

COMMUNITY NEWSLETTER

APRIL 2023



The netball season is well and truly underway. It is great to see so much activity throughout the Zone as preparations are completed for the impending winter season.

Thank you to all those Centres, delegates and observers that came to the Netball Northern Zone AGM on Sunday. The minutes as well as the slides from the presentations that were made on the day will be sent out to Centres by email. A special highlight of the AGM was the awarding of Northern Zone Service Awards to Jane Bendall, Tracey Parsons and Rachel Smith. All three have made such significant contributions to the sport and it is great to recognise such people. Congratulations!

Congratulations to all the people that have received similar awards at Centre level as detailed later in the newsletter. As you will read there are so many wonderful people in our zone that give so much to netball. We wouldn't have a sport without these contributions.

The consultation phase of the Netball Sustainability Project is about to get underway. Very soon you will get an email invite to attend a consultation session. Please make sure you have a representative attend a session.

There are plenty of opportunities coming up to upskill in the different areas of our sport. Please make sure you share all the information in this newsletter with the relevant people in your Centre.

Phil Vyver

CEO

From our Board

Thank you to everyone who came and participated in the Northern Zone AGM on Sunday, 26 March. Some updates from the meeting:

- We were able to report a good financial surplus for the year, lifting our equity to the KPI target in our strategy. We will reset the target in collaboration with our members to ensure a reasonable and balanced approach to improving our resilience, while at the same time supporting and enhancing centres resilience.
- Phil presented a review of the year and highlighted the targets in our strategy, including our collective drive to 50,000 members in the Northern Zone!
- Three new Zone Service Award recipients were acknowledged for their enthusiastic, valuable and dedicated service to our Zone. Congratulations and thank you: Rachel Smith, Tracey Parsons and Jane Bendall!! See the pictures elsewhere in this newsletter of these three wonderful people along with others recognised by their centres at recent AGMs!
- We were delighted to appoint Raewyn Henry as our Netball Northern Zone Patron, a new role enabled though changes to our Constitution approved at the AGM. We are excited to have a Patron and Raewyn certainly has experience, wisdom, profile and energy, fitting of holding this position. Thank you Raewyn!

- Jennie Wyllie, Netball NZ CEO attended the meeting and provided an update presentation including the key areas of focus for Netball NZ, the sustainability project, customer experience and digital transformation.
- Anita Coy-Makin, a member of the Auckland Region Netball Facilities working group provided a presentation on the role, purpose and plans of the group. The group intends to update the facilities plan this year and will keep you updated as the work progresses.
- There were great discussions during the AGM, in the Centre Board Chairs discussion which followed and informally during the afternoon, along with the pleasure of watching the Comets vs the Marvels NNL game and the MG Mystics vs Robinhood Stars vs ANZ Premiership game.

We wish you all the best for the coming season!

Mary
Board Chair



Northern Zone Service Awards

The Netball Northern Zone AGM was held on Sunday 26 March and three of our Zone's most dedicated contributors to our game were recognised receiving a Netball Northern Zone Service Award.

This award recognises an individual who has made a significant contribution to the game of Netball that has enhanced the game at both local and Zone level.

Congratulations to Rachael Smith, Tracey Parsons & Jane Bendall - we are very grateful for all that you do.

Rachel Smith

Rachael has been an important part of bench official development in the Northern Zone for a number of years. She has been a Nationally qualified bench official since around 2010 officiating for National League games, ANZ games in Northern Zone and at National and Regional tournaments for many years. She is now also a statistician on the bench for the ANZ / NNL games.

Rachael joined the Northern Zone Bench Official Committee in 2020 to support the organisation, development, and allocation of bench officials in the zone. This has also involved connecting with coordinators from the other zones in reviewing the national qualifications and development of bench officials in NZ.

Congratulations Rachel.



Tracey Parsons

Tracey has volunteered for our Netball Northern Zone/Mystics since 2012 and is one of our longest standing and most loyal volunteers – an absolute key member of our workforce!

During her time volunteering for the Mystics, she has had multiple roles including ticketing, usher, foyer support etc. but her key role has now become Team Liaison as she is so reliable, organised and competent and the teams LOVE her!

Along with volunteering for Mystics home games, Tracey has represented our Zone by volunteering as a driver for the Malawi team in 2014 Fast5 Netball World Series, at the 2015 Constellation Cup, the 2018 Netball Quad Series, and many Trans-Tasman Silver Ferns matches over the years.

Tracey always puts her hand up to help whenever we request our workforce to volunteer on behalf of our Zone for Netball New Zealand events.

Thank you Tracey, and congratulations on being awarded a Netball Northern Zone Service Award.



Jane Bendall

Jane is a highly valued member of the West Auckland netball scene in particular, but has also been involved in many national and international events as a volunteer. Having been involved in all aspects of netball since 1980, it is truly a life-time of commitment to the sport.

Jane started volunteering back in the old Auckland Diamonds days and continues to volunteer at Mystics and Silver Fern games. Jane is also a Life Member of Netball Waitakere.

Thank you Jane for your contribution to our sport and congratulations on receiving a Netball Northern Zone Service Award.



Centre Service Awards and Life Members

Congratulations to those who have been awarded at their centres with a service award or life membership. How fantastic to see members of the community honoured within their centre.

Auckland Netball Centre

Service Awards

Paula Smith



Liz Kirshberg



Anna Harrison



Waitakere Netball Centre

Congratulations 2023 Service Award Recipients



Service Awards:

Rob Tai, Keryn Soppet, Jo – Anne Heinzen, Maria Marama, Lisa Tomlinson

Life Member Award Congratulations – Hedy Turner



27 Years of active volunteering
2017, NW Service Award
2017, Sport Waitakere Volunteer of the year
1996 – Current, Netball Waitakere Volunteer
Coaching Te Atatu Netball Club
Representatives – Uniform/Manager/Volunteer

Howick Pakuranga Netball Centre

Life Members

David Booth and Peter Hilgrove



Service Awards

Phyllis Yuill, Dianne Coultas and Kathryn Stonehouse



Pukekohe Netball Centre

Life Member

Robyn Mayo



Netball North Harbour

Service Awards

Jill Hayman



Katherine Kidd



Fay Meiklejohn



Raewyn Vile



Fair Food volunteer experience

We love to help support our community in any way we can! Fair Food is doing their part in helping the community by 'feeding people, not landfill' and has been providing various charities with rescued food supplies to feed various communities around Auckland.

Our Zone Community Team and staff along with MG Mystics players jumped on board and volunteered for a shift at Fair Food. We love the kaupapa behind Fair Food, as well as their continuous mahi behind the scenes to provide for communities in need.



MONDAY 6 MARCH



2,194 KGS OF FOOD

59 UPCYCLED

6,437 MEALS

5,970 KGS CO2 SAVED

www.fairfood.org.nz

Coach

Coach Learning and Development Series – 'Resilience' with Kathryn Berkett

Join us for a webinar with Kathryn Berkett, TEDx Presenter of "Neuroscience of device zombies". Kathryn has her Masters in Education and is also a certified Neurosequential Model of Therapeutics practitioner - a qualification gained via the Child Trauma Academy (Dr Bruce Perry).

Gain insight into how resilience is built and practical steps to support your players to build their own resilience. Coaches, managers, umpires, all welcome!

Seminar will cover:

- What does resilience mean? What does it look like? How will I recognise it?
- What environments encourage development of resiliency? What environments don't?
- What is your role as a parent, caregiver, teacher, mentor?
- What are the behaviours we do every day that build resilience in ourselves and those around us?

Wednesday 5th April, 7.00pm - 8:30pm

• Cost - \$10

• Register here <http://bit.ly/3Litnf4>



WEBINAR

BUILDING RESILIENCE AS A COACH

Maximise your coaching through understanding the teenage brain

Wednesday 5th April, 7pm



Kathryn Berkett
Masters in Educational Psychology
Neurosequential Model of Therapeutics practitioner
TEDx Presenter

Netball Central
Pōtatawhiri Ngakau

Coach Developer Hui

The planned Coach Developer Hui for April 1st 2023 has sadly been postponed however our coach and umpire lead will be in contact with more details in due course. A reminder that Coach Developers are those who coach the coaches – be they player coaches or umpire coaches.

In the meantime, below is a fantastic opportunity for coach developers to attend a live observation hui on 30th April hosted by Waiuku Netball Centre. This hui has a focus on objective v subjective observation and coach developers will have an opportunity to put it all into practice. Follow the link to register:

<https://www.sporty.co.nz/viewform/233701>



**NETBALL
NORTHERN**

COACH DEVELOPER HUI

KITENGA & KŌRERO LIVE OBSERVATION

Join us for a workshop on live observation,
adding tools to your kete to provide support to
coaches in our community



**WHERE'S
WALLY?**

SAVE THE DATE

DATE: 30th April
TIME: 10am - 1pm
VENUE: Waiuku Netball Centre
Kitchener Road, Waiuku 2123

Umpires

Umpire Fitness

Our umpires need to have good physical fitness to perform their duties and we encourage all umpires to do some physical training to enable them to umpire to their best.

Umpires who hold a New Zealand Umpire Award have earned the right to wear the NNZ logo and are representing NNZ. Representing a national sporting organisation comes with a responsibility to uphold the high standards of the award. All umpires wishing to be appointed to NNZ events must also provide current Yo-Yo Test results.

A great effort from all umpires that recently completed the March fitness testing. It's great to see you put in the preparation for your sport. Well done to these umpires from **Netball North Harbour** who even have a smile on their faces at the end!



Netball Northern Umpire Development Group 2023

We are very excited to announce our **Netball Northern Umpire Development Group** for 2023.

The umpire performance vision for Netball Northern is to continuously produce umpires that are capable of being selected for and performing well at Netball NZ national events; and to feed into Netball NZ High Performance Squads and Talent Identification programmes.

Selection is based on current performance and potential to develop, availability to attend National and Zone events and trainings, and a desire by the umpire to progress their umpiring into the performance space.

Congratulations to the following umpires that have been selected by the Netball Northern Umpire Selector Group, we wish them all the best in their development this year:

McKynlee Breen – Auckland Netball Centre

Kian Manilal – Netball North Harbour

Kira Morrison – Netball North Harbour

Brooklyn Mangakahia – Whangarei Netball Centre

Caitlin Edwards – Netball North Harbour

Mikayla McKenzie – Northern Wairoa Netball Centre



Umpire Coach Interviews

Last year we did umpire interviews so you could get to know a few of the people running the side-lines. This year it is time to get to know our umpire coaches! Our aim is to highlight the work the umpire coaches do in supporting umpires in their development and that umpires are coached the same way that players are, both of them being athletes in our sport.

Meet our first Umpire Coach, who is also the new Umpire Convenor at Papakura Netball Centre!

Name: Tracey Raututi

Netball Centre: Papakura

Umpire Coach Qualification: Centre Coach Assessor

When did you start coaching umpires and why did you decide to become an umpire coach? I started in 2018 within my club to support my umpires as club umpire convenor. Then became a member on our Netball Centre Umpire committee to widen my support for our umpires.

Why do you enjoy coaching?

I loved the support I got as an umpire and reassurance I was doing my job well. So wanted to give that back to new umpires so they know they aren't alone.

What skill areas have you enjoyed developing as a coach?

Learning to listen as well as speak.

What has been your best experience?

Having umpires watch me umpire and ask me questions about how I do things and then they put it into practice themselves and give me feedback on how they now understand things.

What would be your best advice for new umpire coaches and for umpires just starting to work with a coach?

Be open, ask questions and relax with each other. No question is ever a silly one.



2023 New Zealand Secondary School Trialists

Netball New Zealand's secondary school campaign has kicked off with 24 players having the opportunity to trial for the NNZ Secondary School team in Auckland. After having limited opportunities over the last three seasons due to covid, this provides the group the first steps into Netball New Zealand's Player Pathway. Congratulations to the 6 Northern Zone Players who have been selected to trial this year.

Sophia Lafaiali'i – Saint Kentigern College

Le'Oxeayn Maiu'u – Avondale College

Priscilla Rasmussen – Avondale College

Summer Temu – Mt Albert Grammar School

Lili Tokaduadua – Howick College

Jaz Zanders – Westlake Girls' High School

Northern Zone Scouting Programme

Following a successful pilot with Netball North Harbour in 2022, the Zone aims to build on this and implement a new initiative for talent identification across our Zone. We are asking Centres to help us identify up-and-coming athletes and to help provide some basic scouting information on them.

The Northern Zone will once again have a Zone Scouting Group who will attend local and national tournaments, and Centre information provided will ensure they have a better understanding of our athletes and identify players that might have been missed in the past.

Information has been sent to Centres for both:

1. Expressions of Interest Request to become part of the Scouting Group
2. Template to provide scouting information for Centre athletes

If you have any questions, need further information or would like some help with you initial scouting then please contact Pete McInnes at athletelead@netballnorthern.co.nz.



Howick Pakuranga Player Development Day

It was perfect weather for the Howick Pakuranga Player Development Day on Saturday 18th March. The focus for the coaches were to ensure the players had a good experience and that they were fully engaged.

The skill focus was 'Attack and Defence' and included on attack; - turning fully, meeting the ball strongly, getting free on attack, passing the ball into space.

And on defence skills; 9m guard, restrictive marking, intercepting skills, setting up on defence and space marking.

Game time provided an opportunity for the players to put what they learnt into action. Coaches commented that they were excited at how quickly the players were able to transfer their skills into game play.

Coaches also delivered the Netball Smart Warm Up & Cool down and Team Building Activities. It was also good to see coaches incorporate Teaching Games for Understanding and Game Sense Activities which allow players time to problem solve and 'learn in the chaos'.



The NetballSmart focus for the day was upskilling coaches on the delivery of their NetballSmart warm-up, cool-down and recovery and educating players on the importance of good nutrition, sleep, hydration and recovery. The warm-up should focus on preparing you for the game, getting your heart rate up, engaging the muscle groups that are important for Netball (squats and lunges), incorporating jumping, landing, turning in the air and stopping – as this is the game of Netball. Turning on the ball is a key skill we try and embed in our players and it starts in the warm-up. Players need to be strong and powerful to execute this efficiently and this starts with body weight strengthening, core stability and control and jumping and landing. We also delivered a warm-up to umpires; umpires are athletes too and can cover up to 5km each game. A warm-up is crucial for reducing risk of injury during the game.



The Player Development Day was a great opportunity for HPNC umpires to come along and have a chance to work on their development as well. Umpires attended a Techniques 1 workshop, which allowed umpires to develop their understanding of position, vision and timing, and have the chance to put it into practice in games. The umpires had the opportunity to receive coaching from one of Howick Pakuranga umpire coaches, a great development moment for them post workshop. Ala from NetballSmart walked them through an UmpireSmart warm up. Warming up is critical for umpires as it helps reduce the risk of injury!

Overall, an extremely successful development morning for umpires which allowed them grow and stretch their knowledge preseason.



A massive, big thank you to everyone who was involved in the day. There were about 90 players, 12 coaches and 7 umpires, 1 umpire coach and 3 executive volunteers. It is inspiring that awesome individuals come together to ensure we have healthy supported netball communities.



WORKSHOP/COURSE CALENDAR

CENTRE/ORGANISER	DATE	WORKSHOP / COURSE
Sport Tutor http://www.sporttutor.nz/netballnz	Ongoing	<i>Netball NZ (NNZ) Online Learning is designed for everyone involved in Netball including coaches, umpires, volunteers, and players. Find your favourite Netball modules and resources as well as discover new learning experiences. Explore training in leadership, injury prevention, performance enhancement, coaching tools/tips for all age groups, umpiring and more</i>
Pukekohe Netball Centre http://www.pukekohenetball.co.nz/coaches.html	17 April	CCA L1 - Team Culture Course
Howick Pakuranga Netball Centre https://www.hpnc.org.nz/	3 April 5 April 17 April 1 May 8 May 15 May 22 May 17 & 24 July	Foundation – FutureFERNs coaching Introduction to Umpiring Netball Smart – DPC CCA L2 – Centre Pass CCA L2 – Through Court CCA L2 – Game Analysis CCA L2 – Circle Work CCA L2 – Refresher Workshops
Kaipara Netball Centre https://www.sporty.co.nz/kaipara/KAIPARA-NETBALL-CENTRE	20 & 21 April	Introduction to Umpiring
Whangarei Netball Centre https://www.whangareinetball.co.nz	5 April 12 April 24 April 26 April 3 May	Foundation – Year 3 to Year 6 coaches Foundation – Year 7 to Year 8 coaches Foundation – Star Helpers Foundation – Year 7 to Year 8 coaches Foundation – Year to Year 4 coaches

WITH THANKS TO OUR FUNDERS...

