

All the latest news proudly brought to you by



FROM OUR CEO

It has been a full on start to the year with plenty of activity right across the zone. Thankfully the weather has been a lot more settled than what we experienced last year!

At the Netball NZ AGM and Conference last weekend, it was great to see a number of our local Centre people receive recognition. As you will read later in the newsletter, they are all very deserving and have done a great deal for our sport. It was also fantastic to see Bev Douglas receive Life Membership of Netball NZ. Bev has had a lifetime commitment to netball and I can't think of anyone more deserving.

It has been a pleasure to get around the Centres recently and attend AGM's. I look forward to attending more later this month. The Northern Zone AGM is also coming up soon – Monday 25th March at 7pm online. Keep an eye out for more information to hit your inbox soon, including our Annual Report.

For those of you in Auckland I strongly encourage you to make a submission to the Auckland Council Long Term Plan. The Council are a significant funder and provider of our netball facilities. With budgets tight, it is important that we impress upon them the need for continued investment into our existing facilities as well as providing for more in the future. Tell your local story and the great impact that netball has in your community.

Last weekend saw the first Give it a Go sessions across a number of Centres. It was great to see a number of new boys and girls get along to these sessions. They were well supported by both Mystics and Stars players which was well received. More are planned for this weekend and we look forward to seeing results.

Thank you to Auckland Netball Centres for hosting the pre-season matches involving the MG Mystics, Stars and Avis Magic playing the Melbourne Vixens. We had great crowds across the Stars and Mystics matches, with plenty of great netball being played.

Read on for plenty of great content, and good luck as the netball season gets underway across the region.

Phil Vyver

CEO

Netball New Zealand Service Awards



Huge congratulations to Pat, Andrew and Mathew, of Manurewa Netball Centre, 2024 NNZ Service Award Recipients! Thank you to Lee Manaia for accepting Mathews award on the day. Pat, Andrew and Mathew epitomise service to community, with their dedicated efforts, time and passion for netball at Manurewa over the years this recognition is well deserved.



Pauline Coultas from Howick Pakuranga NC was honoured with a Netball NZ Service Award. Her commitment to excellence, coupled with generosity in sharing knowledge and skills, has made a significant impact to many within HPNC. This award is a testament to her hard work, determination, and influence on everyone around you. Congratulations Pauline!

Netball New Zealand Cadbury Volunteer of the Year Awards

Congratulations to two Northern Zone members for their Volunteer of the Year awards presented at Netball NZ Annual Awards Dinner in Auckland on Saturday 24th February.

Volunteer Official of the Year: Sue Robertson - Whangarei Netball Centre



As the Umpire Convenor for Whangarei Netball Centre, Sue Robertson has helped develop and inspire many to take up the whistle, investing her time, knowledge and expertise while providing maximum value.

Her main role as umpire convenor is draw allocation and umpire coaching – allocating umpire coaches to umpires, organising the umpire coaches, running workshops and umpire coaching. She is on the ground on both Friday evenings and all day Saturday, runs (Northern) Zone theory workshops and offers her knowledge and skills to any group, club or school who would like a session on the basics. Robertson's knowledge and encouragement /support/loyalty to umpires is unquestionable. Many credit her for their success – always freely giving of her time and knowledge and if she hadn't believed in them they may not have pursued higher awards.

Adding to her lengthy involvement, Robertson also sits on the Whangarei Netball Centre Board where the focus is to keep netball moving forward. Happy working behind the scenes without expectation of recognition other than seeing the growth in others, she epitomises the spirit of the volunteer.

Volunteer Coach of the Year: Kelly Wieczorek - Auckland Netball Centre



Auckland Netball's Kelly Wieczorek logged up over 400 hours of club coaching during 2023, her dedication and limitless enthusiasm showing no bounds as she effortlessly added other roles to an already hefty workload.

Besides coaching two teams at Premier and Senior A level, respectively, Wieczorek coached at representative level while also taking on the club committee role of Coach/Manager Liaison which often meant organising late night training sessions not only for other teams but also the 17 or so other coaches at her club.

Shy about receiving any recognition, Wieczorek often takes a back seat when her name is mentioned but is always first to champion others around her. Wieczorek also volunteered her time for the Centre as an Auckland representative coach at the U16 level and then, because that wasn't enough, took on the "Cook's" role for the U18 programme as well.

An open book, the community has benefited hugely from Wieczorek's influence. She never holds back information, is open with her time and resources, and will spend many hours with anyone who needs help. She is huge on proper warm-ups and player welfare. Wieczorek is currently organising a "Club Netball Library" so other coaches can have easy access - she is hand-scanning all her resources which is quite a feat considering she doesn't stop learning. Wieczorek is a thoroughly selfless person who has added so much to so many.

CENTRE STORIES

Rodney Netball Centre

Starting the year: NNZ Community Coach Modules

The Legend Coach Developer, Lynette Gubb, and Newbie Coach Developer, Anita Nowell, hosted 12 coaches from both Rodney Netball Centre and Whangarei Netball Centre; of those 12, 7 coaches were student coaches from Huanui College.

It was inspiring to see young coaches commit time in their weekend, to upskill themselves, so they have the means to be competent, confident caring coaches.

The morning consisted of learning Game Like Activities to enhance skills and fundamental movements including driving to the ball, turning fully, variety of passing and learning to make space on attack. Game like activities result in players learning to problem solve, all players are engaged, they learn how to execute the skill under pressure situations which they need to do when playing netball and because it is a game they are generally more motivated and have a lot more fun.

Compare this to drills that require players to stand in lines, waiting to take their turn, drills are usually repetitive, there is no problem solving involved and can be boring, resulting in players being less engaged. The coaches quickly understood that when planning their sessions for their teams, they needed to have a clear purpose to the training, develop routines and be consistent so players understood what was expected, not only build capability but also build confidence and self-belief. Ensure trainings are fun, they meet the needs of their players, there is lots of doing and opportunities to problem solve.

The coaches also explored the importance of Building Effective Relationships and having a good Team Culture, what that would look like for a team on and off the court and how to infuse this through the year. They also discussed the importance of the players being part of the process regarding team values and expectations.

It was a very worthwhile morning, and the coaches went away feeling a little more confident and looking forward to an exciting season of netball.



Kaipara Netball Centre – Year 7/8 PDP

It was all action on Saturday 2nd & Sunday 3rd March 2024 as the centre ran their pre-season Year 7&8 PDP. This is a 2 day workshop which is aimed at giving all Year 7&8 players with the opportunity to take part in extension coaching to help increase their skills and knowledge as they prepare for their upcoming winter season.

Both days were jam packed with 42 players attending who were exposed to lots of new PDP skills and games and were able to learn correct jumping and landing techniques and the importance of the NetballSmart Dynamic Warmup and Cool Down.



It was a team effort by everyone involved with help of our community coaches, Emily Clarke, Zavannah Aitken & Tania Stokes and Northern Mystics Players - Tayla Earle, Michaela Sokolich Beatson, Peta Toeava & Filda Vui and Amelia Pascoe from NetballSmart Netball NZ who all helped in the delivery of our workshops to give those who attended a fun yet valuable learning experience.

Big thanks to Netball Northern, NetballSmart and our volunteers who helped to make our day a success.

Big kudos to Kaipara Netball Centre who have over the past few years built a cohort of coaches able to deliver the Year 7/8 PDP Programme. Kaipara are a great example of a volunteer Centre building the capability of their people to offer the best experience for their members and local community.



AUCKLAND COUNCIL LONG TERM PLAN - ADVOCACY

Make your voice heard!

Investing in the Future of Sport

The Long-term Plan (LTP) is Auckland Council's 10-year budget, setting out the activities, services and investments Council is planning or proposing for the next decade. Essentially, it's the mechanism by which Council sets rates and determines how ratepayer money will be spent.

Public consultation on the draft LTP opens on 28 February 2024, and closes on 28 March 2024. The Mayor and Councillors will then consider all feedback received through the consultation process, with the final LTP taking effect from 1 July 2024.

Following is an excerpt from Jennah Wootten, CEO Active that very clearly outlines the importance of making a submission to the LTP.

Auckland Council has put its Long-term Plan 2024-2034 out for consultation and, if you care about community sport and recreation in Auckland, this is something you need to get behind. It's quick. It's painless. Most importantly, the significance of your voice and support of community sport and recreation being counted as part of this process will go a long way.

At Active we have a number of important points we would like Auckland Council to hear and support to assist community sport and recreation in Auckland, including: 1. Retaining the Sport and Recreation Facilities Investment Fund and the epic proposal to add a further \$35 million into the pot. 2. Retaining the Sport and Recreation Facilities Operating Grant and asking that the council even considers increasing it. 3. Reviewing the costs and contractual structure for maintenance on parks and open spaces, specifically for sports fields, and ensuring contractors provide quality services.

What's in this Long-term Plan for community sport and recreation is significant and it's critical there is a large volume of feedback coming through the public consultation process supporting this. We need to ensure key decision makers at Auckland Council hear what our sector has to say. We know investment into community sport and recreation is an important ingredient to create safer, more cohesive, connected and engaged communities across Auckland. It's about belonging and participation and fostering an inclusive Auckland that enhances the wellbeing of people. Something we should all care about. Have your say. If you are not sure how, visit this link. Now is the time for the community sport and recreation sector in Auckland to mobilise. Whether you are a volunteer, an administrator, a parent, a participant or someone who gets the benefits sport brings - let your voice be heard.

For the full article click here: <https://aktive.org.nz/media/m4vnxx4f/opinion-piece.pdf>

For a full toolkit to assist you with your submission click the below link:

<https://aktive.org.nz/ltp-advocacy/long-term-plan-advocacy/>

PARTICIPATION

Netball is Back - Give it a Go Days

Our first Netball is Back Give it a Go Days were held the first weekend in March – lucky the Auckland weather held out for everyone!

Waiuku Netball Centre

What an amazing time we had at our “Netball is Back” day on Friday! 😊

We welcomed Mystics players, Peta Toeava and Filda Vui to Waiuku and our young players were delighted to share the court with these top players. Thanks for coming to Waiuku Peta & Filda – please come again soon!

Grateful thanks to Amelia Pascoe, our NetballSmart Development Officer, who led all the players in their warming-up and warming-down exercises.

Sincere thanks to our Future Ferns Coordinator, Tyler Campbell for organising an outstanding event for our Yr1 to Yr8 players. We can't wait to welcome current and new players to netball this season. See you all out there!

Take a look at all the happy, smiling faces.



Howick Pakuranga Netball Centre

Thanks to MG Mystics and Stars players for delivering futureFERNs activities – our kids had a blast!



Manurewa Netball Centre

An exiting day with 52 young aspiring netballers who absolutely loved the 4 x celebrity ANZ Premiership Players!

Thanks to Stars players Emma and Amorangi, and MG Mystics Phoenix & Carys who also had a ball!



Good Sports

Centres have continued to indicate there is a need for Good Sports however we understand another workshop, another realm of work to undertake is challenging. We do however strongly recommend understanding Good Sports a little better and the best way to do this is by connecting with us and other codes to share experiences, let us tell you what support is available and together, formulate an action plan!

With thanks to CLM please save this date for an interactive and engaging Korero and Kai on all things Good Sports.

Aimed at Centre staff, key volunteers and those involved in running your Centre competitions this is not to be missed.



Good Sports Korero and Kai

Thursday 21st March 7.30pm

Kindly hosted by Papakura Netball Centre, 90 Walters Road, Papakura (Pulman Park)

Proudly brought to you by CLM Community Sport and Netball Northern Zone

CHECK OUT THIS INSURANCE DEAL!

The logo for PIC Insurance Brokers, featuring the letters "pic" in a bold, lowercase font with a blue dot above the "i", and the words "Insurance Brokers" in a smaller font below it.

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A white silhouette illustration of two people playing basketball on a court. One person is in the air, jumping towards a basketball hoop on the right. The other person is standing on the left, watching. The background is a solid blue color.

NETBALLSMART

NetballSmart has been hitting the ground running for the 2024 netball season. We attended National Development Camps (NDC) camps across the country. It was great to see the athletes we have been working with across 2023 excel and show their skills in a performance environment. NetballSmart role at these camps was to run strength and fitness testing. At the same time also educating players on how to be a “smart player” and start to embed athlete habits which will help take them to the next level of their game. It was great to see some of the athletes excel in their testing and it was good to see that they had been working hard on their fitness over the off-season.

It is awesome to see teams out on the courts working on their strength and fitness coming into the pre-season. Remember it is important that our bodies can handle the demands of the sport. We want all our players to be prepared to play and have an injury-free season.

Head to our prep-n-play and preparation program resources if you want some ideas on how to prepare you player for the season ahead.

You can find these on our website under Resource/Training <https://netballsmart.co.nz/netball-smart/resources.html>

We look forward to continuing to work with all players in the community and have a safe and happy year ahead! If you need any support from NetballSmart, not only in the warm-up space but with anything relating to netball, please get in contact with Amelia or Katie from the NetballSmart team to lock in dates for 2024.

Amelia: netballsmart@netballnorthern.co.nz Katie: netballsmartdo@netballnorthern.co.nz



UMPIRES

New Rules Rollout



We have trained facilitators for the new rules ready to run workshops in netball centres, some have already been working with centres to set dates to suit umpires and coaches.

They have resources provided by NNZ which can be used as well as the resources provided by World Netball that can be found here <https://netball.sport/game/the-rules-of-netball>.

There are videos and PDFs that can be shared as well as a downloadable, printable version of the rule book.

Introduction to Umpire Coaching

The Introduction to Umpire Coaching module is the first step on the coaching journey and the foundation on which umpire coaching is based. It is aimed at new umpire coaches, or umpire coaches who would like to refresh or better understand the principles of coaching. The module includes philosophies that underpin how we coach.

Introduction to Umpire Coaching (ITUC) Dates

We have planned three Introduction to Umpire Coaching (ITUC) workshops for this year at this stage. Two will be face to face workshops (3 hours) and one online (two sessions of 1 ½ hours).

Please ensure these are included in your calendars and communicated to any possible new umpire coaches.

[Saturday 16th March - Manurewa Netball Centre, 9am-12pm](#)

[Saturday 6th April - Howick Pakuranga Netball Centre, 9am – 12pm](#)

[Monday 15th & Monday 22nd April – Online over two Mondays, 7 – 8.30pm](#)

Use this link to register for the workshops: <https://www.sporty.co.nz/viewform/285416>

Please consider if there may be members of clubs or schools that support their umpires that would like to become umpire coaches.

Umpire Advisory Group

Following the Zone Centre Engagement session in 2023, it was agreed the creation of an Advisory Group would prove fruitful to further the conversation ensuring a collaborative and collective approach by Northern Zone Centres.

We are pleased to advise the first hui has been held, and we thank members from Pukekohe Netball Centre; Netball North Harbour; Mangere-Otahuhu Netball Centre; Auckland Netball Centre and Waiuku Netball Centre for taking extra time to be part of this group.

Netball Northern Zone provided administration resource plus umpiring expertise by Sharleen Morrell, Zone Umpire Lead.

The group have agreed a Terms of Reference giving a framework upon which to be effective and consider challenges and opportunities within the umpiring space across the Zone.

Initial actions are to form a full picture of the state of umpiring across the Zone so the team will be collating background information on Centre practices, payment of umpires being how much and by whom and process undertaken, so look out for a questionnaire coming to Centres soon.

The team will then formulate a plan of action to prioritise challenges and opportunities, consider options and recommendations before consulting wider with Centres and their stakeholders.



Centre Engagement 2023 group discussion on Umpire – the question of payment

COACH

Celebrating Community Coach Awards Level 1

Congratulations to those coaches that completed the Netball New Zealand Community Coach Award Level 1. The following coaches were busy over summer holidays completing Netball New Zealand online modules on sport tutor that went toward the achieving the Netball New Zealand Community Coach Awards

Netball New Zealand Community Coach Award Level 1	
Danielle Meyer	Netball North Harbour
Dayna Williams	Netball Waitakere
Helen Perkins	Netball Waitakere
Maria Schuster	Netball Waitakere
Gilliam Williams	Netball North Harbour
Serena Kafalava	Papakura Netball Centre
Tayla Moyle	Netball Waitakere
Stacey Rasmussen	Netball North Harbour
Eseta Iese	Netball Manurewa
SandIna Cameron	Netball Manurewa
Tony Ah Chee	Netball Waitakere
Brian Keepa	Netball North Harbour
Netball New Zealand Community Coach Award Level 2	
SandIna Cameron	Netball Manurewa

To achieve the community coach awards Level 1, you must complete the Sport Tutor online modules and the practical components at a workshop. They include Player Centered Coaching, Attack, Defence, Building Effective Relationships, Selecting, Skills Analysis, Shooting, Team Culture, Planning, Learning to Umpire and Netball Smart Modules.

To achieve your CCA 2 award you are required to complete Developing Physical Literacy, Game Analysis, Mental Skills, Through-court Attack and Defence, Centre Pass Attack and Defence, Circle Work, Tournament Planning and have at least one coach learning observation.

The modules are designed to ensure we take a holistic approach to coaching and physical literacy. What to coach? is helpful, but 'how to coach' is what really makes an impact. If you would like support, new ideas, on how to be an effective coach come along to a Community Coach Workshop.

Workshops take place regularly throughout the Zone and are usually promoted on the Zone and Centre Websites, monthly newsletters and Facebook page. Before you know it, you too could obtain your Netball New Zealand Community Coach Award!

Netball New Zealand National Development Camp – Observer Coach Programme

The National Development Camps (NDC) are a vital part of the NZ Secondary Schools programme. The camps are held annually in January in three venues across NZ. Players are selected to attend by the NNZ Emerging Talent Selectors following observations across the season and in a variety of different competitions e.g. U18 National Champs, Regional and National Secondary School events.

The NZSS Head Coach Pelesa Semu and Assistant Coach Jo



Morrison lead the NDC programme with selected coaches and umpires assisting them.

An exciting addition to the camps for 2024, was the opportunity to include facilitated coach observations across the three days of the camp. This new component of the NDC in the Northrn Zone which included both Northern Zone and WBOP Coaches was facilitated by NNZ's Community Coaching Manager, Leigh Gibbs, the Assistant Mystics Coach Rob Wright and Northern Coach Lead Tania Heap.

The purpose was to provide coaches with facilitated observations of both on and off court sessions throughout the NDC programme. To show observing coaches a variety of coaching styles, the importance of quality and intensity in training and is an introduction to performance level netball.

Feedback from the coaches that attended the 3 day NDC

"NDC 2024 was a wonderful experience of learning for me. As a netball coach, NDC had exceeded my expectations on all accounts. The training sessions and facilitators, Leigh, Rob and Tania Heap were outstanding. They made my first experience at NDC a great learning opportunity."

Witnessing Brilliance: *"Observing the NZSS and NNL coaches working with the secondary school players was an absolute masterclass. Their expertise shone through in every drill, every correction, every piece of encouragement. I saw players learn the importance of "fundamental skills" to help develop their netball craft. Leigh, Rob and Tania challenged us to take as much information and to share our knowledge with other observer coaches. I heard insightful feedback that ignited players' understanding, and I witnessed genuine passion that fuelled the athletes'*

motivation to do well. Watching these coaching giants in action was like attending a live symphony of netball knowledge. “

Beyond the X's and O's: *“NDC 2024 wasn't just about fundamental and activities. It was about understanding the players, fostering their development, and creating a positive team environment. I learned about building trust, fostering resilience, and creating a culture of learning and growth. These insights have been invaluable in my own coaching, helping me connect with my players on a deeper level and unlock their full potential.”*

A Community of Passion: *“NDC 2024 wasn't just a learning experience, it was a homecoming. Being surrounded by passionate netball coaches from over New Zealand was truly inspiring. The energy, the camaraderie, the shared love for the game – it was infectious. I made connections with fellow coaches, exchanged ideas, and discovered a network of support that I know will be invaluable throughout my coaching journey.”*

My Coaching Transformation: *“NDC 2024 has undoubtedly been the best experience in my netball coaching career so far. It has given me a renewed sense of purpose, a treasure trove of new knowledge, and a network of like-minded individuals who share my passion for the game. I've returned home a better coach, equipped to inspire my players, build stronger teams, and contribute to the future of netball.”*

“Thank you, NDC 2024, for the memories, the learnings, and the inspiration. I can't wait to see what the next chapter holds!”



Feedback sound bites

“Liked being involved in the 3 days, to see the progressions and also to build relationships. Access to listen and observe the coaches up close is very valuable, watching how players react. Listening to all the 'wisdom' Gaining a firm understanding of the fundamentals and see them implemented. Well organised Excellent level of PD for coaching, can't wait to implement - feeling inspired!”

“I felt as though this programme exceeded my expectations. I came along prepared to sit at a distance in the stands and watch the programme take place, I was pleasantly surprised at the amount of discussion yourself and Tania provided, inciting stimulating conversations, challenging environments and wonderful learning opportunities.”

“The discussion between coaches was priceless and the feedback from yourself, Tania and Rob has allowed me to walk away with a new perspective on my coaching journey.”

“Big thanks to Netball NZ for allowing us access to the coaches, sessions, netball smart and selectors, this experience has been invaluable!”

If you would like to know more about these opportunities please contact Tania Heap, Netball Northern Zone Coach Lead via email on auckland.coach@netballnorthern.co.nz or your Centre Coach Developer.

MG MYSTICS

Due to broadcast reasons, there has been a change to the ANZ Premiership season schedule which affects Saturday night matches.

Originally scheduled for 7pm, these matches will now take place at **4pm**.

The MG Mystics Home Game draw below has been amended to reflect this change.

2024 HOME GAMES			
			
RD3	VS TACTIX	Monday 29 April 7.30pm	The Trusts Arena, Henderson
RD4	VS PULSE	Sunday 5 May 4pm	The Trusts Arena, Henderson
RD6	VS MAGIC	Monday 20 May 7.30pm	The Trusts Arena, Henderson
RD8	VS TACTIX	Sunday 2 June 4pm	The Trusts Arena, Henderson
RD10	VS STARS	Saturday 15 June 4pm	The Trusts Arena, Henderson
RD11	VS MAGIC	Monday 24 June 7.30pm	The Trusts Arena, Henderson
RD13	VS STEEL	Sunday 7 July 4pm	Eventfinda Stadium, North Shore
RD14	VS PULSE	Saturday 13 July 4pm	Eventfinda Stadium, North Shore

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