

Mainland Matters – December 2016



MESSAGE FROM THE CEO

Well, it has certainly been a very busy year, with lots of highlights.

The more recent being the first NM Zone recipients of the new NNZ Performance Coach Qualification; Jen Hooper, Nic Kelly and Peter McInnes. Congratulations!

Mainland Tactix player Charlotte Elley was named in the NNZ Under 21 squad which from which will be selected the team to go to the Netball World Youth Cup in Botswana in 2017. Fellow Tactix players; Erikana Pedersen, Zoe Walker and Jess Moulds were named in the 2017 Silver Ferns Development Squad.



Planning is on-going for next year and the new 2017 ANZ Premiership Netball Competition and Beko Netball League seasons. Take a look at our website www.netballmainland.co.nz for competition dates and other Zone related news and information.

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.

I want to pass on my thanks to everyone across our Zone for all your hard work, passion and support for Netball. You are wonderful and my team and I look forward to working with you all in 2017.

This is the final newsletter for 2016, we'll back in February 2017 with more 'Mainland Matters'!

The Netball Mainland Office/Apollo Projects Centre will be closed from 4.00 p.m. on Friday 23rd December 2016 and re-open at 8.30 a.m. on Monday 9th January 2016.

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

Kind regards, Brigit



VOLUNTEERS AWARDED FOR EFFORTS AT NZ NETBALL AWARDS



Without the hard work of hundreds of volunteers across Zones, Centres and Clubs, Netball in New Zealand would not be the success it is today.

To honour this, four outstanding volunteers were acknowledged for their services to the sport with a New World Volunteer of the Year award, at the recent 2016 NZ Netball Awards in Auckland.

Two of the recipients were from the NM Zone; New World Youth Volunteer of the Year - Taylah Kirker from Nelson (left hand end) and New World Volunteer Administrator of the Year - Karla Newlands from Ashburton (right hand end).

Kirker is moving to Christchurch next year to study health science at the University of Canterbury. But for now she's busy on the touch rugby fields, her eagerness to volunteer carrying over to the summer codes as well.

Congratulations ladies!

PERFORMANCE COACH QUALIFICATIONS



Pictured left to right: NM CEO Brigit Hearn, Peter McInnes (PCQ recipient), Jen Hooper (PCQ recipient) and Kirsten Hellier (NNZ National Coach Development Manager). Absent: Nic Kelly

Netball New Zealand (NNZ) welcomed the first group to have completed the Performance Coach Qualification (PCQ), in the process adding to the depth of coaching talent around the country.

There has been a revamp of the NNZ Coaching Framework with the successful group of 11 undergoing at least two years' worth of work to complete specific modules and coaching observations on their way to gaining the qualification.

Often fitted in around their regular jobs, families and other coaching commitments, this is a significant step in their coaching careers which included specific concentration at the advanced level of mental skills, skill acquisition, enhancing performance, performance planning and analysis.

COMMUNITY

Connect Roadshow

Now that the season has ended, we have got busier and busier 😊 We have met with 13 of our 18 Netball Centres since the Forum in October and will be in touch to arrange a catch up with the remaining Centres early in the new year. This has been a great opportunity for the NM staff to meet face to face with Centre personnel and members and gain some quality feedback on how we can assist and provide support moving forward.

Zone/Centre Conference Call

Wednesday 23rd November, we connected in for the first Zone-Centre conference call. This was a successful start and we look forward to the monthly discussions that will recommence in Feb 2017. Minutes and meeting recordings are available for all Centre Managers and Administrators afterwards.

ANZ futureFERNs

Currently there is a lot of planning and locking in of dates so that I can get out and see all centres next year. This will mean I will be more hands on assisting and helping with all the challenges or problems you might have. But also it'll be great for me to see what is working well inside your centres. Will be great to get out and about and see you all.

Mother Earth has very kindly sponsored some dots for ANZ futureFERNs. These will be distributed to centres for you to use for your programmes next year.



The **ANZ futureFERNs Year 7&8** Programme provides young Netball stars with the opportunity to convert their Fundamental Movement Skills into Foundation Netball Skills (Sport Specific Skills) and refine their knowledge and understanding of game principles. This leads to players building their confidence and motivation allowing them to develop and succeed in Netball. This programme caters for a wide range of skill levels and aspirations, as players have different developmental needs regardless of age.

Enjoyment and fun are still key drivers for participation at this age, but at the same time, performance, challenge and improvement are starting to become key motivators for some players. To ensure children have the opportunity to apply their skills and stay motivated, competitive events are recommended but the emphasis is still on improving skill and tactical development. It is critical that Netball continues to cater for all players, regardless of their stage of development.

Too often Sports select the players who are taller and stronger at a young age and other players who may not have been through their pubescent growth spurt are made to feel they are 'not worthy'. This large pool of young athletes who are not selected, therefore have limited exposure to tournament opportunities that would enable them to learn and develop to their potential; while the selected few

receive more opportunities to excel. This oversight can be extremely damaging as sports not only miss out on exploring a player's true potential but may also turn that player off sport for life given that cognitively and emotionally they are not yet equipped to deal with this rejection.

National and International research indicates that for players to be successful they require many opportunities to develop physical, social, cognitive and spiritual skills in a non-threatening environment. Diversification of sporting opportunities is strongly encouraged right throughout Primary and Secondary School as it enables each child to develop a wide range of sport skills that will complement their Netball skills. It may be tempting to specialise at this age but this could be detrimental as it promotes one-sided development and increases the likelihood of injury and burn out.

Based on this research, Sport NZ recommendations and the ANZ futureFERNs philosophy, **Year 7&8 tournaments or events in the Netball Mainland Zone will be open entry** ensuring that any player or team wanting to participate is provided an opportunity to do so. **Trialling players for Centre rep teams in this age group is prohibited** and schools are encouraged to align to this philosophy as it is best for our young people and will provide a consistent message to all involved.

Players at this age level are not permitted to play in Centre U14/U15 representative sides which ensures that they remain playing and developing alongside their peers.

Any correspondence regarding...

ANZ futureFERNs please contact:

Tori Harding communityNetball@Netballmainland.co.nz

Amy Eckersley amy.eckersley@Netballmainland.co.nz

JUNIOR NETBALL

Holiday Programmes

In January the Mainland Tactix players will be joining us to run 3 Netball Holiday Programmes.

- 24th of January at the North Canterbury Netball Centre, Church Street Rangiora.
- 25th of January at Burnside High School outdoors courts, 151 Greers Rd
- 27th of January at the Selwyn Netball Centre, North Belt Lincoln

There will be lots of fun, games and skills involved!

To register and for more information go to: <http://www.sporty.co.nz/netballmainland/Holiday-Programmes/tab1>



TECHNICAL OFFICIALS

New NNZ Badges for Technical Officials are now available. Zone badges can be ordered by Centres for new Zone accreditation. Please see our website for order form.



AVON CITY FORD



NEW WORLD



Netball Mainland will supply badges for all current National level Bench Officials with badges for newly accredited National Bench Officials to be supplied by NNZ.

Thank you to the members of the 2016 Zone Technical Officials Development Group:
Margaret Marsh, Kay Norris, Maree Morel, Claire Lewis, Sandra Munro and Anne Harrison

This group will recommence in February for the 2017 season.

UMPIRE DEVELOPMENT

NNZ Umpire Modules

The Umpire Development Modules are offered to complement the coaching of umpires towards accreditation at various levels. Umpire Coaches should also be encouraged to attend and continue their learning.

There are 7 modules able to be delivered by qualified Facilitators. Please contact Amy if you wish to book in for these for 2017. Check out the website for an overview of the module content and further details.

Umpire Coach/Assessors

Appointments have been made and all notified of level and term for 2017.

Umpire Coach / Assessor workshops 2017

Workshop	Venue	Date	Time	Fee	Facilitator
Intro	North Canterbury Netball Centre, Dudley Park, Church St RANGIORA	Saturday 11 March	10am – 4pm	\$20.00	NZUDG
Intro	Morgan's Rd, Netball Pavilion, Timaru	Sunday 12 March	10am – 4pm	\$20.00	NZUDG
Level 1	Lincoln Events Centre, 15 Meijer Dr, Lincoln	Saturday 18 March	10am – 2pm	\$15.00	NZUDG
Update	Saxton Stadium, 142 Saxton Road East, Stoke, Nelson	Monday 20 March	7pm – 9pm	\$10.00	Garratt Williamson - NNZ
Update	Lincoln Events Centre, 15 Meijer Dr, Lincoln	Saturday 25 March	10am – 12noon 2pm – 4pm**	\$10.00	Garratt Williamson - NNZ

****Note, additional workshop may be delivered if numbers permit**

Please register prior to Workshop at SPORTY <http://www.sporty.co.nz/netballmainland/Umpire-CoachAssessor-Workshops-2017?em=0&ts=0.9877472375971729>

Centre Umpire Development Plans

I have been fortunate to sit down with some Centres and work out what your specific needs are for the upcoming season. The creation of Centre Umpire Development plans will ensure there is focus and direction for Umpire Development with priority areas established. Please contact Amy or your ZUDG Hub representative if you want assistance with creating a plan. Template is available on the NM website.

Umpire Theory Exams

2017 will see the Zone Theory Exam continue and the NZ Theory Exam will be transferred to the online Learning and Development portal.

Adaptations to the current delivery model for the Centre Theory online exam will be communicated once confirmed.

ZUDG

Thank you to the members of the 2016 Zone Umpire Development Group:

Andy Vincent, Robyn Daly, Anne Marie Leech, Trudy Eaden, Aleisha Whitehead, Jose Zandbergen, Sue James (NZUDG), Sheena Tyrrell (NZUDG)

This group will recommence in February for the 2017 season.

COACH DEVELOPMENT

Coach Mentoring:

2016 has seen the development of a mentor programme that is set to roll out in 2017. This programme will see at least 10 mentors trained by expert staff at Sport Canterbury and Sport Tasman and will also be provided with ongoing support and training by NM. These mentors will then work with over 40 coaches across the zone to enhance their coaching confidence and competence as well as ensure they feel valued and supported in their role. The following year, those 40 coaches receiving mentoring will 'buddy up' with junior/beginning coaches to share their learnings and offer support to the next tier down.

Community Coach Awards:

Congratulations to the 22 new coaches who have completed their Community Coach Award this month. We thoroughly enjoyed a CCA weekend in South Canterbury with 16 coaches and we are also thrilled that Hayley, Anna, Nic, Erikana, Charlotte and Zoe from our Tactix team have also completed the award.

Planning:

It's been fantastic to travel around the zone this month to meet with centres and create individualised coach development plans for 2017. It is exciting to hear some great initiatives that centres are implementing to recruit, support and retain their coaches. We look forward to offering more modules than ever before in 2017 with our growing network of coach developers around the zone.



AVON CITY FORD



NEW WORLD



2017 Netball Mainland Coaches Conference

Netball Mainland are excited to share the details of the 2017 coaches conference.

What is this conference about?

Throughout the weekend, we have a range of interesting topics and fascinating guest speakers who will help bring the three key themes to life. Our objective is for you to discover a range of tools ideas and philosophies that will allow you to take away the bits *you* relate to, and apply them to enhance what *you* do in your specific coaching world. We know each coach brings their own skills, knowledge and flavour, so we believe in helping you to have the confidence and tools to *“be yourself, skilfully”*.

Themes:

Better Than Before:

Believing in and investing time into continuous learning with an open mind, to strive to be ‘better than before’

Stronger Together:

A one team approach where we collaborate, share ideas and support each other to become ‘stronger together’

We Live This Game:

Our coaching decisions are based around what is best for our players so that they will always ‘live this game’

Key Details:

When: Friday 27th, Saturday 28th and Sunday 29th of January 2017 (see agenda for times)

Where: Apollo Projects Centre, 295b Ilam Road ChCh (follow the path past the Jellie Park car park)

What to bring: Pen, paper, drink bottle, clothing you can be active in (food will be provided)

Cost: \$100

How to register: <http://www.sporty.co.nz/netballmainland/Coaching-Conference/tab1>

Agenda: http://www.mynetball.co.nz/images/zones/mainland/community/2016/2017_Netball_Mainland_Coaches_Conference_Agenda.pdf

Contact: Tammy Mehrstens on 0273320731 or tammy.mehrtens@netballmainland.co.nz

PERFORMANCE

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 will also be offering a more personalised support system to our Performance Umpires, invites will be out latter this week

Netball Mainland would like to congratulate the following athletes who have been selected to attend Netball New Zealands National Development Camp to be held at St Peters College in Cambridge from the 20th- 24th January.

Georgia White
Georgia Stroud
Jess Allen

Kelera Nawai
Lily Marshall
Malia Manoa

Olivia Clark

Netball Mainland BEKO Netball League Squad

Congratulations to the following players who have been selected in Netball Mainlands BEKO Squad for 2017.



Jess Allan
Ellie Bird
Caitlin Dowden
Alice Eddington
Bella James
Sarah Boomer
Mahara Feala
Lily Fletcher

Pare Gilmartin-Kara
Kereana Harris
Hannah Poff
Jess Shaw
Tiana Placid
Kayla Williams
Chloe Williamson
Terauriwa Harding

Olivia Coughlan
Katie Elmer
Sophia Fenwick
Kate Lloyd
Lily Marshall
Kelera Nawai

COMPETITIONS

Zone SuperClub

Working party has been created and consists of Angela Keenan (Hokitikia), Chris Rodda (Christchurch), Lindsay Filiata (Nelson) and Jen Hooper (NM). All updates will be communicated in due course.

U15 Zone Championship Venues

Nelson 6th of August West Coast 13th of August North Canterbury 20th August

With the removal of year 7/8 Representative teams an u14 grade will be trailed in 2017. Info and updated rules can be found on the NM website.



We're all
about
YOU

Play it
RIGHT
HANGING
LOOSE



Espresso
Carwash



AVON CITY FORD



NEW WORLD



NNZ Player Loading Guidelines

Will be communicated to Centres early 2017. Any queries in the meantime please contact Jen.

HIGH PERFORMANCE

Merry Christmas from the Netball Mainland Tactix team for 2016.

Have a safe, fun time and remember to slip, slop and slap on that sun screen as the sun in NZ is more vicious than in Australia.

At the present time the team is well into building their tolerance level physically and mentally for returning to the court on 9th January 2017.

The girls have been doing weights 3 times a week for the past 4 months, 2-3 conditioning sessions by themselves and some mental preparation so are on track for the start of the 2017 season.

12th December was the official kick off date for the new look Tactix team and fitness testing showed some positive results with the girls looking as fit or fitter than in previous years. With the fitness levels up this will mean we can hit the court in January full steam ahead.

With the team now being 10 it is a really tight knit group. Our first day was our Strategic planning day and from the onset - team mantra and values were reinforced or reinstated.. The main focus this year was to make sure that our identity was in alignment with Netball Mainland strategic plan and Netball NZ Strategic plan. It's important that what we do is to help the National coaches produce world class athletes that will win under pressure.

Our Values are similar to Netball Mainland Zone's which is; One team approach, Proactive, Integrity and Excellence. Your Tactix team are striving to create a new legacy in this new competition. The passion the girls spoke of about being a member and role model for our Zone was impressive.

In January the girls will be working hard at establishing and building their base and building the most important structures and skills through February and March. We have two Pre-seasons in March; one in Dunedin where we will play the Steel twice and then the following weekend in Otaki where we will play the other 4 franchises.



We have three new team members into our team for 2017: Brooke Leaver, Temalissi Fakahokotau and Kadeen Corbin. Their injection of enthusiasm and energy into our mix will be infectious.

I would like to say a huge thank you to Louise Thayer for her years of dedication to the Mainland Tactix and we wish her all the best with her new adventures.

We are aiming for an increase of 5% in everything we do on and off the court. To train within 2% of our best performance at all our trainings will mean that we are

working at the highest level at all times. With this intention it brings great enthusiasm and the team want members of the Zone to know that we are working hard to produce performances that you feel proud of .

Have a great Christmas and hope that Santa is on his way!

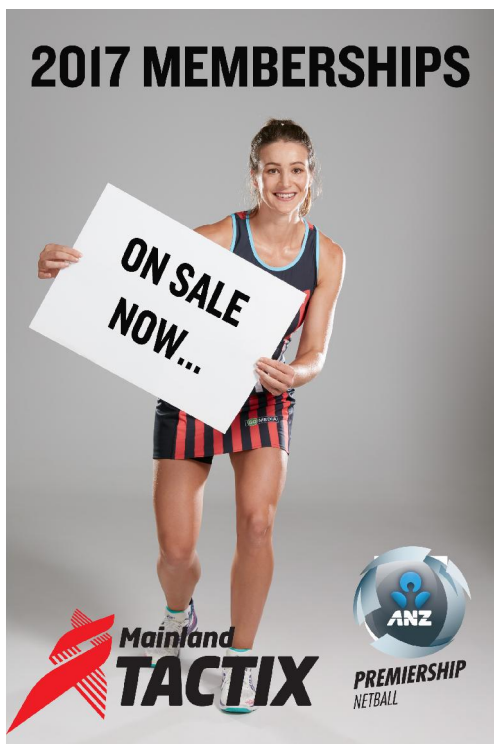
OTHER

TACTIX

The Mainland Tactix players are not only talented on the court but they all lead busy lives away from netball and this week 3 of them have seen the spoils of their hard work come to fruition. Congratulations to Zoe, Hayley and Nicola who have all graduated this week.



2017 MAINLAND TACTIX MEMBERSHIPS



Exciting news Mainland Tactix fans! 2017 Memberships are on sale now. With five great memberships to choose from – Platinum, Gold, Silver, Supporter and Junior Tactix – these memberships are strictly limited, so make sure you get in fast to become one of loyal members today!

If you are looking for the perfect Christmas gift for the netball fan in your life jump online to www.tactix.org.nz and secure your 2017 Membership now! We look forward to having you courtside and hearing you cheer on the team in 2017.

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

Netball Mainland Office closes – 4pm Friday 23rd December, 2016

Netball Mainland Offices reopens – 9am Monday 9th January, 2017

Wednesday 8th to Friday 10th February 2017 – National Development Forum - Auckland

Saturday 25th to Sunday 26th February 2017 – Netball New Zealand AGM and Council Meeting – Queenstown

Saturday 18th March 2017 – Netball Mainland AGM – Christchurch

Saturday 7th October and Sunday 8th October 2017 – Zone Centre Forum – Christchurch

And finally ... Christmas wouldn't be Christmas without some jokes ...

What do you call a broke Santa?

Saint – Nickel - Less

How does an elf get to Santa's workshop?

By icicle

What nationality is Santa Claus?

North Polish

What do you get if you deep fry Santa Claus?

Crisp Cringle

What does Santa suffer from if he gets trapped in a chimney?

Claustrophobia

Merry Christmas and Happy Holidays from us here at Netball Mainland ☺

