

Mainland Matters – July 2016



MESSAGE FROM THE CEO

Greetings one and all, I trust you are wintering well ☺

It has certainly been a very busy and exciting time in our Zone with the North Canterbury Netball Centre hosting the NNZ Under 17's competition and Nelson Netball Centre the Under 19's. Also last weekend saw the first round-robin games in our Zone U15 competition. I chose to head up to the furthest part of our Zone to support the Nelson Netball Centre in hosting pool games in our Zone U15 competition. It was great seeing young players out on the courts competing and enjoying our wonderful game.



A big thank you to all the Centres that have/are hosting competitions and to all your volunteers who make these events happen.

As you will have read, we are truly delighted to have retained our Head Coach Sue Hawkins and Assistant Coach Marianne Delaney-Hoshek to lead our Tactix programme in the new elite netball competition for 2017. It has been an exciting time for Marianne, having also been recently named the NZ A Head Coach. The new elite competition will start at the end of March and go through to the end of June 2017, followed by a SuperClub competition.

Player contracting is in full swing, with 10 player squads being contracting, rather than the previous 12 player squads in the ANZC. This means that will need to be strong emphasis on alignment of programmes between the elite/Tactix and Beko squads, as there is increased likelihood of movement of players between the two squads to meet playing demands and provide development opportunities.

Charlotte Elley is heading away this weekend to compete with the NZ U21 team in Canberra against their Australian and English counterparts, we wish Charlotte and the rest of the team every success.

The Silver Ferns and NZ A trials are coming up the middle of August and we have four players from the 2016 Tactix squad trialing; Bailey Mes, Jess Moulds, Erikana Pedersen and Zoe Walker.... knock the selectors socks off!

Speaking of 'well wishing', a number of athletes that have been training alongside the Tactix at the Apollo Projects/HPSNZ Centre in Christchurch, prior to heading off to compete at the Rio Olympics. We are incredibly privileged to get to 'rub shoulders' with the best athletes, coaches and support services personnel, all under one roof.

With the countdown almost over, the excitement and anticipation is palpable in the lead up to the biggest sporting events of the year, the 2016 Rio Olympic and Paralympic Games. We wish all Kiwi athletes every success at Rio.



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[Pictured below is Para-Olympic Swimmer Sophie Pascoe and her Coach Rolly Crichton]



[Pictured below is World Indoor Shot Put Champion Tom Walsh, Haley Saunders with the world indoor medal and the Tactix]



Take care and see you courtside soon ☺

Kind regards, Brigit

COMMUNITY

Recently I spent the day with Hokitika and West Coast Netball Centres and it reinforced the great work you are all doing in your respective areas despite facing numerous challenges. The ability for communities to band together in support is very apparent and it's great that we are able to do that through the catalyst of netball. It also reinforced the value in a face to face chat as opposed to other streams of communication.

AGM's

As we near the end of the 2016 season, Centres will be planning to hold their AGM. **We see a lot of value in attending your Centre AGM's so would appreciate if you could please confirm your dates asap. Please send through to Amy.**

Umpire Development

Mainland umpires that attended the recent AGC Tournaments in Nelson and North Canterbury performed very well and improved across the week. Those umpires that excelled may be offered a position at NZSS in October.

A big thank you to our Bench Officials that also supported these tournaments.

Umpire Theory Exams

Zone and NZ Theory

The final Zone Exam will be Monday 1 August with 14 Mainland Umpires attempting to gain their Zone Theory.

To login to the NNZ Learning & Development portal please use this link <https://netballnz.brackenlearning.com/>

Final exam dates for 2016

NZ Theory – Applications close 22 August / Exam 19 September

Join codes for Exam 2 are:

NZ Theory **mainlandnz16s**

If you have any questions relating to the exam, please contact Amy on Amy.Eckersley@netballmainland.co.nz



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NEW WORLD



Good Stuff happening in our Zone

North Canterbury Netball Centre – Rainbow Games

On the 3rd July, NCNC held the inaugural Rainbow Games. They had 43 teams enter across 3 grades (year 3 & 4 and 5 & 6 and 7 & 8). Every player received a coloured band at the end of the day depending on how many goals their team had scored. The day was such a success for all involved and we look forward to seeing this event delivered annually 😊



HOLIDAY PROGRAMME

Over the July school holidays Netball Mainland ran a Holiday Programme over in Hokitika. It was great to have the handy services of Tactix players Jess and Bailey with us. We had the Westland High School gym to run the programme in although, we were hoping the weather may hold out and we could have a run around outside, but true to west coast style, the rain rolled in. Bailey being our shooting expert, worked on the girls shooting. Jess worked on the girl's defence and Amy on their movement. There was a great turnout, with some awesome and enthusiastic children. Thank you to all the parents and children who participated. We really look forward to getting over there again.



JUNIOR NETBALL



It has been awesome to see so many programmes being endorsed. Congratulations to North Canterbury, South Canterbury, Marlborough, Selwyn, Hurunui and Temuka who are now all endorsed netball Centres. As the ANZ futureFERNs programmes have finished in most Centres, I would like to say thank you to everyone who has been involved and for all your contributions and hard work.

PERFORMANCE

New Zealand U19 Age Groups Hosted by Nelson Netball

Final Placings:

3 rd	Christchurch
13 th	North Canterbury
17 th	Tasman

Tournament Team

Caitlin Dowdon	Christchurch
Emma Mabin	Christchurch

New Zealand U17 Age Groups Hosted by North Canterbury Netball

Final Placings:

17 th	Christchurch A
22 nd	Nelson
25 th	Christchurch B
27 th	South Canterbury
28 th	Mid Canterbury
29 th	Selwyn
30 th	North Canterbury
38 th	Marlborough

Tournament Team

Jess Allan	Christchurch
Tali Uia	Nelson

Congratulations to all Players, Coaches, Umpires, Volunteers from throughout the Zone who contributed to two very successful events.

Prime Minister's Scholarships

The second and third Prime Minister's Scholarship ceremonies for 2016 took place at the Trust Arena, Auckland (Friday 13 May) and the Commodore Hotel, Christchurch (Monday 23 May).

In 2016, 493 recipients will be acknowledged (including 346 athletes, 17 retiring athletes, 23 coaches, 50 officials and 57 to support personnel) at three ceremonies to be held across the country. Every year the Government invests \$4.25 million in the Prime Minister's Scholarship programme which helps up-and-coming athletes and those working with them, to pursue their sporting dreams while continuing their education or professional development.

2016 recipients from Mainland: Erikana Pedersen, Caitlin Dowden, Charlotte Elley, Jessica Moulds, Kate Lloyd (below with Sir Paul Collins), Bailey Mes and Zoe Walker (below). Congrats Ladies 😊



Mainland Tactix/Mainland Beko teams End-of Season Awards Function 2016



Mwai Kumwenda was recognised as the Player of the Year at the Mainland Tactix Awards and Dinner at Addington Raceway on Thursday 21 July 2016.

This is the third time the Malawian international has won the award, with the shooter having a standout season netting 403 goals at 89%.

In other awards on the night, Jess Moulds was voted Members' Player of the Year and recognised for 50 ANZ Championship matches, Charlotte Elley was recognised as the Rookie of the Year, and Erikana Pedersen the Players' Player of the Year.

Hannah Poff and Alex Macleod-Smith were recognised for their performances for Mainland, jointly awarded the Beko Netball League Player of the Year.

National honours were also recognised and met with rapturous applause from the 120 guests for:

Silver Ferns Squad - Bailey Mes, Jess Moulds
Silver Ferns Development Squad - Zoe Walker, Erikana Pedersen
NZU21 - Charlotte Elley, Caitlin Dowden, Kate Lloyd
NZSS - Lily Marshall
NZA coach - Marianne Delaney-Hoshek
FAST5 Ferns manager - Leanne Harris

We wish to thank former Tactix captain and Silver Fern Maree Bowden who emceed the night, as well as, New Zealand hockey legend Pat Barwick who regaled the audience with an insight into her extensive coaching and playing experience.

Netball Mainland U15 Zone Championships

The Netball Mainland Zone U15 Championships got underway at a variety of venues across the Zone, providing competition for some of the best U15 players and development opportunities for coaches and umpires from across the Zone.



First round results:

RESULTS TABLE: POOL A

	ChCh 1	Sth Canty 1	North Canty 1	Malvern	POINTS	PLACE
ChCh 1		42-19 4	32-25 4	49-18 4	12	1
Sth Canty 1	19-42 0		18-53 0	35-21 4	4	3
North Canty 1	25-32 0	53-18 4		51-12 4	8	2
Malvern	18-49 0	21-35 0	12-51 0		0	4

RESULTS TABLE: POOL B

	ChCh 2	Selwyn 1	North Canty 2	Mid Canty 2	POINTS	PLACE
ChCh 2		38-22 4	50-17 4	47-11 4	12	1
Selwyn 1	24-38 0		34-31 4	49-20 4	8	2
North Canty 2	17-50 0	31-34 1		34-24 4	5	3
Mid Canty 2	11-47 0	20-49 0	24-34 0		0	4

RESULTS TABLE: POOL C

	CHCH 3	Marlborough	South Canty 2	Hokitika	POINTS	PLACE
CHCH 3		18-23 0	37-11 4	42-19 4	8	2
Marlborough	23-18 4		31-9 4	28-15 4	12	1
South Canty 2	11-37 0	9-31 0		17-23 0	0	4
Hokitika	19-42 0	15-28 0	23-17 4		4	3

RESULTS TABLE: POOL D

	Nelson	Mid Canty 1	Selwyn 2	Nelson Inv	POINTS	PLACE
Nelson		33-27 4	25-20 4	37-22 4	12	1
Mid Canty 1	27-33 0		23-20 4	26-19 4	8	2
Selwyn 2	20-25 0	20-23 1		18-14 4	5	3
Nelson inv	22-37 0	19-26 0	14-18 0		0	4



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NEW WORLD



Phase 2 Draw

POOL W	POOL X	POOL Y	POOL Z
<u>Host: Marlborough</u> A1 Christchurch 1 B2 Selwyn 1 C1 Marlborough D2 Mid Canterbury 1	<u>Host: Marlborough</u> B1 Christchurch 2 A2 North Canterbury 1 D1 Nelson C2 Christchurch 3	<u>Host: South Canterbury</u> A3 South Canterbury 1 B4 Mid Canterbury 2 C3 Hokitika D4 Invitation Team	<u>Host: South Canterbury</u> A4 Malvern B3 North Canterbury 2 C4 South Canterbury 2 D3 Selwyn 2

PHASE 2: AUG 7

POOL	W (Marlborough)	X (Marlborough)	Y (South Canterbury)	Z (South Canterbury)
4 x 10 min games				
9.30 am	Christchurch 1 v Mid Canterbury 1 Court: Umpires:	Christchurch 2 v Christchurch 3 Court: Umpires:	South Canterbury 1 v Invitation Team Court: Umpires:	Malvern v Selwyn 2 Court: Umpires:
	Selwyn 1 v Marlborough Court: Umpires:	North Canterbury v Nelson Court: Umpires:	Mid Canterbury 2 v Hokitika Court: Umpires:	North Canterbury 2 v South Canterbury 2 Court: Umpires:
11.30 am	Christchurch 1 v Selwyn 1 Court: Umpires:	Christchurch 2 v North Canterbury Court: Umpires:	South Canterbury 1 v Mid Canterbury 2 Court: Umpires:	Malvern v North Canterbury 2 Court: Umpires:
	Marlborough v Mid Canterbury 1 Court: Umpires:	Christchurch 3 v Nelson Court: Umpires:	Invitation Team v Hokitika Court: Umpires:	Selwyn 2 v South Canterbury 2 Court: Umpires:
1.30 pm	Christchurch 1 v Marlborough Court: Umpires:	Christchurch 2 v Nelson Court: Umpires:	South Canterbury 1 v Hokitika Court: Umpires:	North Canterbury 2 v Selwyn 2 Court: Umpires:
	Selwyn 1 v Mid Canterbury 1 Court: Umpires:	North Canterbury v Christchurch 3 Court: Umpires:	Mid Canterbury 2 v Invitation Team Court: Umpires:	Malvern v South Canterbury 2 Court: Umpires:

TACTIX

Performing Under Pressure

One area the Mainland Tactix team are getting better at is, performing under pressure.

We are a long way off from being the best team however the signs are stronger than before.

The Southern Steel's performances this year showed great composure, calmness and strength under pressure, this was seen in a reduction of error rate and possession maintained in each game.

WBOP Magic stepped up and enjoyed the pressure in the constellation cup final, all the players showed their teams aura, they were all connected from the start, no team was going to stop this belief in the finals match. Small chinks were seen in the Steel's armour for the first time during this game, they weren't connected and mistakes crept back into their game.

The following week for Steel was about regrouping and gathering their team's mantra again. The Steel stepped up once again to the pressure of the Firebirds. The Australian commentators talked about the amount of finals experience both teams had, Firebirds out weighing the Steel greatly. The Steel lost however the learnings from being in the final will grow each of those players tremendously, On the flip side, the Magic flounder in their final against the Swifts, consistency of practicing the mantra wasn't as strong as the Swifts, they owned the court and stamped their authority early and the end result was a one sided game.

Consistency is the key, enjoying the pressure is what is learnt over time, not being intimidated by anyone or by themselves. Players can be their own worst enemy and only they can stop this. Encouraging and enjoying the onslaught of pressure is a skill that each player should learn and practice. Your own team mantra needs to be practiced. "I am the greatest". He said it enough that no one in the world didn't believe that.

Do you have a team mantra? It's not too late to get one as you will be heading towards the finals and this will certainly get you stronger as a team. "we will never give up" "we will fight to the end"

Focus is another area to work on, be in the moment, remember that you have to practice to focus. Sit and concentrate on one object for 1 minute, don't let your mind drift from that object. It is hard yet we want our players to focus for 60 minutes in a game. They need to practice this regularly and practice blocking out of other thoughts and just think of that object. Mental practice is vital but be specific, do it often. When a mistake is made, one of the first comments made by coaches is they lost their focus. The player will beat themselves up instead of remembering what the thing is they are to focus on. E.G. Remind them how great they are on their shot when they focus on the top of the ring. You need to know what each players trigger is to get them back on task.

Pressure is great and it should be encouraged to enjoyed not feared, focus on what the benefits are of the task and how great it will be when completed, that's the fun of completing or is it competing?

Sue Hawkins

Mainland Tactix Head Coach



What's coming up for coaches...

The 2016 Stronger Together Roadshow

Get in quick and register for this fantastic opportunity to work with Tactix Coach Sue Hawkins, looking at strong one on one defence, as she travels around the Mainland zone delivering at various Centres. See dates and venues below as well as a link to register:

STRONGER TOGETHER ROAD SHOW 2016

OBJECTIVE:

- To develop the knowledge and confidence of coaches to teach their players strong one on one marking when on defence.

COACHES SESSION:

- The session is open to all coaches with a maximum number of 40 coaches
- Coaches register and pay \$20 online through Sportsground – see link below which includes **dates, venues and time**
<http://www.sportsground.co.nz/netballmainland>
- Coaches will receive a hand out at the session as well as access to an online video of the session (we ask that coaches do not film the session themselves please)
- Session will cover: A recap on shooting technique (which was delivered last year) followed by a 'Stronger Together' theme in defence, working on the skills needed to maintain defence over 4 seconds.
- Coaches to bring: Note paper and pen



COACHING

This month we have seen many coaches putting their hands up for more coach development opportunities which is fantastic to see, as these coaches are showing a real commitment to taking their coaching to the next level.

For every coach that invests in their own learning, there are ten players that benefit directly from this. Research tells us that players are more likely to stay in sport if they feel they've had a quality experience which involves a mixture of fun, exploration, high time on task and learning at their level.

A huge thank you to all of our coaches for all that you do and all the best for the final few weeks of your season. For more information around what development opportunities are available please contact Tammy.Mehrtens@netballmainland.co.nz

Just as coaches want to develop and improve, it is also very important for our coach developers to be continually improving and keeping up with national best practice.

This month, Netball Mainland, along with many other Canterbury sport organisations have been fortunate enough to receive specific coach developer training and mentoring from Sport Canterbury and Sport New Zealand. We have been looking at how we can make our modules more interesting, engaging and beneficial for our coaches, and we are now trialling some creative new ideas to achieve this. If coaches that have attended our workshops have any feedback to offer around this, we welcome you to get in touch!

This month we've had the chance to get out and about and observe many of our talented secondary school students who are giving coaching a go this year. Many secondary schools across the country have taken up a wonderful Sport New Zealand initiative called "Growing Coaches", which supports students to learn about coaching as part of the NCEA studies as well as coach junior teams to get the practical experience needed. These students also work alongside coach developers in their chosen sport to upskill in the sport specific knowledge and understanding. This has seen Netball Mainland work with over 50 students who are now coaching netball in various Christchurch schools. It is fantastic to see such a growth in netball coaches in our region, and we hope that by supporting them with ongoing support they will continue to coach in the years to come.

Best wishes from us here at Netball Mainland



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