

Mainland Matters – March 2018



MESSAGE FROM THE CEO

Well it is starting to cool down as we move into the Netball season ahead.

The Golden Oldies World Netball Festival (for over 35s) is on here in Christchurch currently, it's fantastic to see so many netballers from NZ, Australia, Cook Islands, Fiji and Vanuatu out having fun 😊

Golden Oldies Festivals are all about 'Fun, Friendship and Fraternity', therefore scores are not published and there is no overall winner.

At the time of writing, we are working through the recruitment process for a new Community Netball Manager, with Tammy Mehrtens having taken up a position with NNZ as National Training Manager – Coach Development. We wish her all the very best in her new national role, based in Christchurch.



The Netball Mainland Zone AGM was held on Saturday 17 March 2018 in Christchurch, attended by delegates from 11 of our 18 Centres. It was great to see you all.

- Jan Whitehead, nominated by Selwyn Netball Centre, was elected to the Netball Mainland Board.
- A big thank you to out-going Elected Board Member Lynette Rayner for all her time and commitment to Zone governance over the last three years.
- Board Chair, Anne Marett, presented the Annual Report and Financial Statements/Summary – which were adopted.
- The Netball Mainland Zone Inc Annual Report may be viewed on our website: www.netballmainland.co.nz

Silvermoon Tactix memberships, tickets and courtside/VIP packages are available through Ticketek and make great gifts. Get yours today!

We have a huge family of sponsors supporting Netball in the Mainland, remember to support those who support us!

All the best for the up-coming season and to the Silver Ferns as they embark on their Commonwealth Games campaign.

Kind regards, Brigit



Our Silvermoon Tactix Team have been out and about in the Netball community...



Have you visited Netball Mainland's Facebook Page?...

Just follow this link if you haven't: <https://www.facebook.com/netballmainland>

We regularly use this form of social media to advertise activities across our Zone, including holiday programmes, events, workshops, representative team trials and special interest items of news.

COMMUNITY

COACH DEVELOPMENT

With the netball season looming, our Netball Mainland coach developers have been busy planning, scheduling and facilitating the NNZ coaching modules. The service we provide to our netball coaching community is a priority, as this will enable coaches to be confident and effective in what they do. In order to do this, our Netball Mainland coach developers attend many developmental opportunities, to grow and enhance their skills as facilitators. What better way to do this than by attending the first Netball Mainland coach developer forum for the year, on 24 March 2018, at the High Performance New Zealand centre, in Christchurch. It was an exciting forum, as for the first time Netball Mainland collaborated with another Regional Sport Organisation (RSO), Canterbury Tennis. We were privileged to have Adam Gardner from Canterbury Tennis co-present in the facilitation of our team culture, as well as providing support and guidance to our coach developers throughout the day. We look forward to future collaborations with other RSOs, as this will enable our coach developers to provide a quality service to our netball coaching community.

If you want to better your skills as a coach and need help with the "how to", then connect with your relevant netball centre to ascertain what NNZ coaching module would be most suitable for your level. Take the first step and make a phone call to any of our netball development officers and/or coach co-ordinators, who are more than willing to help. To find out your nearest netball centre, click on the following link, <https://www.netballmainland.co.nz/zones/mainland/about-us/netball-centres.html>.

If attending a NNZ coaching module appears daunting and you would like to attend something less formal. Once again, contact a netball development officer and/or coach co-ordinator at your nearest netball centre to discuss what informal modules are on offer. Although informal modules can provide an alternative learning environment, we encourage all to attend the NNZ coaching modules to support your coach development. NNZ has invested in well-researched learning programmes for all coaches at varying levels. The coaching modules recognises the different ages and stages of a player and responds to their needs as they change throughout life. Not only do the modules guide and support coaches to help develop a player's technical and tactical abilities. Most importantly, it takes a holistic view to develop the whole person's physical, cognitive, social and spiritual needs. When we do this, it provides a positive sporting experience which inspires on-going participation.



As our Silvermoon Tactix and Beko girls are getting ready for their first hit out on the court. So too are the coaches and supporting staff. Coaches, keep your eyes pierced on our Netball Mainland facebook page for upcoming coaching clinics to meet our Tactix and Beko coaches. Lastly, save the date for the Sport New Zealand Connecting Coaches Conference from 23 November 2018 to 24 November 2018, at the University of Otago. Should you wish to attend, search 'Connecting Coaches Conference 2018' via facebook to register your interest.



NETBALLSMART

Did you know that a netballer can do 60-jumps and resultant landings in a 60-min game of Netball? Female athletes undergo major body changes during the adolescent growth spurt which changes the way they land and absorb forces, from what was once a safe biomechanic in their childhood, to a high-risk one. The NetballSmart program will help enforce safe landing strategies, equip them with the strength required to reduce their injury risk and warm their mind and body up for the game of Netball.

Come along to a NetballSmart Landing Skill Development workshop and learn techniques to include effective jump and land activities into your training sessions.

Register for all NetballSmart modules and workshops at: <https://bit.ly/2DWZaw6>



JUNIOR DEVELOPMENT

Silvermoon Tactix Fun Days

NETBALL MAINLAND PRESENTS

SELWYN NETBALL FUN DAY with the TACTIX

• Selwyn Netball Centre, LINCOLN •
Friday 27th April, FREE
School years 5-6 @ 10:00 - 10:45am
School years 7-8 @ 10:45 - 11:30am

STRONGER TOGETHER

SKILLS / GAMES / FUN
WITH THE SILVERMOON TACTIX GIRLS
Come along, meet Jane and Ellie from the Silvermoon Tactix, join in some fun modified netball games, and learn some skills from the pro's

REGISTER AT www.sporty.co.nz/netballmainland

NETBALL MAINLAND PRESENTS

HURUNUI NETBALL PROGRAMME

APRIL 17th

• AMURI AREA SCHOOL, CULVERDEN •
Tuesday 17th April, 10:30am - 12:30pm
SCHOOL YEARS 5-8
FREE

STRONGER TOGETHER

SKILLS / GAMES / FUN
WITH THE SILVERMOON TACTIX GIRLS
Come along, meet Kimiora and Brooke from the Silvermoon Tactix, join in some fun modified netball games, and learn some skills from the pro's

REGISTER AT www.sporty.co.nz/netballmainland

NETBALL MAINLAND PRESENTS

KAIKOURA FUN DAY with the TACTIX

• Kaikoura High School •
Saturday 28th April, 11:30am - 1.30pm
School year 4-13

STRONGER TOGETHER

SKILLS / GAMES / FUN
WITH THE SILVERMOON TACTIX GIRLS
Come along, meet Jane and Erikana from the Silvermoon Tactix, join in some fun modified netball games, and learn some skills from the pro's

REGISTER AT www.sporty.co.nz/netballmainland



Holiday Programmes

HOKITIKA NETBALL DEVELOPMENT PROGRAMME

APRIL 15TH YEAR 7-8'S 1PM-4PM
AT WESTLND HIGH SCHOOL NETBALL COURTS

BETTER YOUR SKILLS
SCORE SPOT PRIZES
GET READY FOR THE SEASON
HAVE A GO!

Register now!

<http://www.sporty.co.nz/netballmainland>
REGISTRATIONS CLOSE 13/04/18



FREE Netball Mainland Presents

NETBALL DEVELOPMENT PROGRAMME

10am-12pm 16 April
For year 5-8's
Westland Recreation Centre

GAMES SPOT PRIZES SKILLS

Registrations <http://www.sporty.co.nz/netballmainland>
Closes: 13 April 2018




GERALDINE NETBALL DEVELOPMENT PROGRAMME

DATE: 20 APRIL 2018
TIME: 10am-1pm
YEARS: 3-8

LOCATION: Geraldine Reserve, Netball Centre

Registration <http://www.sporty.co.nz/netballmainland>

For more info: (303) 236 5687 | Visit us: www.yoursitename.com




Kaikoura Netball Development Programme

A FUN DAY OF NETBALL

April 24 2018

Years 1-6 at 10-11:30am
Years 7-10 at 12-2pm

Location: Kaikoura High School Netball Courts (Rorrison Road)

Registrations: <http://www.sporty.co.nz/netballmainland>
Close 18/04/2018




Centre Stage

Netball Centre	Article Due (Friday)	Centre Stage Published (Monday)
West Coast	18 May	21 May
Christchurch	18 May	21 May
North Canterbury	25 May	28 May
Hurunui	25th May	28 May
Buller	1 June	4 June
Waimate	1 June	4 June
Selwyn	8 June	11 June
Hokitika	8 June	11 June
Motueka	15 June	18 June
Geraldine	15 June	18 June
Nelson	22 June	25 June
Temuka	22 June	25 June
Marlborough	29 June	2 July
Waimate	29 June	2 July
South Canterbury	8 July	9 July
Malvern	8 July	9 July
Golden Bay	13 July	16 July
Mid Canterbury	13 July	16 July

PERFORMANCE

NETBALL MAINLAND ZONE U15 CHAMPIONSHIPS 2018

When: Saturday 2 – Monday 4 June

Where: EA Networks Centre, Ashburton

Entries close on Tuesday 10 April. Please send these to Jen Hooper - Jen.Hooper@netballmainland.co.nz



NETBALL MAINLAND ZONE UMPIRE SQUAD 2018

- Jamie Smith – Christchurch
- Jane Hickmott-Balks - Christchurch
- Jose Zandbergen - South Canterbury
- Kate Smith - Nelson
- Kiani Smith - Selwyn
- Michelle Stagg – Marlborough
- Natasha Fraser – Christchurch
- Rebecca Reside - Christchurch
- Rianna Oosthuysen - North Canterbury

2018 HELLERS MAINLAND BEKO NETBALL LEAGUE DRAW

Date / Time	Opposition	Venue
Sunday 3 June – 5:40pm	WBOP	EA Netowrks Centre, Ashburton
Sunday 17 June – 1:10pm	Northern Comets	Lincoln Event Centre, Lincoln
Sunday 1 July – 2:10pm	Northern Marvels	Trafalgar Centre, Nelson
Sunday 8 July – 1:10pm	Central	Lincoln Event Centre, Lincoln
Sunday 15 July – 1:10pm	South	EA Networks Centre, Ashburton

A NOTE FROM THE COACH

Learning - My favourite thing!

I am a bit of a curious person and my favourite question is why? There is no better question in my eyes.

This question informs my programme, my staff and will ultimately help me to be a better coach to my players.



I have done so much professional development over the years and I believe that hand in hand with great coaching opportunities has helped me learn and grow. I believe you can't have one without the other.

I gather lots of ideas and information and then I filter the things I like. I don't use everything that I learn straight away as I believe you have to make it your own. I keep all my notes etc and go back through them regularly picking up pearls of info.

Some of the best knowledge you can get comes from other coaches. I have been lucky enough to work with some fantastic netball coaches as well as mix with coaches from other sports who are in similar positions to me.

I am currently doing a course called Coach Accelerator which is run by High Performance Sport New Zealand which is fantastic as you get to chat to other coaches in a variety of other sports. I am really lucky as we have 14 coaches in our intake from a huge variety of other team and individual sports. We have 3 camps a year and they range from doing horse whispering to learning about how to look after ourselves to clearing out rooms with the armed offenders with the Police. Each camp everyone brings a case study of something that is happening within our sport at present that the others may be able to help with and I think this is where the biggest learning happens.

I would recommend trying to set up your own network of coaches around you to get knowledge from, assist you and so on. Going into each other's environments is a great idea and watching each other coach. It is also great going to other sports to see how they do things. Crusaders and Canterbury Rugby have been fantastic in assisting us to be better at things and here at the Apollo Centre we work alongside some of the best coaches in the business so it is great to be able to collaborate with them.

I have missed out on a lot of jobs on my journey but I really believe that everything happens for a reason. Missing out has made me a better coach as I always sought feedback to be better for next time.

After I made a complete stuff up of an interview a couple of years ago I spent a lot of time re-doing my CV, practising interviews and presenting myself.

I always have something on the go that I am wanting to improve.

For anyone wanting to improve their skills as a coach there are courses available to aid your learning. Contact your nearest netball centre for information. Alternatively, email our Netball Mainland Coach Development Lead, Geni Tuilagi, at geni.tuilagi@netballmainland.co.nz. To connect with other coaches, there are facebook groups you can join to widen your network of support such as Canterbury Sports Coaches Network, Netball Mainland Connecting Coaches and Extra Cover Coaching.

Marianne



WHAT'S COMING UP

SILVERMOON TACTIX SEASON MEMBERSHIP



Time is running out to get your 2018 Silvermoon Tactix Season Membership!

Every time the Silvermoon Tactix step out on the court at home they love hearing YOU – our passionate fans. Your loyalty and support is extraordinary and gives the team a real boost.

With six Membership packages to choose from – Platinum, Gold, Silver, Nelson, Supporter and Junior Tactix – it's never been easier to become a member. Each pack includes your very own member card and lanyard, members gift, access to exclusive members only events throughout the season and much more. With packages starting from just \$10, which one will you choose?

Please find outlined below the details for our home games:

- Wednesday 23 May vs. Northern Stars – Horncastle Arena – 7:40pm
- Monday 28 May vs. Northern Mystics – Horncastle Arena – 7:40pm
- Wednesday 6 June vs. WBOP Magic – Horncastle Arena – 7:40pm
- Sunday 10 June vs. WBOP Magic – Horncastle Arena – 4:10pm *
- Monday 11 June vs. Southern Steel – Horncastle Arena – 7:40pm
- Sunday 1 July vs. Northern Mystics – Trafalgar Centre – 4:10pm **
- Wednesday 11 July vs. Central Pulse – Horncastle Arena – 7:40pm

*Sunday 10 June is SUPER SUNDAY. All six ANZ Premiership teams will be in action at Horncastle Arena.

**tickets to our home game in Nelson are not included in the 2018 Membership packages except the Nelson Membership.

2018 Season Memberships are ON SALE NOW at www.tactix.org.nz. We look forward to having you courtside and hearing you cheer on the team in 2018! [#wearecoming](#) [#faithful](#) [#ANZP](#)

LINEBREAK DEAL

We are excited to welcome LINEBREAK to our family of sponsors as our official compression partner of the 2018 season!

LINEBREAK
PERFORM. PROTECT. RECOVER.

As part of our partnership, they are offering players and supporters a discount of 30% on all their compression clothing. Please use the "Coupon Code" TACTIX30 at checkout.

To check out their products and make a purchase head to www.linebreak.co.nz

Very best wishes from us all here at Netball Mainland :)

