

# Mainland Matters – May 2018



## MESSAGE FROM THE CEO

Well, what an outstanding start to the 2018 ANZ Premiership season by our team, the Silvermoon Tactix.

For me, one of the most pleasing things is seeing the changes that we have made off the court over the last 12 months starting to bear fruit/results on the court. This includes the smooth transition of Hellers Mainland Beko players into the Silvermoon Tactix environment. It has been great to see the likes of Ellie Bird and Lily Marshall (on debut 23 May 2018), come on and play with such skill and composure.



Remember to remind your friends and family to get their tickets and come along to Silvermoon Tactix games in Christchurch or Nelson.

The Hellers Mainland team are also playing some great Netball, with a large number of players having had court time and the experience of playing in the Beko National Netball competition.

It gives me great pleasure to announce that Deborah (Deb) Johnson joined Netball Mainland, on Thursday, 24 May 2018, as our new Coach Lead/Development Officer (reporting to CNM Geni Tuilagi). You can get contact Deb via email: [deb.johnson@netballmainland.co.nz](mailto:deb.johnson@netballmainland.co.nz)

Some of you may already know Deb in her various roles at the Selwyn Netball Centre; ex-President/Chair, Coach Development (facilitator), Coach (holds NNZ Community Coach award/19 years coaching futureFern to senior prem and centre U19 and Senior reps), Selwyn NC Executive member, Umpire (Centre badge) and 45 years playing (Centre rep and Cauty Country rep).

Born and educated in the UK, she immigrated to NZ 26 years ago, is married and has three grown up children. Deb is a trained Doctor (GP/Medicine) but has not been practicing for the last eight years, instead working with her husband on their beef/crop farm, and been immersed in netball (lifelong) and a number of community/voluntary groups and a Trustee on the Board of Ellesmere School.

The Netball season is now in full swing and we are looking forward to Queens Birthday weekend in Ashburton, for the Zone U15 tournament and Hellers Mainland Beko game vs WBOP at the EA Networks Centre on Sunday 03 June (5.40 p.m.)

Winter now seems to have kicked in with a vengeance, plenty of snow on the mountains and passes! I hope that the netball season is going well for you all.

As always, any questions, queries or assistance required, please contact any one of the friendly team here at Netball Mainland.

Kind regards, Brigit



## Community Engagement

One of the charities the team support is **Ronald McDonald House South Island** and we were pleased to be able to help with their annual appeal. Thanks to everyone who donated to help allow the house to continue the amazing work they do with families when they need a bit of extra support. ❤️



## Netball Mainland's Facebook Page

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

## Celebrating 50 National ANZ League Matches

There were plenty of smiles in the changing room after a fight from behind against the Northern Stars. It was also a fantastic way to celebrate Erikana Pedersen's 50 National ANZ League matches and Lily Marshall's first Silvermoon Tactix cap. Well done all!



# COMMUNITY

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## **Coach Development**

As it is the season for tournaments, make sure you visit your nearest netball centre's website to check out upcoming dates for the following modules, Planning for Annual Tournament and Game Analysis. These modules will provide coaches with tools and systems to understand the preparation required to attend tournaments, as well as tools to analyse game play, how to conduct team talks and develop a game plan. Be the best you!

## **Exciting Collaboration!**

We would like to announce an exciting collaboration between Elmwood Club, School Sport Canterbury and Netball Mainland. The introduction of winter BeachNet is due to commence, on 20 June 2018, at Elmwood Club. The purpose of the pilot is to provide an alternative way to play the game of netball, as well as a recreational setting for secondary school participants, who just want to play with friends, have a bit of fun, whilst also being active. It is a six week competition, held on Wednesday's, starting at 3.30pm (10 minute games), with teams playing up to three games. To be eligible for the competition, teams must be attending a high school within the Canterbury Region, be a year 9 to 13 student, and it is open to both males and females. **Please spread the word**, as teams must be registered by 14 June 2018, to [erin@elmwoodclub.co.nz](mailto:erin@elmwoodclub.co.nz).

**HAVE A GO!  
20 JUNE 2018**

ELMWOOD CLUB, SCHOOL SPORT CANTEBURY  
AND NETBALL MAINLAND BRING YOU WINTER  
BEACHNET.

For more information and to register your team, contact  
[erin@elmwoodclub.co.nz](mailto:erin@elmwoodclub.co.nz)

## NETBALLSMART

At the recent Zone Under 15 tournament, it was pleasing to see so many teams use the Netball Smart Warm Up. It was also great to introduce the '**Power Warm-up**' to teams. This warm up is designed for tournament settings. Teams are still advised to start off their tournaments with the full dynamic warm-up but then do the power warm-up prior to each game during the remainder of the day. The power warm-up takes 5-6 minutes and is 8-exercises.

To find out more contact Amy Eckersley, NetballSmart Development Officer.

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

## JUNIOR DEVELOPMENT

### 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

It was wonderful to see 25 teams participate in the Zone Under 15 tournament during Queen's Birthday weekend, at the EA Networks Centre, in Ashburton. We thank everyone who made the trip to Ashburton and thank you for bringing your positive energy to what was a marvellous long weekend. Below are the final results of the tournament:

#### **Under 15 Championships Final Placings A Grade**

#### **Under 15 Championships Final Placings B Grade**

1 <sup>st</sup>	CNC U15 Red	1 <sup>st</sup>	CNC U15 White
2 <sup>nd</sup>	Nelson U15A	2 <sup>nd</sup>	South Canterbury U14A
3 <sup>rd</sup>	South Canterbury U15A	3 <sup>rd</sup>	CNC U14 White
4 <sup>th</sup>	Selwyn U15 Black	4 <sup>th</sup>	Mid Canterbury U15B
5 <sup>th</sup>	CNC U14 Red	5 <sup>th</sup>	Selwyn U15B
6 <sup>th</sup>	CNC U15 Black	6 <sup>th</sup>	Kaikoura
7 <sup>th</sup>	Mid Canterbury U15A	7 <sup>th</sup>	North Canterbury U15A
8 <sup>th</sup>	Marlborough U15A	8 <sup>th</sup>	Hurunui
9 <sup>th</sup>	North Canterbury U15A	9 <sup>th</sup>	Nelson U14D
10 <sup>th</sup>	CNC U14 Black	10 <sup>th</sup>	Hokitika
11 <sup>th</sup>	Nelson U14A	11 <sup>th</sup>	North Canterbury U14 Blue
12 <sup>th</sup>	Nelson U15 D	12 <sup>th</sup>	Marlborough U15B
		13 <sup>th</sup>	Malvern

## Under 15 Championship MVP Awards

CNC U15 Black	Julia Burnham
CNC U15 Red	Tapenesia Harea
CNC U15 White	Ella Sharp
CNC U14 Black	Cathy Porter
CNC U14 Red	Winnie Palamo
CNC U14 White	Olivia Morton
Hokitika	Greta Manera-Wlison
Hurunui	Zoey Cuff
Kaikoura	Sam Irvine
Malvern	Emma Watson
Marlborough U15A	Taila Town
Marlborough U15B	Javiera Mullany
Mid Canterbury U15A	Poppy Kilworth
Mid Canterbury U15B	Willow Diedricks



## 2018 SILVERMOON TACTIX DRAW

Date / Time	Opposition	Venue
Sunday 10 June *	Super Sunday	Horncastle Arena, Christchurch
Monday 11 June – 7:40pm	Southern Steel	Horncastle Arena, Christchurch
Sunday 1 July – 4:10pm	Northern Mystics	Trafalgar Centre, Nelson
Wednesday 11 July – 7:40pm	Central Pulse	Horncastle Arena, Christchurch

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

## 2018 HELLERS MAINLAND BEKO NETBALL LEAGUE DRAW

Date / Time	Opposition	Venue
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

### Working with individuals in a team

Even though netball is a team sport, it is really important that you give individuals feedback. There are many kinds of feedback and as a coach we give it all the time - during coaching sessions, within and after the games and so on.

Prior to the campaign, it is good to meet with each individual around what they would like to work on for the season. In most sports, this is called an IPP or *Individual Performance Plan*. Usually this consists of identifying two or three skills that they will work at over the season. It is most powerful for them to come up with it themselves but you can help by questioning them to come to a decision.





Something different I have tried this year is by doing this process but taking more of a positive slant. Instead of focusing on negatives to improve, we have selected strengths that we want to make *super strengths*. Research shows that we get more action and results by working on our strengths rather than our weaknesses. The players seem to be enjoying this challenge! They are excited to talk about it. We met up at pre-season to see how things were tracking and recently we met up after the first set of games. The players lead the process and report back around how things are tracking for them. It is a great time to touch base on a whole range of things including how things are going on in their lives.

After games there are many different ways of feeding back to players. We get them to write an initial feedback around their goal which we write on and provide feedback on. They then use our performance analysis system and make clips for us which they share and comment on. As coaches we cut some footage to share with our units also. Some players will catch up the day after a game, as they like to go through footage and chat to you. Once players have their feedback, you need to make sure that you are able to address these things in the context of practice to reinforce. When they are doing the skill well, recognise it!

We have been loving the support shown by everyone so far this year. We are really enjoying the season!

Marianne

## WHAT'S COMING UP

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# SPRIG & FERN

M E R I V A L E

The Sprig and Fern, Craft Beer Tavern, is sponsoring our Silvermoon Tactix in the 2018 season. They offer food and drink specials throughout the week and why not take them up on one of their Friday offers, such as a beef burger and a pint for \$23.80. They also provide weekly events for those who love a bit of a quiz night and live music. Catch Mark and his team at Sprig and Fern, Craft Beer Tavern, at 7 St Albans Street, Merivale, Christchurch.



**The Good Oil** are proud to sponsor the Silvermoon Tactix. Visit The Good Oil stand at the Star Home & Leisure Show, Horncastle Arena, from 29 June 2018 to 1 July 2018. Discover the benefits of the South Islands very own extra virgin rapeseed oil while meeting The Silvermoon Tactix who will be at the stand from 12:30pm -2.00pm, on Friday, 29 June 2018.

For more information, check out their website at, [www.thegoodoil.nz](http://www.thegoodoil.nz).



**ENRICHING LIVES THORUGH A LIFELONG LOVE OF NETBALL**

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