

# Mainland Matters – June 2018



## MESSAGE FROM THE CEO

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Well the netball season is in full swing, with national age group events to look forward to in July.

Last weekend I was in Auckland catching up with my daughter and watched her netball game at the Auckland Netball Centre. While the result was not as she would have liked, she loves playing netball with her friends, win or lose, rain or shine (you get both in one day in Auckland). she is just happy playing. It is times like this that remind me again how fantastic our sport is and thankful to the many well organised, hard-working people, who make this all possible for both children and adults alike to participate.



The Silvermoon Tactix are getting results on the court that are much better than before, as well as taking an active involvement in the community with over 300 hours of centre visits, sponsorship commitments and community activities keeping them all incredibly busy.

Our Hellers Mainland Beko Netball League team are performing outstandingly well and this programme is providing significant development opportunities for our players.

At time of writing, the points table in both the ANZP and Beko competitions is 'congested', with a number of teams vying for finals places. So get along and support your teams as they progress into the 'back half' of their respective competitions.

At the end of this month we farewell Megan Keith-Mitchell our wonderful Commercial Manager. She has a young family and is eager to spend more time with them, "the days are long but the years are short." Megan will still be involved with special project/funding initiatives. We will shortly advertise for a new Commercial Manager, so if there is anyone you are aware of with the skills and passion necessary, please do not hesitate to point them in our direction.

Take care and see you courtside.

Kind regards, Brigit



## **COMMUNITY ENGAGEMENT**

It was a pleasure to hold a breakfast for our Silvermoon Tactix members and what a better way to do this than at Super Sunday, on 10 June 2018. We hope everyone enjoyed meeting our Silvermoon Tactix players, as well as watching the six teams in action.



*Silvermoon Tactix Members Breakfast*

## **Netball Mainland's Facebook Page**

Follow the link to view all the activities across the Zone : <https://www.facebook.com/netballmainland>

## **2018 Silvermoon Tactix Draw – Home games**

Sunday 1 July – 4:10pm	Northern Mystics	Trafalgar Centre, Nelson
Wednesday 11 July – 7:40pm	Central Pulse	Horncastle Arena, Christchurch

## **2018 HELLERS MAINLAND BEKO NETBALL LEAGUE DRAW – Home Games**

Sunday 1 July – 2:10pm	Marvels	Trafalgar Centre, Nelson
Sunday 8 July – 1:10pm	Central	Lincoln Event Centre, Lincoln
Sunday 15 July – 1:10pm	South	EA Networks Centre, Ashburton

## **NETBALL MAINLAND ZONE CENTRE FORUM 2018 – 29 and 30 September 2018**

It does seem ever such a long way off but pop this date in your diary. Netball Mainland Zone Centre Forum will be held, on **29 and 30 September 2018**, in Christchurch at the Apollo Projects Centre. Again, we will look to put together an informative and interesting two-day programme. Any suggestions you may have with regard to the format or content would be most welcome.

## **REMINDER NETBALL MAINLAND AND NNZ REQUIREMENTS**

All centres should have had their Annual General Meeting (AGM). Please remember to send a copy of your Annual Report including Audited Financial Statements for the last financial year to Netball New Zealand - Lisa Greenaway ([LisaG@netballnz.co.nz](mailto:LisaG@netballnz.co.nz)) and Netball Mainland Zone – Brigit Hearn ([Brigit.Hearn@netballmainland.co.nz](mailto:Brigit.Hearn@netballmainland.co.nz)) within one month of holding your Centre AGM. In addition, please send to the Incorporated Societies office for them to download on their website. Many thanks.

Your latest Constitution (post 2012 formation of Zones) should be visible on your website and uploaded onto the Incorporated Societies website.

## **REMINDER FOR CENTRES ON INCORPORATED SOCIETIES REQUIREMENTS**

It is important a Centre remains up to date with its legal requirements to maintain incorporated society status. A Centre is only an official legal entity if it remains registered. If a Centre does not meet the compulsory requirements, they have the potential to be struck off the Incorporated Society Register.

As a reminder to all centres to remain incorporated, there is a compulsory requirement of uploading an Annual Financial Statement. The financial statement should be filed with the Registrar when financial statements have been approved at the AGM. The deadline for filing is the end of the month after the AGM. For example, if the AGM month is January, the financial statements are due to be filed before 28 February. Failure to file a Financial Return one month post your AGM gives the Registrar the potential to strike your Centre (become struck off) from the Register.

## **SAFEGUARDING CHILDREN – INTERNET SAFETY WORKSHOP**

Internet safety expert John Parsons will be running a workshop, on Thursday, 19 July 2018, at Saxton Oval (Cricket Pavilion), Saxton Road, Stoke, Nelson, 6.30pm - 8.30pm (koha to cover costs).

John Parsons is an Internet Safety and Risk Assessment Consultant to schools, the private sector and the health sector, providing specialist advice and direction on the safe use of Digital Communication Technology.

Safeguarding Children has been working with John to give parents the tools and techniques they need to keep their children safe online.

No need to register, just turn up on the night or contact Gabi on 027 772 4469.



## CONGRATULATIONS!

A massive congratulation goes out to all the following Umpires and Technical Officials who have been appointed to national events:

NNZ U19 Champs – Bench Officials	NNZ U19 Champs – Umpires/Bench Officials	NNZ U17 Champs - Umpires	NZSS – Bench Officials
Maree Morel (CNC) Claire Lewis (Selwyn) Sally Pakipaki (Nelson)	Jane Hickmont (CNC) Rianna Oosthuysen (North Canterbury) Rebecca Reside (CNC) Anna Sheen (Selwyn) Kiani Smith (Selwyn) Michelle Stagg (Marlborough) RESERVES – Jamie Smith (CNC)	Jamie Smith (CNC) Annie Ewers (Nelson) Megan Carpenter (Selwyn) Kate Fraser (CNC) Kathryn Gaze (CNC) Jose Zandbergen (South Canterbury) Vicki Harrington (CNC)	Anne Harrison (CNC) – Coordinator Margaret March (CNC) – Marker Gail Benseman (Mid Canterbury) Michelle Cox (Selwyn) Joyce Walsh (CNC)

It's early in the season and we have already awarded three **Umpire Awards/Endorsements**. Congratulations to the following three umpires on their achievements and good luck to those who are working hard towards these awards:

Lydia Wilson (Mid Canterbury) – Qualified Zone Award

Alesha Neame (Nelson) – Endorsed Zone Award

Kate Fraser (Christchurch) – Qualified NZC Award



## NATIONAL VOLUNTEERS WEEK

To celebrate the many volunteers we have across the Netball Mainland Zone for national volunteer week, we say thank you!!!

Here is a 'snap shot' of a few of our wonderful volunteers who attended Super Sunday on 10 June 2018.



# COMMUNITY

## Coach Development

At times as a coach, it may seem that you are working in isolation. Not to fear! Our Coach Lead, Deb Johnson, will be attending the Junior SISS tournament to support any coaches with regards to general advice, provide observations and resources, if requested. Please contact Deb, at [Deb.Johnson@netballmainland.co.nz](mailto:Deb.Johnson@netballmainland.co.nz).

On 15 July 2018 in Ashburton Netball Mainland are running a game analysis coach development opportunity to coincide with the Beko game against the South team. Coaches who attend this session will walk away with tools to analyse certain aspects of a game and then apply this in their analysis of the live the Beko game. Post-match, there will be discussions about the information gathered and how to then create a training plan from the analysis. To register, click on the following link: [www.sporty.co.nz/viewform/75795](http://www.sporty.co.nz/viewform/75795).

## NETBALLSMART

NetballSmart have developed six infographics which provide an overview of the six principles and will give you a snapshot of how to be NetballSmart this season. These will be available on the NetballSmart website soon; however, if you would like a copy please contact Amy, at [amy.eckersley@netballmainland.co.nz](mailto:amy.eckersley@netballmainland.co.nz).

Smart Preparation

Smart Player Welfare

Smart WU, CD & Recovery

**Smart Preparation** | Smart Preparation prepares the mind and body before you reach the court

**3 Tips!**

- 8** Sleep more than 8 hours a night and you will play better
- ENERGY IN = ENERGY OUT.** Eat well to play well
- Check your shoes... how's the tread?**

**Smart Player Welfare** | Smart Player Welfare is protecting players from health, wellness and research to a player's health and wellbeing

**Smart Training**

**Smart Injury Management**

**Smart WU, CD & Recovery**

**Smart Movement**





## JUNIOR DEVELOPMENT

Our holiday programme interns are busy again planning our last three holiday programmes for the year. This time they are heading to Buller, Motueka, and Golden Bay.



**BULLER NETBALL DEVELOPMENT PROGRAMME**

**JULY 13TH**  
**YEARS 5-6 1-3PM**  
**YEARS 7-8 1-3PM**

**\$5**

**LOCATION: Pulse Energy Recreation Centre Cnr Pakington and Domett St, Westport**

Registrations: <http://www.sporty.co.nz/netballmainland>  
 Close 11th July 2018

Hellers NZ's Butcher

Netball Mainland



Netball Mainland Presents

**Golden Bay NETBALL DEVELOPMENT PROGRAMME**

Date: 15TH July

For School Years 11-13

Time: 10AM-12PM

Location: Rec Park Centre, Takaka

Registrations: <http://www.sporty.co.nz/netballmainland/home>  
 Close 11th July

Hellers NZ's Butcher

Netball Mainland

Netball Mainland Presents

**MOTUEKA NETBALL DEVELOPMENT PROGRAMME**

**FUN SKILLS SPOT PRIZES GAMES**

**DATE: SATURDAY 14TH JULY**  
 School Years 5-6 at 12-2PM  
 School Years 7-8 at 12-2PM  
 School Years 9-10 at 2.30-5.30PM

**LOCATION: Motueka Netball Centre, Old Wharf Road, Motueka**

**REGISTRATIONS: <http://www.sporty.co.nz/netballmainland/Home>  
 CLOSE 11TH JULY**

Hellers NZ's Butcher

Netball Mainland

## A NOTE FROM THE COACH

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### Motivating your players

Keeping players motivated throughout the season is key to not only getting the performance you want from your players but also for making the season fun and enjoyable.

It is a long season so sometimes you need to change things up a bit.

Mini-teams - it is quite fun to have mini teams within your team to create a bit of competition. At present we have two teams within the Silvermoon Tactix and we have had challenges like fitness, flag football, walking netball, making play dough art, quiz and we are about to do the rap competition this weekend. We have staff members in these teams and it is all go!



When I was coaching at the Pulse, we didn't have mini teams but we always played a warm up game which was oldies vs youngies. This was always a good challenge for all.

I have also used points systems with younger teams. For example, at under 21 level we had a points system and everyone had to put in \$20 at the beginning of the season. You gained points for certain challenges and you lost for lateness, etc. The person who had the most points got the cash at the end. This was hugely motivating for students!

Every week in the ANZ we have a mindset for the week and for last week's game it involved chocolate cake. During the huddle everyone was chanting "chocolate cake". Needless to say, when we won that game I found myself baking on Tuesday morning. Incentives do work! It's just a matter of finding what makes them tick.

The occasional change up in training can also reinvigorate your team. You need to plan these out. Although, I wouldn't do them in the last few games, otherwise players think they have clocked off for the year.

It pays to be creative and if you are not, there are often some creative people within your team that like to help.

We have different groups to add to our team environment including vibes (team building), entertainment, perks and gags and social media. It means everyone contributes in shaping the fun that the team has. We do some strengths based exercise where you do something that you enjoy.

We are still hanging in there in third at the moment with 5 games to go! Thanks again for all your support.

Marianne



# WHAT'S COMING UP

# NETBALL WORLD CUP

## #THISISNETBALL

12-21 JULY 2019 | LIVERPOOL

### BOOK YOUR NWC2019 PACKAGE WITH US TODAY

<b>CLOSING WEEKEND</b> 19-21 July 2019	<b>TEAM SUPPORTERS</b> 12-21 July 2019	<b>ESCORTED ADD ON</b> 6-12 July 2019
Enjoy 3 nights watching the most anticipated games of NWC2019 in Liverpool and experience the Closing Weekend.	The ultimate supporters package! Enjoy 10 nights in Liverpool and experience all the excitement of NWC2019.	Add on this escorted coach tour from London to Liverpool and enjoy 7 days travelling the UK countryside with Irene van Dyk!
<b>FROM \$2,095pp*</b>	<b>FROM \$4,795pp*</b>	<b>FROM \$3,995pp*</b>

\*Pricing based on 2 people sharing a twin/double room. Contact our team to discuss single room options and for full terms and conditions.

## JOIN OFFICIAL TOUR HOST IRENE VAN DYK

*"Welcome to the most exciting few days of your lives. I cannot wait to spend time with you supporting our super women, the Silver Ferns at the Netball World Cup."*

*- Irene van Dyk*



Contact Silver Ferns Travel 0800 468 225 | [netball@hot.co.nz](mailto:netball@hot.co.nz)

Join Irene on our Team Supporters & Escorted Add On packages.

 NETBALL WORLD CUP LIVERPOOL 2019 OFFICIAL TRAVEL AGENT	 SILVER FERNS SilverFernsTravel.co.nz	 HOUSE OF TRAVEL CHRISTCHURCH CITY
0800 468 225   <a href="mailto:NETBALL@HOT.CO.NZ">NETBALL@HOT.CO.NZ</a>   <a href="http://WWW.SILVERFERNSTRAVEL.CO.NZ">WWW.SILVERFERNSTRAVEL.CO.NZ</a>   <a href="https://www.facebook.com/SILVERFERNSTRAVEL">@SILVERFERNSTRAVEL</a>		





**This fabulous night includes:**

- Glass of bubbles on arrival
- Entertainment throughout the night with live harness racing action and DJ Luke
- Opportunity to win spot prizes throughout the night including a \$350 gift basket from Lancôme
- Major prize draw of a 1 carat diamond ring valued at \$2,400, courtesy of Pascoes The Jewellers!
- Gourmet buffet dinner
- Demonstrations and a chance to win a \$300 tailored skin care package by Caci Riccarton
- Losing betting ticket draw for a \$1,500 escape to Sydney, courtesy of HRNZ

**\$70 per person**

book online at [addington.co.nz](http://addington.co.nz)



LINDBALDER



LANCÔME

CBCI



Addington Raceway & Events Centre | 75 Jack Hinton Drive, Addington | 338 9094 | [Info@addington.co.nz](mailto:Info@addington.co.nz)



ENRICHING LIVES THORUGH A LIFELONG LOVE OF NETBALL

Mā te arohanui ki te poitarawhiti e whanake ai te ora o te tangata

