

Mainland Matters – December 2015



MESSAGE FROM THE CEO

Well, it has been an exciting fortnight with Bailey Mes and Jess Moulds being named in the Silver Ferns, Zoe Walker and Erikana Pedersen in the National Development squad, and Charlotte Elley being selected in the New Zealand Under 21 team to play against the Cook Islands. We are very proud of our girls.



Planning is on-going for next year and the 2016 ANZ Championship season is just around the corner, with our players coming into the programme officially on 18 January 2016. And a few weeks later, in early February, our new Mainland National Netball League squad will start their programme with an induction weekend.

It's been a very busy past 12 months, and I'm delighted with our collective progress. We have the privilege of working with 18 hardworking and dedicated Netball Centres and we are continually aiming to add value and be supportive of what is happening in your Centres.

2016 promises to be a big and busy year, as we grow as a Zone in terms of Junior netball, introduction of the new National Netball League, performance and coach development programmes, new initiatives and improvements.

I want to pass on my thanks to all of the Centres who have worked alongside the Zone and have been positive, enthusiastic and open to ideas and discussions around how we can continue to increase participation numbers as well as focusing on quality programmes that will benefit all who are involved in Netball.

This is the final newsletter for 2015, we'll back in February 2016 with more 'Mainland Matters'!

The Netball Mainland Office will be closed from 4 p.m. on Thursday 24th December 2015 and re-open on Monday 11th January 2016.

A very big THANK YOU from us all here at Netball Mainland for your support in 2015. Wishing everyone a safe and happy holiday season and we look forward to seeing you all in 2016.

Kind regards, Brigit



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NEW WORLD



COMMUNITY

JUNIOR NETBALL

Resource & Bib Order

Resource order numbers and Bib orders for next year have been submitted. Once these arrive in the new year NM will distribute them to Centres accordingly.



Junior Coach Workshops

If Centres are needing to book in for their Junior Coach Workshops please contact Keshia Grant communitynetball@netballmainland.co.nz or Jen Hooper jen.hooper@netballmainland.co.nz to inform them of your starting dates and preferred Workshop dates.

UMPIRE DEVELOPMENT

Facilitator Workshop

NNZ has designed modules to assist Centres with training and coaching umpires. Several of these modules were piloted this year and are now ready to be delivered in Centres or Clusters in 2016. To assist with delivery of these Modules NNZ has set up a Facilitator Training Programme so that they can be delivered by trained personnel who are accessible to your Centre/Cluster.

The following recipients have been identified to attend the Umpire Facilitators Workshop on Saturday 20th February.

Anne Marie Smith	Sheena Tyrrell
Sue James	Maree Smith
Kaye Kennedy	Rebecca Reside
Jon Russell	Lisa Charles
Barry Tucker	Rebecca Murdoch
Trudy Eaden	Andrea James
Robyn Daly	Jayne Dewe
Eva Brown	Natasha Fraser
Mandy Nottingham	Seonaid Palmer

Jane Hickmott	Aleisha Whitehead
Jose Zandbergen	Georgie Bell
Wendy Hopwood	David Pala'amo
Kate Smith	Michelle Stagg
Michael Wyllie	

UMPIRE COACH ASSEOR TRAINING WORKSHOPS

Rules Update Workshop

The Rules Update Workshop is open for ALL people involved in Netball (players, coaches, umpires etc.). This will be a 2 hour workshop facilitated by a NZUDG member in 7 Centres across our zone and will be open for other Centres to attend in their vicinity. All venues, dates and times will be updated in the early New Year. Registrations will be available on the Netball New Zealand Website once all bookings have been confirmed.

Centre	Venue	Date	Time	Facilitator
South Canterbury	Morgans Rd, Netball Pavilion, Timaru	Monday 15 th February	6.30om – 8.30pm	Sheena
Mid Canterbury	Netball Pavilion, Middle Road, Ashburton	Monday 21 st March	7.30pm – 9.30pm	Sheena
Christchurch	Christchurch Netball Centre, Hagley Avenue, Christchurch	Tbc	Tbc	Sheena
Selwyn	Lincoln Events Centre	Tbc	Tbc	Tbc
North Canterbury	North Canterbury Netball Centre, Dudley Park	Tuesday 29 th March	6.30pm	Sue
West Coast	Tbc	19 th /20 th March	Tbc	Sue
Nelson	Nelson Netball Centre	Sunday 28 th Feb	3.00pm	Sheena

Marlborough	Blenheim (tbc)	Sunday 28 th Feb	9.30pm	Sheena
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Intro and Level One Workshops

The Intro and Level One Workshops will be held in the following three Centres. Registrations for these will also be available on the Netball NZ website once all bookings have been confirmed.

Centre	Venue	Date	Time	Facilitator
Christchurch	Christchurch Netball Centre	3 rd April – Intro 23 rd April – Level 1	10.00am	Sheena
Marlborough	Blenheim (tbc)	9/10 th April	Tbc	tbc
West Coast	Tbc	19 th /20 th March	tbc	Sue

BENCH OFFICIALS

Congratulations to Anne Harrison and Sandra Munro who have been appointed to the ZBOAG. The group will meet in February to outline the season and look to work with anyone who would like to up skill in this area.

Margaret Marsh	Zone Bench Officials Coordinator
Kay Norris	ZBOAG Convener
Maree Morel	ZBOAG Member
Claire Lewis	ZBOAG Member
Sandra Munro	ZBOAG Member
Anne Harrison	ZBOAG Member

CENTRE AWARDS

Congratulations to the following recipients who have received Life Memberships and Service Awards for their Centres.



Christchurch Netball Centre
David Palaamo – *Service Award*
Lee McKenzie – *Life Membership*
Janine Romano – *Service Award*



North Canterbury Netball Centre
Chris Garrick – *Service Award*
Christine Buftor - *Service Award*



Selwyn Netball Centre
Debbie Johnson *Service Awards*

COACH DEVELOPMENT

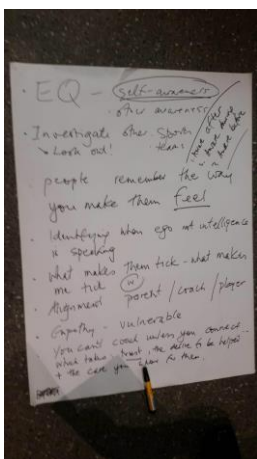
Firstly thank you to all the Centres that have engaged in Coach Development in 2015. We have had record numbers, 2277 coaches, attending Netball New Zealand Coach Modules, the new AnzFuture Ferns Coach Workshops and Informal's. These numbers are fantastic and are a credit to all involved.

Connecting Coaches - Coaching the New Zealand Way

8 Coaches from around our Zone attended the 'Connecting Coaches' Convention in Auckland in early December. It was an action packed 2 and a half days with challenging speakers from around the globe. Keynote speaker Steve Hansen opened the convention with a powerful message about showing vulnerability as a leader and how this has helped shape his approach to leadership and coaching. This then became a theme with other speakers and in the workshops. Another key message was the importance of self-reflection as a coach and communicating with your athletes in a way that truly engages them.

After each keynote speaker we broke into smaller groups to create a discussion and to bring meaning to each individual. They called these groups Learning Challenge Teams, and was one of the best aspects of the convention.

This was a great way to finish the year for Netball Mainland Coaches!



Left to Right - Amanda O'Brien, Key Notes and Lucy Newton

MAINLAND TACTIX

DO WHATEVER IT TAKES

After nearly two years of correctly rehabbing her Achilles, Jess Moulds our own Mainland Tactix player has become the newest Silver Fern member and she is back on track.

Congratulations to Bailey Mess and Jess Moulds, Silver Ferns members, Zoe Walker and Erikana Pedersen for being selected in the National Development squad and Charlotte Elley for being selected in the NZ U21 National Development squad.

As Head Coach I have watched the Tactix girls in 2015 take huge knocks, kicks and criticism from all around the country but the most impressive trait about these girls is, they're fighters, they bounce back, higher and faster than any other players I have coached. They show resilience, a desire and drive to move forward as a zone. Their Vision is strong and it hasn't changed but got stronger.

When Jess, Zoe, Bailey and Erikana were invited to the Silver Ferns trials, there was a buzz happening within the Tactix family. All the girls had already stepped up their workouts to an impressive height however now the added incentive drove the girls harder than ever before. There was a determination that drove these girls and the performance staff to do whatever was needed to get them in their best mental and physical state for trials. The rewards came and their team mate's enthusiasm was infectious. Everyone felt the lift, it came from being so proud of them. Our team and Netball Mainland culture is a stronger united one, whatever it takes to do things, we all did it, this culture is healthy, self-driven which is critical moving forward.

Off season runs from October to January for most Netball teams in the Mainland zone, this time is the start of our Pre-season for the Tactix. The girls have been on a strength phase in the gym and in the pool working with Performance coach for Para Swimming, Roly Critchton. He has been directing the players through a tough building pool phase which has been complimenting their speed work. They have also completed a number of beach runs and have been doing cross training activities with Mike Sharapoff, an athletics specialist coach.

In 2016 we are including a strong aquatic training phase which will increase their aerobic capacity without loading the body. Our bench marks are high as a team, no player will be below level 17 on the YoYo at the start of the program on 18th January 2016. Our team standards are high and every player respects them, they realise that this is the time to do the base work for next year.

With the ongoing fantastic support of HPSNZ in Strength and Conditioning, Nutrition, Athlete's Life and Mental skills the extra work is being done by all to be ready for the season. Our thanks go to Rowan Parsons who is starting a new chapter of her life with her partner Karl in 2016, she has been an amazing medical team member as our Physio. Sharon Kearney former Silver Ferns physio, will be joining our team for 2016. We wish them all the best for their future adventures.

Christmas is about family and relaxing however our girls have a mission and that is to do the allocated work, come in stronger and sharper than ever before. This doesn't mean they won't have a life as that is critical for all athletes to have a work life balance. A life out of balance will not create success.

The Tactix support in 2015 has been incredible and we consider you all as our Mainland family, seeing the wave of Red and Black at home games lifted the team tremendously. Best wishes to each of you and your family over Christmas and we look forward to next season.

The 2016 Memberships went on sale this week and already they are running out the door as Christmas gifts, I sound like a car dealer. 😊 Seriously, go online and check it out www.tactix.org.nz. Great ideas for Christmas gifts.

See you in 2016. Bring it on!

Sue Hawkins

Head Coach Tactix



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NETBALL MAINLAND JOB VACANCIES

There are a number of opportunities on offer currently as we look to employ a new Zone Performance Development Manager, and appoint an Assistant Coach and Manager for our National League team.

Applications for these roles close on Monday 11 January, details and job descriptions are on the Netball Mainland website www.netballmainland.co.nz.

NETBALL MAINLAND AGM – 13 March 2016

Details, forms and information regarding the Netball Mainland AGM to be held at the Christchurch Netball Centre on Sunday 13th March 2016, have already been circulated to all Centres and are on our website.

Of particular note, there is one vacant position for an Elected Board Member and one position for an Appointed Board Member. Due to the rotation policy detailed in 12.4 of the Netball Mainland Constitution, current Elected Board Member: Vicki Reid and Appointed Board Member: Ric Horsfall are required to stand down but are eligible to be re-elected/re-appointed to the Board for a maximum of two subsequent and consecutive terms of office, provided the total service does not exceed nine years.

Nominations for Elected Board Members may be made by a Netball Centre or the Netball Mainland Board.

Applications for Appointed Board Members may be made in writing by any person.

Completed forms, registrations and any nominations/applications are to be returned to the Netball Mainland CEO, Brigit Hearn, by no later than 5 p.m. on Thursday 04 February 2016.

NETBALL MAINLAND ZONE EVENTS

Super Club Competition

- Round-robin play - 5th and 6th March 2016 in Ashburton
- Finals - 12th and 13th March 2016 in Blenheim

Under 15 Zone Championship

- Round-robin play - 31st July 2016
- Cross-overs - 7th August 2016
- Finals - 21st August 2016

Note: Venues for the Under 15 Zone Championship will be confirmed once entries close at the end of January 2016

Performance Squad

- Day 2 - 24th January 2016
- Day 3 - 28th February 2016
- Camp - 24th & 25th April 2016

2016 Zone Forum

The Zone Forum will be held here in Christchurch over the weekend of 8th and 9th October 2016.

MAINLAND TACTIX MEMBERSHIPS

Mainland Tactix Memberships are now on sale just in time for Christmas! There are 5 great memberships that you can choose from, Red & Black full season, 3 game flexi, fan and our X Club. To find our more information and to view the full memberships head to <http://www.tactix.org.nz/tickets-memberships> they will make great Christmas gifts!



Merry Christmas and Happy Holidays from us here at Netball Mainland



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