

# Mainland Matters – June 2017



## MESSAGE FROM THE CEO

I was out and about over the weekend and while very chilly, it was such a pleasure to see so many kids out on the courts - loving netball!!! At this time, I remember again how fortunate we are to be involved in such a fantastic sport, with so many well organised, hard working people, who make this all possible for both children and adults alike to participate.



Thank you to all Centres for providing your playing numbers, looking like being on about a par with last year. Coach, umpire and junior development programmes are in full swing.

Our Hellers Mainland Beko Netball League team, have performed outstandingly well, getting through to the final against Central. It was a closely fought game, with Central coming out the winners in the end by just two goals. This was a great achievement and shows the value of several new initiatives in the development space led by Performance Development Manager Jen Hooper. We have seen a number of performance coaches provided with an opportunity to work with the team, player development and the smooth transition of players between Beko and ANZP programmes.



The ANZP season is now finished, with a well-deserved inaugural competition win for the Southern Steel. Our own Silvermoon Tactix really put out some great Netball in the later stages of the competition under the coaching of Marianne Delaney-Hoshek, culminating in a very good win against a Northern Mystics team crammed full of Silver Ferns. Many of our Silvermoon Tactix players continue to be involved in coaching, playing and community engagements, having already completed in excess of 400 hours.



A big thank you and well done to all Silvermoon Tactix and Hellers Mainland players, coaches, management and support services staff for your hard work, determination and passion over the season. Bring on 2018 😊

Also a big thank you to our sponsors and funders for your on-going support, we hugely value your contribution as valuable members of the Mainland family.

Review processes across all areas and personnel involved in Mainland's ANZP and Beko programmes are underway, the results/recommendations from which will be implemented in our up-coming planning for 2018.

I trust your Centre competitions are all going well and we are looking forward to the NZ U19 and U17 champs in July and the first rounds of the Netball Mainland Zone Under 15 competition starting in early August.

All the very best to the Nelson Netball Centre, who are working closely with NNZ in hosting the inaugural Netball Super Club competition at the Trafalgar Centre in Nelson from Sunday 2<sup>nd</sup> July to Friday 7<sup>th</sup> July 2017.

Take care and see you courtside soon 😊

Kind regards, Brigit

## COMMUNITY

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This month we celebrated National Volunteer Week which was a great chance for us all to say a huge 'thank you' to our amazing volunteer community. Netball in New Zealand just would not happen without these incredible people, so here at Netball Mainland we are keen to create a volunteer management plan to ensure we are always recruiting, retaining and recognizing our volunteers. We'd love to hear your thoughts and ideas on how you do this in your centres and clubs so that we can share this best practice.

This month has also seen Netball Mainland host the first mid year forum for our Netball Development Officers across the centres. This forum came from NDO feedback that they value the time to chat and learn from each other given the role can be quite isolated. The focus of the day was to share best practice, discuss topical challenges and plan for the future using a SWOT analysis. Netball New Zealand's National Training Manager, Tania Karauria joined us to share the latest from NNZ and to answer any key questions. It was great to have everyone together and we look forward to seeing everyone again very soon.

### COACH DEVELOPMENT

On 18 June 2017 a number of coach developers from within the zone attended a forum to reconnect and to further develop their skills as facilitators. Sport NZ aided the coach developers with skills and tips to engage their audience within the first five minutes. They were also introduced to motivational interviewing, an international engagement tool used around the world to guide and motivate people to achieve their goals. Lastly, Netball New Zealand National Training Manager, Tania Karauria, provided support and encouragement to the coach developers in their journey as coach developers.

Building relationships with the centres is a priority for Netball Mainland staff. It was wonderful to see players and coaches in action during a recent visit to the Hurrinui competition in Cheviot.



## ANZ futureFERNs

It has been great to get out and about to all centres over the last 2 months and to report that all centres are now officially endorsed in the ANZ future FERNs programme. Well done to all involved, you can look forward to your certificates arriving in the next couple of weeks. Our Silvermoon Tactix players have also been out and about this month running netball sessions in schools.



Brooke, Erikana and Charlotte enjoyed a run around with the Buller Netballers



Jess and Kadeen loved their session with Hornby

## Holiday Programmes

Netball Mainland Junior Coordinators are running a school holiday programme with the Silvermoon Tactix players in the second week of the school holidays in the Hurunui area.

Where : Amuri Area School, Culverden

When : Friday 21<sup>st</sup> 12pm-4pm

Who : Years 1 – 8

Price : \$10pp

## UMPIRE DEVELOPMENT

Congratulations to the below umpires who have been appointed to National Events

### U19 appointments

Jane Hickmott	Christchurch
Rianna Oosthuizen	North Canterbury
Kiani Smith	Selwyn
Michelle Stagg	Marlborough

### U17 appointments

Jamie Smith	Christchurch (u19 reserve umpire)
Jose Zandbergen	South Canterbury
Aleisha Whitehead	Christchurch
Natasha Fraser	Christchurch
Rebecca Reside	Christchurch

### Reserves in order

Sarah Masterton	Christchurch
Caleb Binns	Nelson
Ethan Tuhua	Selwyn
Sam Metherell	Christchurch



AVON CITY FORD



SILVERMOON



## MAJOUR PARTNERS



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On Open Day attend special lectures, tour the campus, schools, departments and some of our state-of-the-art new facilities. Get all your student life questions answered at the Information Hub, find out about accommodation options, and what the UCSA and Student Success do to help students succeed at UC.

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Register now at [www.canterbury.ac.nz/openday](http://www.canterbury.ac.nz/openday)

## HIGH PERFORMANCE

### A NOTE FROM THE COACH

Another season is finished and it was exciting to finish on a winning note beating the Mystics. Everything seemed to come together and it makes next year even more exciting.

With the finish of the season my job immediately is to contract players for the following season. It is a massive puzzle to put together.

The first thing I need to think around is what is my vision for the next 3 years? When I know where we are going- this helps with selections.



Before you select any team, it is good to put together a selection policy document that can be used to keep you going in the right direction. In this document, you should include your vision with attributes you are looking for. It is good to get that document to any other selectors that may be helping as then it gives them a picture of what you are after.

Make sure you are not the only selector if possible- it is best to have a panel. Chose some people who might have different ideas to you so that you can have some robust conversations. In the end, it is your right to have the final say, however, it is great to have those discussions.

Things that I always look at in selections are- past performance, potential, character, fitness testing results and who I might connect with as a player. It is also good to do a spread sheet to work out what kind of coverage you might have across the court. If taking a group of 10 you need to make sure nearly every player can play 2 positions.

I never accept other people's view on a player's character as gospel- I believe as a coach you should be able to work with different types of characters and it is our job to make it work. However, if there are 2 players of equal ability- character will often be the clincher.

At the actual trials, it is good to get out on court and run some skills- often we pick up on how a player learns and notice things we may not in game play. For an even more rigorous process- putting players through several scenarios can be good too- you can see who are the thinkers this way.

Make sure you have a system which allows everyone to have a minimum number of trials- I usually put everyone on twice randomly and then be a little bit more strategic.

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

