

# COMMUNITY NEWSLETTER

MARCH 2022



## **Kia Ora koutou katoa**

Daylight savings always signals the real beginning of winter sports seasons..the nights begin so much earlier, court lights spring into action and those early morning runs see the roads much darker (not that I am up that early or run the roads, or even run!)

The latest Covid Protection Framework announcements were welcome news to community sport codes across the country. No more figuring out the MVP system or how many people will be allowed into your court enclosure...such a huge relief for all our Centres and their volunteers out there providing awesome netball opportunities for their local communities.

The ANZP has begun, with teams across the country battling a hampered pre-season, covid isolations and illnesses, but still producing awesome netball. Like all franchises, we remain ever hopeful of opening the doors for our teams remaining home games to treat our fans to the live experience of elite netball. The Mystics have started their campaign well sitting top of the ladder after 5 games. Our Marvels have had a slower start but points are close for the four teams at the lower end of the table. And wasn't it fantastic to see the Mystics and Stars Mens' game live on Sky TV this past weekend! A huge step forward for the mens game and great visibility for male netball in New Zealand.

Thank you to all our Centres that joined Northern Zone for the Annual General Meeting on 27<sup>th</sup> March. It was wonderful to celebrate those from our Zone who were honoured at the NNZ Council back in February, and most importantly to recognise the inaugural Zone Service Award recipients.

Onwards and upwards everyone for a fantastic season of netball. We are excited and enthusiastic to be actively working with our Centres to grow and strengthen netball.

Karyne Ross

Community Netball Manager

## Netball Northern Zone – Service Awards 2022

### Debbie Shoebridge



2011 – 2018, New Zealand Umpire Development Group

2016-2021, Netball Northern Zone Watchlist Umpire Coach

*“Debbie has been a part of umpire development in the Northern Zone for many years. She has spent many hours working with umpires and umpire coaches in our Zone. Coaching umpires from community to performance, Debbie has had a huge impact on the development of umpires and umpire coaches”.*

Sharleen Morrell – Umpire Lead, Netball Northern Zone

### Murray Lockwood



2010 – 2012, Counties Manukau Netball Board

2013 – 2022, Netball Northern Zone Board Member (founding member)

2019 – 2020, Netball Northern Zone Board Chair

*“Murray was highly engaged in the consultation and establishment process of the Zones as part of the Netball NZ Working Group and has been an active and dedicated member of the Zone Board ever since. He has worked closely with a number of Centres over those years”*

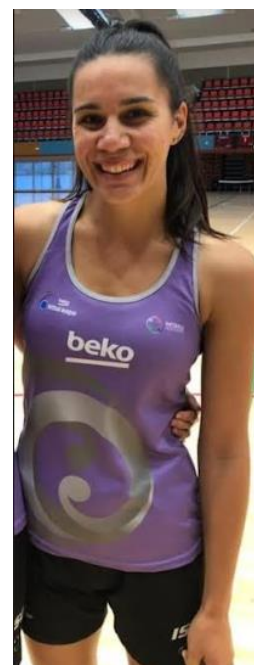
Mary Gardiner – Board Chair, Netball Northern Zone

## COMMUNITY TEAM UPDATE: CHONAIRE HURIWAI

It is with mixed emotions that we advise netball Northern Zone have received notice of resignation from our wonderful Coach Lead, Chonaire Huriwai. We are extremely sad to lose Chon from our team; however, we are super excited for her as she embarks on a new journey with Aktive in the He Oranga Poutama unit. For Chon the ability to blend her passion for tikanga maori with sport has always been top of mind.

Chonaire has been with the Zone since 2018 during which time she has developed her leadership style, and honed her skills in the Coach Developer then Coach Trainer space. Her passion for Te Reo has been invaluable and we are forever grateful for our pronunciation lessons and being part of Chon's personal Te Reo journey.

Chonaire leaves the Zone on Friday 22 April. We will now commence a recruitment process and plan to ensure Coach support remains available to all our Auckland regional Centres.



## CENTRE CONNECT SERIES



We have delivered the first two of our Centre Connect Series, and shout out to all the Centres who joined us to connect and collaborate.

Remember all resources and discussions are posted to our website which you can find here

<https://www.netballnorthern.co.nz/zones/northern/community-netball/centre-connect-series.html>

Our next topic is Males in Netball, as identified by the Centres at our last CC. Load the dates in your diaries now – this will be a goodie!

Monday 9<sup>th</sup> May 7.00pm-8.30pm and Tuesday 10<sup>th</sup> May 10am-11.30am

As always the Zoom link will be sent to Centres and posted on our Facebook page the week prior to each series.

## UMPIRES

### NNZ Zone Theory Umpire Exam 1

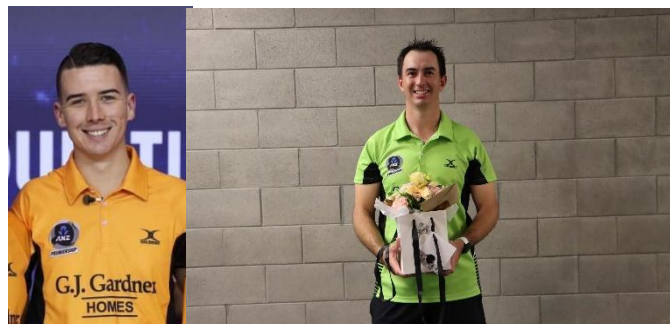
The NNZ Zone Theory Exam is the next step for umpires who hold a Centre Umpire Award and are looking to attain their Zone Umpire Award.

Registrations for the NNZ Zone Theory Exam 1 to be held on **16<sup>th</sup> May 2022 between 6-8.30pm**, are now open and will **close on 3<sup>rd</sup> May 2022**. There is a link to Sport Tutor on the Netball New Zealand website <https://www.netballnz.co.nz/get-involved/umpiring> with a "How to Guide" which will walk you through the registration process.

Exams cost \$55 and payment details will be sent to applicants to pay online after registrations have closed. If their Netball Centre is paying for them, this can be done in one payment directly to Netball New Zealand, details will be in the payment email.

### Umpire Achievements

Congratulations to Zak Middleton and Cory Nicholls who were re-selected in the National Umpire Squad in 2022. Cory has continued his growth in the ANZ Premiership over the past two seasons after learning his trade at National Netball League level. Zak Middleton this season has made the step up to ANZ Premiership making his debut in the Round 2 match between the Pulse and Magic.



Kiani Smith was included in the National Umpire Squad for the first time in 2022. This follows five years on continued growth and development in the NNZ Zone Watchlist where Kiani excelled at NNZ Domestic Tournaments.

Kiani made her squad debut in Round 2 of the Synergy Hair Netball League when Mainland played South.

Scott Bailey, Matt Davis and Shaz Papesch have all been re-selected in the NNZ Zone Watchlist for 2022.

With the impact of Covid, the NNZ Zone Watchlist umpires are an important part of delivering the ANZ Premiership and Synergy Hair Netball League, reserving matches in the SHNL and standing by in case they need to be called up.

Congratulations to Matt Davis who was called in to umpire in Round 3 of the SHNL on the Mainland v Marvels clash and made his debut.



## Umpire Interviews

Umpiring is an exciting, rewarding, and challenging role. It allows people to give back to the game as well as meet and connect with others. Umpires are athletes just like players and many train to develop themselves on and off the court. Community umpires are essential to the enjoyment and delivery of netball at your local centre.

We would love you to get to know some of the umpires from our Zone that take to side-lines over the season and hear how they got started, what they enjoy about umpiring and what they find most challenging.

To that end we have compiled a series of interviews with many of the different umpires from across our Zone.....check out the link to read and hear from these wonderful volunteers...

<https://www.netballnorthern.co.nz/zones/northern/community-netball/umpiring/northern-umpires.html>

Check out this awesome interview with our first umpire...

**Name:** Chelsea Beere

**Age:** 15

**Netball Centre:** Howick Pakuranga Netball Centre

**Umpire Qualification:** Centre badge

**About you:** I have played netball since year 3 and it has always been a passion of mine, ever since I can remember I have been around netball. My older sister has been playing netball since I can remember and because of this I have gotten involved.

**When did you start umpiring and how did you get started?** I started umpiring 2 seasons ago at the end of the season. My sister has been an umpire since year 9 (5 or 6 seasons) and because of this I wanted to try it. I ended up picking it up fast and since then I have had a passion for it.

**Why do you enjoy umpiring?** I enjoy umpiring because it allowed me to get my confidence. I also really enjoy it because I feel as though I am doing something to help my club out and love being able to watch teams grow throughout the season as an umpire.

**What has been your biggest challenge?** The biggest challenges I have had to go through during umpiring would be side-line comments. These comments really got to me when I first started umpiring, especially when I had a coach that would constantly tell me my calls were wrong from the side-line. One of my very first games had this and it really got to me. I did however talk to the coach and tell her that I was doing my best.

**What has been your best experience?** One of the best experiences umpiring has been when I am told teams have requested to have me umpire them or when I turn up to the court and the coach gets excited to see me. This just reassures me that people do like me umpiring them and that I am a good umpire.

**What would be your best advice for new umpires?** Focus on small things first before working your way up. Be firm on stepping, contacts, and obstruction. First focus on stepping then obstruction. Also don't let the critics get to you just do your best!!

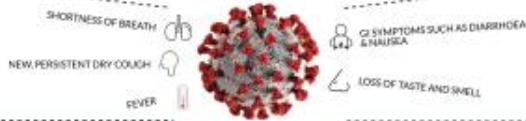
## NETBALLSMART

NetballSmart are delighted to share with you our latest resource – the COVID-19 Care Resource. A guide to returning to play following Omicron, to keep your players on court.

The Covid-19 Omicron variant is prevalent in New Zealand and in particular with the young population. It is vital we support our Netball Players' transition from Omicron to Play (OTP) safely. Omicron to Play is very individual, cannot be rushed, and is a process. Covid-19 Care provides a framework to help guide and support the coach, whanau and the participant transition from Omicron to Play.

## COVID-19 GRADUATED RETURN TO PLAY FOR PERFORMANCE ATHLETES: GUIDANCE FOR MEDICAL PROFESSIONALS

### INDICATORS OF COVID-19 INFECTION



THIS GUIDANCE IS AIMED AT ATHLETES WITH MILD TO MODERATE SYMPTOMS OF COVID-19. ATHLETES SHOULD FOLLOW LOCAL GOVERNMENT GUIDELINES OF COUNTRY OF RESIDENCE FOR MANAGEMENT OF SYMPTOMS INCLUDING ISOLATION AND TESTING PROCESSES. ATHLETES WHO HAVE MORE COMPLICATED INFECTIONS, OR REQUIRED HOSPITAL SUPPORT SHOULD HAVE A MEDICAL ASSESSMENT BEFORE COMMENCING GRTP. ASSESSMENT MAY INCLUDE:

BLOOD TESTING FOR MARKERS OF INFLAMMATION (PROTEIN, ESR, CRP, C-REACTIVE PROTEIN) & HEMATOLOGY MONITORING

CARDIAC MONITORING (ECG, ECHO, ETT, CARDIAC MRI)

RESPIRATORY FUNCTION ASSESSMENT (SPYROMETRY)



### GRADUATED RETURN TO PLAY PROTOCOL UNDER MEDICAL SUPERVISION

|                      | STAGE 1<br>WALKING | STAGE 2<br>LIGHT AEROBIC | STAGE 3A<br>LIGHT AEROBIC | STAGE 3B<br>LIGHT AEROBIC | STAGE 4<br>LIGHT AEROBIC | STAGE 5<br>LIGHT AEROBIC | STAGE 6<br>LIGHT AEROBIC |
|----------------------|--------------------|--------------------------|---------------------------|---------------------------|--------------------------|--------------------------|--------------------------|
| ACTIVITY DESCRIPTION | WALKING            | WALKING                  | WALKING                   | WALKING                   | WALKING                  | WALKING                  | WALKING                  |
| EXERCISE ALLOWED     | WALKING            | WALKING                  | WALKING                   | WALKING                   | WALKING                  | WALKING                  | WALKING                  |
| 5 HEART RATE %       | 50%                | 60%                      | 70%                       | 80%                       | 90%                      | 100%                     | 100%                     |
| DURATION             | 10 MIN             | 15 MIN                   | 20 MIN                    | 30 MIN                    | 45 MIN                   | 60 MIN                   | 90 MIN                   |
| OBJECTIVE            | WALKING            | WALKING                  | WALKING                   | WALKING                   | WALKING                  | WALKING                  | WALKING                  |
| MONITORING           | WALKING            | WALKING                  | WALKING                   | WALKING                   | WALKING                  | WALKING                  | WALKING                  |

ACRONYMS: I: INJURY - PSYCHOLOGICAL READINESS TO RETURN TO SPORT; SR: (RATED PERCEIVED EXERTION SCALE)  
NOTE: THIS GUIDANCE IS SPECIFIC TO SPORTS WITH AN AEROBIC COMPONENT

## COVID-19 Care

NetballSmart can help your transition through the RTP stages:

- Stage 1**  
7-10 days
  - Walking and activity of daily living
  - Light Core programme when feeling well enough - **NetballSmart Core and Stability Programme**
  - Light Body weight strengthening when feeling well enough - **NetballSmart Body Weight Strengthening**
  - Simple **NetballSmart Baller and Stretching** activity may be useful at this stage.
- Stage 2**  
2 days (min)
  - Light aerobic activity - see **Burning, Biking and Body Weight Circuits** for some ideas. Keep the intensity low.
  - Check your heart rate - less than 70% of your max heart rate (220 - age) and work for 15 mins only.
  - Monitor how you feel the next day - must not be more fatigued than day before.
  - Use **My Smart Roadmap** to aid recovery.
- Stage 3A**  
1 day (min)
  - Increase the intensity of the activity to less than 80% of max heart rate.
  - Use **Burning, Biking and Body Weight Circuits** for some ideas.
  - Or use the **Preparation Programme**. This programme is more Netball specific.
  - Check heart rate and modify intensity as necessary and work for 30 mins.
- Stage 3B**  
1 day (min)
  - Use the **NetballSmart Dynamic Warm-Up** of training.
  - Use the **Preparation Programme** to help plan training.
  - Year 7 & 10 Starter programme** may be a useful resource.
  - Keep heart rate less than 80% of maximum heart rate and work for 45 mins.
- Stage 4**  
2 days (min)
  - Back into Netball training. Start with the **NetballSmart Dynamic Warm-Up**
  - And progress into a full training session.
  - Keep heart rate less than 80% of max heart rate and train for 60 mins.
  - Maximise recovery - use **My Smart Roadmap** to aid recovery.
- Stage 5**  
2 days (min)
  - Back into high intensity and full and normal Netball training leading into competition.
  - Use the **NetballSmart Dynamic Warm-Up** for all trainings.
  - Maximise recovery - use **My Smart Roadmap** and **NetballSmart Baller and Stretching** activity to aid recovery.

### NetballSmart out and about

Katie and Ala have been super active in the community getting players ready for the upcoming season and making sure they are NetballSmart when they hit the court. They've been hard at work helping out with mass warm-ups at trials and running Prep N Play, SmartPlayer and NetballSmart Dynamic Warm-up workshops.

It's not too late to start - if you want to get in contact with them you can contact them on [netballsmart@netballnorthern.co.nz](mailto:netballsmart@netballnorthern.co.nz) (Katie) or [netballsmartdo@netballnorthern.co.nz](mailto:netballsmartdo@netballnorthern.co.nz) (Ala).

Check out the NetballSmart facebook <https://www.facebook.com/netballsmart/> and Instagram <https://www.instagram.com/netballsmart/> to keep up to date with all things NetballSmart.





## AUCKLAND NETBALL REGIONAL FACILITIES WORKING GROUP

Update from the March meeting:

The Auckland Netball Regional Facilities Working Group (RFGW) consists of representatives from:

|   |                    |
|---|--------------------|
| Aktive – Spaces & Places Manager                  | Simon Tattersfield |
| Auckland Council – Head of Active Recreation      | Dave Stewart       |
| Netball Northern Zone – CEO                       | Phil Vyver         |
| Netball Northern Zone – Community Netball Manager | Karyne Ross        |
| Independent Volunteers                            |                    |
| Board Chair/Independent Director & Trustee        | Mary Gardiner      |
| Independent Facility Consultant                   | Anita Coy-Macken   |

After another year of Covid lockdowns the knock-on effects are now being felt significantly in the funding and resourcing environment. An update was provided in Northern Zone's Annual report, but special mention must be made of our excitement to see Papakura Netball Centres rubberisation project completed.

The Working Group came together on 25 March 2022 with much discussion on the current funding environment, and sports reliance on Council in the facilities space. It was noted that of all the codes who initiated facilities plans over the past 5-10 years, netball has been outstanding in actually implementing their plan.

Centralised resource, shared resource, and collaboration is the focus for Aktive and Council as the sport sector, amongst others, all draw on limited funding/resources available. Working together allows for best use of these limited resources and to reach consensus on the priority for sport in our region.

The Working Groups' key priorities remain supporting netball centres with specific facility projects; advocacy to Local Boards and funders; ensure current netball facilities are fit for purpose and maximising utilisation. The Working Group is investigating sourcing resource to review the facility plan and progress its implementation. Another important area is the ownership models for netball centres, where more investigation and advocacy is required.

The Working Group is currently supporting three Auckland Centres with their Stage 2 Facilities Investment Fund applications and will then consider what specific support is needed should these applications be successful.

Further updates will be provided as and when projects progress, alongside general facilities discussion with Centres at the Zone's planned Centre Forum later in the year.

Communications can be directed to group secretary, Karyne Ross on [karyne.ross@netballnorthern.co.nz](mailto:karyne.ross@netballnorthern.co.nz).

WITH THANKS TO OUR FUNDERS...

