

# Mainland Matters – October 2016



## MESSAGE FROM THE CEO

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Firstly, a big thank you to everyone from our Centres across the Zone for participating in our recent Zone Centre Forum. There was lots of good discussion, plans and feedback for 2017 and beyond.

We have sent all the presentations and notes out to Centres, and look forward to working with you all in the future.

Planning is well underway for the introduction of the new elite competition, Beko Netball League and Netball Mainland Strategic Plan, to align with the "Netball in New Zealand Whole of Netball Plan" – a 'road map' for our sport.



The draft Strategic Plan goes to the Netball Mainland Board on Wednesday 16 November for ratification.

Recruitment of Beko Coaching staff and Manager is in the final stages and we will be conducting our Zone Beko player trials over the weekend of 19 and 20 November.

### Event and Business Relationship Manager

I am pleased to announce that we have a new member of the Netball Mainland family, Sally Hayes, will be joining us as our "Events and Business Relationship Manager" (Clare Cini's old role) starting on Monday 31 October 2016.

Sally was educated in Canterbury at Ellesmere College before heading down to Dunedin, where she completed a Bachelor of Physical Education with a double major in Exercise Prescription and Sport & Leisure Studies at the School of Physical Education at the University of Otago in 2009. And in 2010 she completed a Commerce Degree, majoring in Management.

Towards the end of her studies in 2010, she was successful in attaining a position at Sport Southland as an Events Advisor which she held for four years. Over the past 22 months Sally has been the Major Events Co-ordinator at Venture Southland.

During her time at both Sport Southland and Venture Southland, she was the Event Director for numerous events varying in size from several hundred participants to over 11,000 participants and which ranged in duration from one day events up to six days. Managing all aspects of an event; budget, sponsorship, marketing, website and social media, staff and volunteer recruitment/management, Health & Safety and logistics.

Sally's interests outside of work are in netball, running, mountain biking, coaching and competing in multi-sport and iron-man events, having been a top swimmer and professional surf life saver.

Kind regards, Brigit



AVON CITY FORD



NEW WORLD



## HOT OFF THE PRESS...

The new six team, elite netball competition in New Zealand, will be called the “ANZ Premiership Netball competition.” Watch out for your team, the Mainland Tactix, competing in 2017 – five home games at Horncastle Arena in Christchurch and one home game at Trafalgar Centre in Nelson. Dates and times to be confirmed (games 26 March to 28 June 2017).

### Logo



### ANZ Premiership digital channels summary

**Website:** [www.ANZPremiership.co.nz](http://www.ANZPremiership.co.nz)

**Facebook:** [www.facebook.com/ANZPremiership](http://www.facebook.com/ANZPremiership)

**Twitter:** [www.twitter.com/anzpremiership](http://www.twitter.com/anzpremiership)

**Instagram:** @anzpremiership

**YouTube:** ANZPremiershipTV

**Hashtag:** #ANZP

# COMMUNITY

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## NETBALL MAINLAND ZONE FORUM



The annual NM Zone Forum was held in Christchurch over the weekend of 8<sup>th</sup> and 9<sup>th</sup> October. It was great having everyone together. Thank you for your input, time and passion for our sport 😊

One of the key themes that were highlighted at the recent NM Zone Forum was Communication. The desired outcome or goal of any communication process is **understanding**. We (Zone/Centres/NNZ) all play an important part in ensuring communication is effective and successful – in other words everyone understands. NM have as a result identified a number of opportunities which we hope will aid in ensuring there is more understanding of processes, roles and programmes from now and into the 2017 season.

### Connect Roadshow

Between now and the start of the 2017 season we will be making a time to meet with every Netball Centre. This may be attendance at AGM's, Planning meetings, coffee chats etc. We will be in touch with some proposed dates, however if you have a desired time – please let us know!

### Zone/Centre Conference Call

Together with the *Connect Roadshow* we are wanting to establish a greater working relationship between Zone – Centre and Inter-Centre. With that in mind, each month we will hold a group Conference call with each Centres Administrator/Centre Manager/Secretary. We hope that this will encourage more information and knowledge sharing and provide another avenue for dissemination of information from a Zone perspective. Amy will be in touch to arrange the first conference catch up during November 😊

## Summary NM Zone Survey 2016

A link to drop box to view the presentations delivered at Forum has been sent to all Centre administrators – if you haven't seen this and would like to please contact your Centre.

The NM Zone Survey was sent to all Netball Centres and distributed to its members. We will continue to review our current practice and conduct a review every two years.

Results from this survey revealed the below:

*83% of respondents said Netball Mainland's communication was either meeting or exceeding their expectations*

However, room to improve areas include:

- Greater clarity of NM Zone roles and services available
- More face to face contact

*Half of the respondents felt there were sufficient opportunities for either Coach, Umpire and/or Bench Official development*

- NM work on a 2-year pro-rata system due to the geographical challenges our Zone presents: Greater clarity of pathways and what is available and when/where workshops etc. are will be more transparent
- The development of Coach and Officials development plans in each Centre aims to provide greater direction

*Only half of our members had heard of the WONP and even less were aware of how it should/can be implemented However 73% of respondents say their Centre aims to grow the game and understands their role in growing the game*

- NM will work with Centres to align their Strategic Plans with the WONP and provide greater alignment between NNZ, NM and the Centre

## 2017 NM Zone Forum recommendations

The general feedback after the 2016 Forum was that it was good value however more time was required for break out groups and Centre collaboration. Additionally, presentations need to be more interactive, allowing for questions.

We will certainly take on board these points in preparation for building the 2017 programme and appreciate your thoughts/feedback.

**Save this Date:**

**The 2017 NM Zone Forum will be Sat 7<sup>th</sup> and Sunday 8<sup>th</sup> October 2017**



## TECHNICAL OFFICIALS

We will have our final ZTODG meeting in November where we will look at planning and recommendations for the 2017 season. We look forward to sharing these with you as soon as available.

Thank you to all the bench officials that have supported local and NNZ events and tournaments this year 😊

## UMPIRE DEVELOPMENT

Thank you to those that were available to attend the NM Zone Forum and take part in the Officials break out group.

The three main outcomes that we hope to achieve in 2017 are:

1. On the job training- mentoring system for umpire Coach/Assessors
2. Umpire development plans created and in affect in each Centre
3. Communication and sharing of information – everyone to take responsibility for improving this

The ZUDG met for a strategic/planning meeting on 9th October with the following priorities established for 2017:

- Increase in Umpires umpiring at higher levels
- Retention and recruitment of Umpire Coach/Assessors
- Understand Centre needs and deliver appropriate modules

I look forward to sitting down with each Centre to work out what your specific Centre needs are and the development of an umpire development plan prior to the 2017 season commencing.

## Umpire Coach/Assessor applications

Applications have been sent to all Centres and previous umpire coach/assessors. If you have not received an application and wish to apply, please contact Amy immediately –

[amy.eckersley@netballmainland.co.nz](mailto:amy.eckersley@netballmainland.co.nz)

Just a reminder that to remain current every umpire coach/assessor must attend a workshop EVERY year – Intro, Level 1 or Update.

NZUDG and NNZ will be reviewing the applications soon and have appointments available ASAP.

## Umpire Theory Exams

### **NZ Theory Exam 2**

Congratulations to the following candidates that achieved their NZ Theory in September!

Laura Lowe	Nelson Netball Centre
Kathryn Gaze	Christchurch Netball Centre
Holly McLeish	Christchurch Netball Centre
Megan Carpenter	Selwyn Netball Centre
Jan Bromley	Selwyn Netball Centre

***2017 will see all Theory Exams moved to the online Learning and Development portal. Please watch this space for further developments.***

## **COACH DEVELOPMENT**

### Follow up from Forum

During the 2016 Netball Mainland Forum we discussed the need for a vision for coaching across the zone. Here is a summary what you told us that you want to see in all centres:

- Consistency in our coaches
- High quality coaching
- More coaches going through the development framework
- Growth in the number of coaches and retention/support of current coaches

The plan from here is combine your thoughts along with the strategies and visions of Netball NZ and Netball Mainland to create a coaching vision for the Mainland Zone that will guide our coach development work, from 2017 onwards.

## Coach Developer Training

During the weekend of the 15<sup>th</sup> and 16<sup>th</sup> of October, 14 incredible ladies came together for a weekend of learning, sharing, developing and fun. We are so privileged in the Mainland Zone to have a group of such passionate, knowledgeable and open minded people, who have put their hands up to be our coach developers (CDs).

Netball Mainland was extremely fortunate to have expert assistance in the development of the course, from Hugh Galvan (Coach Developer Trainer from Sport NZ) and Tania Karauria (National Training Manager from Netball NZ). This support ensures we are delivering the most current coach developer content and that we are aligning to the national approach and philosophy.

The course was based around the outcome of developing confident coach developers. Throughout the weekend, CDs were provided opportunities to practice new knowledge and gain feedback in a safe learning environment. As Trainers, we loved watching those who were more experience in Coach Development take leadership roles throughout the weekend and support those who are new to this area. The interactive nature of the course allowed the developers to bounce thoughts off each other and share ideas.

We also hosted several guest speakers who were able to delve into key topics such as Physical Literacy (presented by Susie Stevens from Physical Education NZ) and Netball Smart (presented by Sharon Kearny), which will be invaluable for our developers to have knowledge around moving forward.

The feedback we received about the weekend from our developers was overwhelming and something we are very proud of. All participants rated a 5 out 5 in terms of how valuable the course was and all participants said their confidence grew by at least 2 levels on a scale of 1 – 5. Here is what else they said:

- “The course was really enjoyable and one of the most thought provoking/change your thinking courses I have attended”
- “I loved sharing ideas with likeminded people”
- “This was one of the best PD courses I have been to”
- “Everyone was growing at their own level and it was engaging and interactive”
- “There was the right amount of challenge, learning and support”

The plan from here is to get the new developers co-delivering workshops over the coming months which should see them accredited and ready to go by mid-2017. I will be in touch with Centres Coach Coordinators to discuss the process from here.



# PERFORMANCE

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## AGE GROUP

### National Age Group Tournaments 2017

Announcement of where National Age Group tournaments are to be held (U17 and U19's):

Event	Location	Dates	Entry Fee
Netball NZ U19 Champs	ASB Sports Centre, Wellington	Monday 10 – Thursday 13 July	\$425 + GST
Netball NZ U17 Champs	Pukekohe Netball Centre, Pukekohe	Monday 17 – Thursday 20 July	\$375 + GST
NZ Secondary Schools Netball Champs	Energy Events Centre, Rotorua	Tuesday 10 – Friday 13 October	\$400 + GST

## COMPETITIONS

### Zone SuperClub

Working party to be created to look at timing and rule changes including cluster teams from 2017 onwards please contact Jen on [jen.hooper@netballmainland.co.nz](mailto:jen.hooper@netballmainland.co.nz) if you wish to be involved.

### U15 Zone Tournament

Dates for 2017  
August 6<sup>th</sup>  
August 13<sup>th</sup>  
August 20<sup>th</sup>

**Expersion of interest forms to host are due back to Jen by the 11<sup>th</sup> November 2016**

Rule changes for 2017:

Players must play a minium of 50% of court time each round  
Tournament maybe played indoors

**Confirmed by all in attendance that the only U15 Rep tournament in the Zone for Centres to participate in is the Netball Mainland U15 Zone tournament (includes U14)**

### Player loading/Trialling early/Playing too many tournaments

Player loading surveys identified that players are trialling too early; competing in too many tournaments; coaches aren't encouraging players playing multiple sports.

Coaches need to make more informed decisions around season planning keeping in mind player loading and welfare. Coaches to encourage participation in other sports which enhances development and keeps our players in Netball for life – not burn out.

**Festival days rather than representative tournaments for juniors (Primary school age)**

Agreed by all in attendance that any yr 8 player and below doesn't engage in a representative team/tournament. Creating more opportunities for more players to be exposed to tournament environments

**ZONE TALENT DEVELOPMENT**

**Talant Development**

Netball New Zealand are in the process of launching a new Talant Development program once this has been confirmed Netball Mainland will align our Zone program.

**Netball Mainland BEKO Netball League Trials**



The poster features a background image of netball players in action on a court. A netball is suspended in the air near the hoop. The text is overlaid on this image. At the top right is the Netball Mainland logo. The central text reads: 'Netball Mainland 2016/2017 BEKO Netball League Trials 19th-20th November 2016 Apollo Projects Centre CHRISTCHURCH'. Below this, it states: 'This is an open trial, but all trialists must pre-register at the following link: www.sporty.co.nz/netballmainland'. At the bottom, it says 'Registrations close 31st October 2016' and features the 'beko netball league' logo.

## PLANNING FOR THE NEXT SEASON STARTS NOW!

No matter what level of coach you are remember that you need to plan. What that looks like will be different for every coach. There are key points below for you to consider when planning for 2017.

1. Review your campaign for this year. You may be surprised at what you find out from players and staff. Whatever the information reveals use it in a moving forward process not a negative comment on your program.
2. There is the “Stop, Start and Continue” system or you may want to work your own language that suits your group. What worked and why it worked? What didn’t work and why? Moving forward is there anything else we can do or use to make our program better than before? What is the leading information and research out there that can make the difference? Whatever process you use include everyone in the process.
3. When you have gathered all your information, you have two choices, stay as you are and do what you have been doing or change it up! By changing just one thing this may give great stimulation to you and your team for 2017.
4. Set up an Excel spread sheet which shows all weeks leading into the competition and then the dates of the matches you are playing. Put in all Public Holidays or personal dates that players and staff have given you.
5. Be realistic, remember that your players may be playing other sports or are at school/uni so be aware of any ‘**hot spots**’ for them with exams or heavy loads with assessment. Include birthdays or special events.
6. If you are working with school age players, you may need to chat to the school to find out what their requirements are of those athletes. If they are on scholarships at the school this may demand more, the key is to make sure you are not overloading the player with trainings and fitness work. Be on the same page early with the relevant people so that communication is open and two ways.
7. Consult with your staff and players with the plan, this may take a few weeks but once you have it right then everyone agrees and owns the program and the dates of training. It’s all agreed upon and the program runs smoothly.
8. Set up meeting throughout the campaign with staff and players. Review how everything or everyone is travelling so that there are no surprises at the end of the year review. By having meetings, you will be on top of any waves that are occurring early. If there are issues than consult with relevant personnel or seek advice, if you don’t have an answer on the spot give yourself breathing space and find answers.
9. Book early, the demand for space on courts gets crowded through a season so get in and make those bookings.

10. Pre-season fitness? What is that looking like and how fit do you want your players at the beginning of the competition? If they are playing another sport be mindful that they may only require some fast feet work to bring them up to speed. Set a standard and make the players accountable for their fitness. The fitter they are the better their skill level becomes as they can work at a higher rate and for longer. A great deal of teams become fit through the season and this won't get you the points required in the early part of the season. Seek advice on fitness as age and stage are important factors see who in your club has got qualifications.
11. Medical support? Contact a local physio and see if anyone is willing to donate some time to your team, good advertising for them.
12. What is your qualification? It's critical that you are upskilling all the time. Make sure you find out when Netball Mainland or your Centre are running courses for accreditation. This is where you learn from others and sharing ideas and upskilling is vital for everyone. Even as a Head Coach I am always seeking seminars or High Performance courses to attend. So keep an eye on the web pages and keep in touch with what NNZ are putting out there for the benefit of our great game.
13. Make a list of all the skills and tactics you want to use and then allocate time for these in trainings. Don't leave it to chance!
14. Plan for the 'What if's.' I remember one year out of my starting 12, I had six fall pregnant, the following year we had none. I thought it was something in the water supply in Auckland. Maybe there was something put into the next year's water 😊.

Lastly remember if you don't plan then you are really planning to fail. Be organised and seek out people to help you, we are never too young or old to learn new tricks 😊

**Sue Hawkins – Tactix Head Coach**



We're all  
about  
you



Espresso  
Carwash



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NEW WORLD



## OTHER

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### **INCORPORATED SOCIETIES/ FINANCIAL RECORDS**

Netball New Zealand has been working with the Zones to ensure that all Netball Centres are up to date with their Incorporated Societies status.

#### **Netball New Zealand (NNZ) requirement**

The NNZ Constitution (7.3 c) requires all Centres to be a registered Incorporated Society.

The status primarily;

- Protects the members of the Centre and ensures they are not personally liable for the society's debts, contracts or other obligations (Incorporated Societies Act 1908)
- Enables Centres to be eligible to apply for funding

#### **Requirements of Incorporation**

As a registered Incorporated Society the entity must;

1. Upload an organisational Constitution

The NNZ constitution (Centres 7e) states that Centres;  
Adopt the Objects of NNZ and the Objects of the relevant Zone and adopt a Constitution which is consistent with this Constitution and the Constitution of the relevant Zone.

In order to assist Centres with developing and adopting such a Constitution a NNZ Centre Constitution Template was developed and circulated.

2. Annually submit their financial accounts.

Not meeting these requirements may result in an entity being struck off the register.

#### **Centres Registered as a Charity and Incorporated Society**

Some Centres are registered with both the Charities Commission and the Companies Office.

Should a Centre choose to be a charity it must also be Incorporated Society as this legally protects the Centre and its members.

The following information clarifies the requirements of registered Charities to maintain their Incorporated Society status:

- If a Centre wishes to be registered as a Charity they will remain registered on the Companies Office as an Incorporated Society as long as they continue to upload the annual financial return to the Charities Commission.
- If a Centre is a registered Charity and makes alterations to their Constitution then the documents must be uploaded to **BOTH** the Companies Office and the Charities Register.

If you have any queries regarding uploading or updating Constitutions and/or Financials please contact Amy.

## HEALTH & SAFETY POLICY

### Reminder

All Centres need to be 'on top' of your H&S management programme/s – contact Jen Hooper for assistance with all matters H&S related.

## KEY DATES

**Saturday 19th and Sunday 20th November 2016** – Netball Mainland Zone Beko Trials (open) – Christchurch – enquiries via Jen Hooper

**Saturday 25th and Sunday 26<sup>th</sup> February 2017** – Netball New Zealand AGM and Council Meeting – Queenstown

Saturday 18<sup>th</sup> March 2017 – Netball Mainland AGM – Christchurch

Saturday 7<sup>th</sup> October and Sunday 8<sup>th</sup> October 2017 – Zone Centre Forum - Christchurch

**Best wishes from us here at Netball Mainland X**

