A 'bad bite' or misaligned jaw – known as malocclusion, is one of the main reasons parent's seek orthodontic treatment for their children.

Correctly aligned teeth don't only look good – they can also prevent or alleviate speech, chewing and general health problems. They can also have huge benefits to your child's self esteem and confidence.

Dr Matthew Lewis, a registered specialist orthodontist at our Silver Sponsor North Shore Orthodontics, explains: *"We recommend a first assessment for children between 7-9 years of age because some children really benefit from early intervention - although most children will not start orthodontic treatment until about 11-14 years of age."*

### Concerns

**Excessive Spacing:** Smaller than average teeth and/or a larger than average jaw can lead to significant spacing between the teeth.

**Crowding:** Dental crowding is when you have overlapping or misaligned teeth and is characterised by a lack of space for your teeth to fit within your jaws.

**Underbite:** An underbite is a misalignment of the jaw that causes the lower teeth to protrude beyond the upper teeth.

**Crossbite (Back Teeth):** Upper teeth should sit in front of their bottom teeth. If a few of your child's top teeth are growing slightly behind their lower teeth, this is called a posterior crossbite.

**Crossbite (Front Teeth):** If your child's front upper teeth are sitting behind their lower ones, this is called an anterior crossbite.

**Open Bite:** An open bite is a type of malocclusion or misalignment of the jaw, where a person's top and bottom teeth don't touch when their mouth is closed.

**Overjet:** An overjet is characterised by the protrusion of the upper front teeth and is commonly referred to as buck teeth.

**Overbite (Deep Bite):** While an overjet refers to a horizontal issue, an overbite refers to a vertical one. A deep overbite is when the upper front teeth overlap the lower front teeth by more than one-third.

**Abnormal Eruption:** Abnormal eruption is when a tooth emerges through the gum in the wrong place.

There's a good reason for screening kids at a young age. Some can benefit from starting treatment early to take advantage of natural growth or to prevent damage occurring. Wearing certain appliances may reduce a child's time in braces later and may also make treatment more effective.

## FREE REVIEW PROGRAM

'Another advantage of screening your child early is that if after the assessment we recommend starting treatment at a later age, they will be placed in our **FREE REVIEW PROGRAM**. 'Dr Lewis further explains,' After their initial assessment, we see children annually for a quick check-up. By monitoring their growth and development we can make sure that orthodontic treatment starts at the best possible time for them. **We do not charge for these review visits which is great news for families!**



## Exclusive Sponsor Offer for all KNA Players and Families

- ALL netball players, siblings and parents receive a **no gap orthodontic assessment i.e., no out-of-pocket expenses** if you have dental cover, or a 50% discount if you do not.

### PLUS

- **ANNUAL FREE REVIEWS** to ensure treatment commences at the ideal time.
- Please call the practice on 9418 1660 to book your appointment and no referral is necessary
- Please mention this special netball offer as it helps our club too!



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## Refresh your winter wardrobe with the hottest trends of the season at St Ives Shopping Village

### Luxe leather

Whether worn in jackets, skirts or shoes, leather is a versatile fabric that adds a touch of elegance and energy to outfits.

### Bright red

Pops of fire engine red are continuing to take over the runway. This vibrant shade will heat up your style — making you stand out wherever you go.

### Longline coats

A classic coat is a wardrobe staple for winter and beyond. Lightweight and easy for layering, trenches make the perfect transeasonal outerwear.

### Preppy loafers

Taking preppy dressing to new heights with edgier silhouettes and chunkier soles, loafers are super chic but also practical for cold weather.

### Check patterns

For this season, there's something super cosy about checks and plaid, which translate to so many different clothing styles.

## Amber Tiles Hornsby: About us

For over three decades, Amber Hornsby has stood as a cornerstone of the Hornsby, NSW community, offering an extensive array of products and services tailored for home renovation and improvement projects. Our legacy is built upon a deep-rooted commitment to excellence, reflected in our unwavering dedication to simplifying the renovation journey for our valued customers.

As industry specialists, we take great pride in our unparalleled expertise and in-depth knowledge of the local community. We understand the unique architectural styles, design preferences, and home improvement needs prevalent in the area. This insight allows us to curate a diverse range of high-quality products that resonate with our customers, ensuring that they find everything they need under one roof.

At Amber Hornsby, we firmly believe that our customers need look no further when embarking on their home renovation endeavours. Our tagline, "Amber has the Answer," embodies our steadfast commitment to being the definitive solution provider for all home improvement needs in Hornsby. Whether it's elegant tiles, durable pavers, stylish bathware, or innovative hybrid flooring, we offer a comprehensive selection of products to suit every taste and requirement.

Moreover, our dedication extends beyond offering superior products. We understand that navigating the world of home renovations can be daunting, which is why we offer complimentary design consultation services. Our team of experts is on hand to provide valuable advice, installation guidance, and maintenance tips, ensuring that our customers are well-equipped to make informed decisions.

At Amber Hornsby, we are more than just a retail store. We are an integral part of the Hornsby community, deeply committed to enriching the lives of our customers by helping them transform their houses into homes.



## KEEP IN TOUCH

### Follow us on Facebook:

Our KNA Facebook <https://www.facebook.com/pages/Ku-Ring-Gai-Netball-Association> is a great interactive tool where members of KNA members can share their favourite netball moments as well as be kept up to date with all the latest KNA events and news.

### KNA Website:

The KNA website [www.kna.com.au](http://www.kna.com.au) is your go-to place for key information such as results, schedules, events, latest news, and photos.

ANZ Netball Nation is for all Aussies who live and breathe netball. Visit the Netball Nation Facebook <https://www.facebook.com/NetballNation> or website [www.netballnation.com](http://www.netballnation.com)

North Shore United Facebook. Follow the latest news and developments of North Shores elite netball venture established to participate in Premier League that kicks off its inaugural season in 2016. <https://www.facebook.com/pages/North-Shore-United-Netball/144861013877102>

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