

# Mainland Matters – Nov/Dec 2017



## MESSAGE FROM THE CEO

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Well it is hard to believe that another year is almost over and there are only 21 more sleeps until Santa calls (at the time of writing)!

Planning is on-going for next year and the new 2018 ANZ Premiership Netball Competition and Beko Netball League seasons. Take a look at our website [www.netballmainland.co.nz](http://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, as we continue to work together to achieve shared goals. We have the privilege of working with 18 hardworking Netball Centres and volunteer network.



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 2018.

This is the final newsletter for 2017, we'll back in February 2018 with more 'Mainland Matters'!

**The Netball Mainland Office/Apollo Projects Centre will be closed from 5:00pm on Friday 22 December 2017 and re-opens at 8:30am on Monday 8 January 2018.**

A very big THANK YOU from us all here at Netball Mainland for your support in 2017. Wishing everyone a safe and happy holiday season and we look forward to seeing you all in 2018.

Remember, Christmas isn't about how big the tree is, or what's under it. It's about who's around it :)

Kind regards, Brigit



# COMMUNITY

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## COACH DEVELOPMENT

Tis the season for planning and supporting centres with their coach development plans for 2018. It is also the season for the Team Culture Roadshow with the Silvermoon Tactix Head Coach, Marianne Delaney-Hoshek. We have visited Nelson and Christchurch thus far. We will be visiting Ashburton, on 15 January 2018, at the EA Centre and Hokitika, on 21 January 2018, at Westland High School. From the discussions we've had so far, growing a group of individuals into a team, going in the same direction, is challenging when coaching team sports. We welcome you to join us in the remaining roadshows and grab some tips from Marianne as to how she creates a team culture. [CLICK HERE](#) to register!



## JUNIOR DEVELOPMENT

We would like to welcome to the Netball Mainland Team, our three new interns for 2018. Tenieke (T) Rielly, Jenne Poole and Nicole Eastgate are all in their second year of study towards a Bachelor of Sports Coaching at the University of Canterbury. They have already started with us and are well underway working on their first project for 2018.

These lovely ladies will be out and about in our centres next year running fun holiday programmes around the Zone. They are excited to be working alongside you all and will be in touch soon regarding their programmes.



## UMPIRE COACH / ASSESSOR APPOINTMENTS 2018

Name	Centre	Position appointed
Eartha Scott	Mid Canterbury	Centre Coach
Jenny Corbett	South Canterbury	Centre Coach
Leonie Donald	Mid Canterbury	Centre Coach/Assessor
Stacey Goodwin	Marlborough	Centre Coach/Assessor
Fay Tresize	South Canterbury	Zone Coach
Riana Oosthuysen	North Canterbury	Zone Coach/Assessor
Sally Rhodes	Mid Canterbury	NZ Coach



AVON CITY FORD



SILVERMOON



Jane Hickmott	Christchurch	NZ Coach
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Congratulations on those new appointments and re-appointments as Umpire Coach/Coach-Assessors. These volunteers do so much work in developing our umpires and their time they give to the sport is truly priceless.

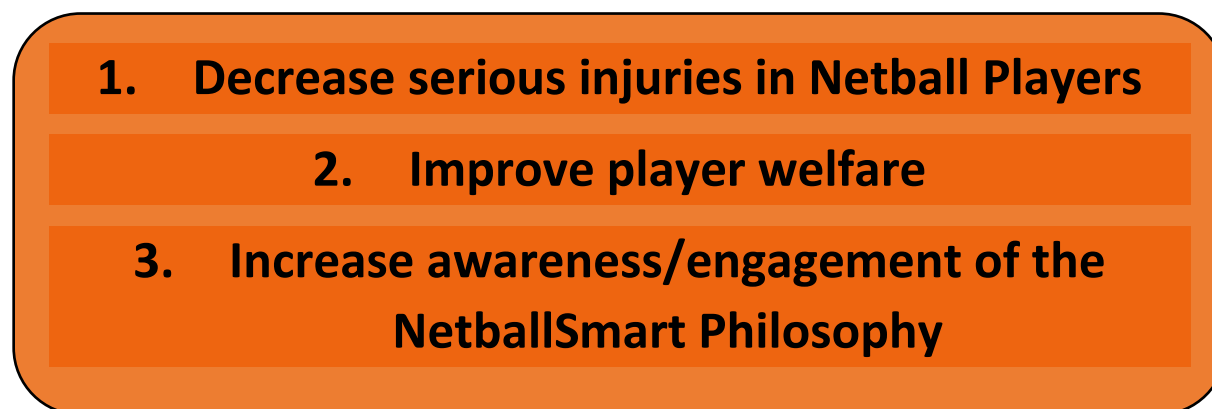
## NETBALLSMART

2018 will see the introduction of six dedicated NetballSmart Development Officers (NSDO) throughout the country. Netball New Zealand (NNZ) has obtained a three year partnership investment with ACC to deliver Netball's NetballSmart Strategy.

Amy Eckersley returns from parental leave and has been appointed in this newly created role for the Mainland Zone.

The NSDO's aim to increase education and awareness of NetballSmart programmes; increase engagement and implementation of the NetballSmart Dynamic Warm-Up and ultimately develop physical capable competent movers which will lead to a decrease in serious injuries.

Amy will be contacting Netball Centres and Schools in the New Year.



**Engaging and making a difference**



**World Leading Injury Prevention Programme**



## **INCORPORATED SOCIETIES/ FINANCIAL RECORDS**

Netball New Zealand has been working with the Zones to ensure that all Netball Centres are up to date with their Incorporated Societies status.

### **Netball New Zealand (NNZ) requirement**

The NNZ Constitution (7.3 c) requires all Centres to be a registered Incorporated Society.

The status primarily;

- Protects the members of the Centre and ensures they are not personally liable for the society's debts, contracts or other obligations (Incorporated Societies Act 1908)
- Enables Centres to be eligible to apply for funding

### **Requirements of Incorporation**

As a registered Incorporated Society, the entity must;

1. Upload an organisational Constitution

The NNZ constitution (Centres 7e) states that Centres;

Adopt the Objects of NNZ and the Objects of the relevant Zone and adopt a Constitution which is consistent with this Constitution and the Constitution of the relevant Zone.

In order to assist Centres with developing and adopting such a Constitution a NNZ Centre Constitution Template was developed and circulated.

2. Annually submit their financial accounts.

Not meeting these requirements may result in an entity being struck off the register.

## **NETBALL MAINLAND END OF FINANCIAL YEAR 2017 AND BUDGET 2018**

Our end of financial year, 30 November 2017 has rolled around and our accounts will be audited in the middle of January, for presentation at our AGM on Saturday 17 March 2018.

A draft budget has been approved by the Board of Netball Mainland (NM) and has now been submitted to Netball New Zealand (NNZ) for final approval/sign off and integration into their accounting system.



## KEY DATES

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### **2017 NETBALL MAINLAND OFFICE CHRISTMAS/NEW YEAR CLOSURE**

The Netball Mainland AND Netball New Zealand offices will be closed for the Christmas/New Year period **from 5:00pm on Friday 22 December 2017, opening again on Monday 8 January 2018.**

### **2018 NETBALL NEW ZEALAND AGM & COUNCIL MEETING**

The 2018 NNZ AGM and Council meeting is heading to **Wellington**, and been confirmed for **Saturday 24 February and Sunday 25 February 2018. Information has been sent to Centres by Netball New Zealand.**

**Please remember to register for the 2018 Netball New Zealand AGM and Council Meeting.**

### **2018 NETBALL MAINLAND ZONE AGM – Saturday 17 March 2018 – 2:00pm**

Details, forms and information regarding the Netball Mainland AGM to be held at the Apollo Projects Centre, Jellie Park, 295b Ilam Road, Christchurch on Saturday 17 March 2018, have already been circulated to all Centres. **Please remember to register :)**

Of particular note, there is one vacant position for an Elected Board Member and one for an appointed Board member. Due to the rotation policy detailed in 12.4 of the Netball Mainland Zone Constitution, both Lynette Rayner and Tim Kerr are required to stand down but are eligible to be re-elected/reappointed to the Board.

Nominations for Elected Board Members may be made by a Netball Centre or the Netball Mainland Board. Applications for the Appointed member position may be made by any person.

**Completed forms, registrations and any nominations/applications are to be returned to the Netball Mainland CEO, Brigit Hearn, by no later than 5:00pm on Friday 9 February 2018. Please do not hesitate to get in contact if you require any further information.**

### **ANZ PREMIERSHIP 2018**

The competition starts after the Commonwealth Games in 2018, on Sunday 6 May, with round robin play through to Wednesday 1 August, followed by the Elimination Final on Wednesday 8 August and the Grand Final on Sunday 12 August. The full draw can be found on the Silvermoon Tactix website ([www.tactix.org.nz](http://www.tactix.org.nz)) under the Draw tab.

The Silvermoon Tactix have eight away games and seven home games; including hosting a Super Sunday (where all six teams will play at Horncastle Arena in Christchurch) and one game in Nelson.

**2018 Season Memberships are ON SALE now and make the ideal Christmas pressie!**

## ZONE U15 CHAMPIONSHIPS – Queen’s Birthday Weekend 2018

Following extensive discussion and feedback from Centres, it has been agreed that the U15 Championships will be held over **Queen’s Birthday weekend – Saturday 2 to Monday 4 June 2018** and split into two divisions, with all games being played in the same location. **Mid Canterbury will host it in 2018 and Nelson will in 2019.**

## PERFORMANCE

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### HELLERS MAINLAND BEKO SUMMER TRAINING SQUAD

**Head Coach:** Ronelle van Dongen

**Assistant Coach:** Andrea Cousins

**Team Manager:** Toni Torepe

#### Summer Training Squad:

Jess	Allan
Kelsey	Ashworth
Tiffany	Challis
Laura	Dorgan
Sophia	Fenwick
Lily	Fletcher
Gemma	Hazeldine
Kate	Heffernan
Georgia	Heffernn
Bella	James
Kenya	Kavanagh-Vincent
Nicola	Mackle
Malia	Manoa
Lily	Marshall



Grace	Namana
Tiana	Placid
Alex	Priest
Tyler	Rollo
Natasha	Ryan
Jess	Shaw
Bridget	Thayer
Gabrielle	Thomas
Kirsty	Thompson
Chloe	Williamson

### Baby BEKO

Hannah	Glen
Quantelle	Hira-Kapua
Georgia	Stroud
Georgia	Woollett
Olivia	Burnham



## A NOTE FROM THE COACH

### Positive Coaching

As a coach we are inclined to look at the negative all the time. This is a natural thing - we look for the gaps that we want to fix. What are we doing wrong?

Interestingly enough research shows the more positives we give the better the athletes perform. So why aren't we doing this?

It has been proven that we get more growth in our strengths than we do in our deficits.



Historically we have done our IPPs (Individual Performance Plans) around what a player's weaknesses are but we could be promoting the players strengths instead of this.

We need to also make sure we are giving more positive feedback than negative

There is a lot of research around on this. The Losada ratio is 3 positive comments to 1 negative but with even more positives to negatives I am sure you would get even better movement.

A simple feedback tool which is good to use is the good old "sandwich" method - say a positive with a negative in the middle and finish with a positive.

The one thing a player needs to hear from their coach is a simple "I believe in you". We probably don't do this enough and we need to tell them what strengths they have in the team on and off court.

Another thing that can help you have a more positive and optimistic team is to start challenging them about the language and messages that they are putting across.

If they say something like "I can't do that" challenge them on it!

If you are interested in this topic there is a PD opportunity for teachers and sport coaches on Thursday 25 January 2018 with Matt Scholes coming to speak at Christs College.

[CLICK HERE](#) for his brief of what he will be talking about, he will be focusing on using Positive Psychology in the classroom and the sports field.

Marianne

## EVENTS

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### 2018 SILVERMOON TACTIX SEASON MEMBERSHIPS

Exciting news Silvermoon Tactix fans! 2018 Season Memberships are ON SALE now and they make the perfect Christmas gift! We have six Membership Packages to choose from and they start from just \$10! Which one will you choose?



- **Platinum** - entry to six ANZP games at Horncastle Arena seated in the best seats in the house plus exclusive benefits, packages start from just \$120! 12 games (8 ANZP + 4 BNL) for the price of 6!
- **Gold** - packages start from \$90 and include entry to six ANZP games at Horncastle Arena plus exclusive benefits! 12 games (8 ANZP + 4 BNL) for the price of 6!
- **Silver** - this package is perfect for fans who can't get to all our home games, packages start from just \$40!
- **Nelson** - entry to the game at the Trafalgar Centre plus exclusive benefits, packages start from just \$40!
- **Supporters** - at only \$20 for an adult, this Membership is perfect for fans who can't get to games!
- **Junior Tactix** - at only \$10 for a junior, this Membership is perfect for fans who can't get to games!

[CLICK HERE](#) for more information!

Don't delay – these memberships are strictly limited, so get in fast to become part of our Tactix Family and create a lifetime of experiences!

## TACTIX MERCHANDISE

\*\*CHRISTMAS STOCKING FILLERS\*\*



For all our Silvermoon Tactix fans who want to get their Christmas shopping completed early we have a [#fantactix](#) range of merchandise available! Check out [www.tactix.org.nz/tickets](http://www.tactix.org.nz/tickets) for pricing and to place an order...

**AND FINALLY ... CHRISTMAS WOULDN'T BE CHRISTMAS WITHOUT SOME JOKES ...**

**What do you get if you cross Donald Trump with a Christmas Carol?**

O Comb Over Ye Faithful

**What do you call an elf that sings?**

ELFIS





**What do reindeer hang on their Christmas trees?**

Horn-aments!

**Why are Christmas trees so bad at sewing?**

They always drop their needles!

**Why does Santa have three gardens?**

So he can 'ho ho ho'!

**What says Oh Oh Oh?**

Santa walking backwards!

**What goes Ho Ho Whoosh, Ho Ho Whoosh?**

Santa going through a revolving door!

***What happened to the turkey at Christmas?***

It got gobbled!

**What do you get if you cross Santa with a duck?**

A Christmas Quacker

**Did Rudolph go to school?**

No. He was Elf-taught

**Wishing you and your families all the best for the festive season,  
keep safe and see you in the New Year, from all the team here at  
Netball Mainland 😊**

