

# COMMUNITY NEWSLETTER

AUGUST 2023



Such a busy time of year for all things netball! It was disappointing to see the Silver Ferns miss out at the World Champs. They put such a massive effort into the campaign, but just not meant to be this time.

Closer to home we have enjoyed meeting many of our Centre staff and volunteers at the Centre Engagement huis. Three were held across our zone – Auckland, Pukekohe and Kerikeri – each showed the diversity of our zone and the different and in many cases similar challenges that we face as a sport.

Good luck to our Centres that are competing in the Netball NZ Open Championships early next month in Dunedin. It is sure to be another competitive tournament and we wish you the best for an enjoyable campaign.

I know many of you will be looking forward to the end, of what has been a rather wet, winter season! Thank you for your hard work and commitment across the season, it is truly appreciated.

Phil Vyver  
CEO



## FROM OUR BOARD

### Community plan and thank you!

Last weekend I joined other Northern Zone team members: Amelia, Karyne, Sharleen, and Phil at the third of our community engagement workshops, hosted by the welcoming and hospitable team at Kerikeri Netball Centre. Auckland and Pukekohe hosted the other two workshops, which provided an opportunity for feedback and discussion to help shape the Northern Zone community plan and priorities, in advance of similar discussions with Netball NZ Community team. Many thanks to all three centres for hosting these sessions!

It was a long day for the Kerikeri Netball Centre team who had earlier in the day hosted a cluster tournament. As if I needed reminding, it was clear during the discussions how dedicated, energetic, skilful, and passionate all our, mainly volunteer people, running netball are. A **massive thank you** to you all! It was also clear that there are challenges. In particular there is always more to do than there is time or capacity.

One of the insights during the hui was that there may be too much communication (lots of emails) and it is difficult to find the information you need, when you need it. While there are a lot of resources on the Netball NZ and Northern Zone websites, they are not always easy to find. Until we can improve the way we provide information, tools, and insights maybe the best solution is simply to ask. Karyne and Amanda at Northern Zone are very happy to chat anytime and can provide advice, put you in touch with an expert or provide the tools you need.

#### **Attend centre board and committee meetings – please invite us.**

We (members of the Zone Board and CEO Phil) would like to participate in a board or committee meeting at your centre. This is part of our effort to enhance communication and collaboration, specifically with a governance focus, so complementary to Centre engagement workshops and other regular collaboration.

We are keen to attend in person later in the year or online if that is how your meeting is run. Please contact Phil Vyver – [phil.vyver@netballnorthern.co.nz](mailto:phil.vyver@netballnorthern.co.nz) to schedule this participation.

Thank you to you for all that you do for netball, enjoy the season, and take care everyone!

Mary, Board Chair

## **UMPIRES**

### **Umpire Coach Interviews**



It's time again 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 being athletes in our sport.

Meet our next Umpire Coach!

<b>Name:</b>	Zak Middleton
<b>Netball Centre:</b>	Auckland Netball Centre
<b>Umpire Coach Qualification:</b>	NZ Coach Assessor

**About you:** I am currently in the National Umpire Squad, officiating both the ANZ Premiership and Synergy Hair Netball League. Outside of netball I have a little family with one daughter and a dog, and work as a Director of Sport at a Secondary School.

**When did you start coaching umpires and why did you decide to become an umpire coach?** I started coaching umpires around 2014, about 3 years after I started umpiring. Coaching umpires is a way to help give back to the next group of up-and-coming umpires. The coaching support I received as an umpire in my early years of development helped cement a love for the game, and a drive to be the best I can be. I want to pass on those experiences to other umpires so they can fulfil their potential and enjoyment of the game.

**Why do you enjoy coaching?** Coaching provides a good challenge around the art of questioning and unpacking. It gives you the opportunity to coach a wide range of umpires, all with varying skill sets and challenges to solve. I love seeing an umpire being able to self-identify problems and come up with solutions, as well as the satisfaction when they attain a qualification they have been working towards.

**What skill areas have you enjoyed developing as a coach?** Learning the art of umpire-centred coaching and unpacking is a good challenge and remains so today. It is very easy to have a conversation with an umpire and to give them the answers, but seeing an umpire being able to unpack and self-identify a problem and come up with a solution is very rewarding, and a more sustainable method of development.

**What has been your best experience?** I was fortunate enough to be on the coaching and appointments panel for the NNZ U17 Championships at Pukekohe Netball Centre in 2017.

**What would be your best advice for new umpire coaches and for umpires just starting to work with a coach?** As new coaches it is important to keep things simple. Try and find just one or two things that will give the umpire the best return in performance at that point in time. One of these may be a quick fix, and the other may be a long-term work-on. Don't forget to also tell the umpire about the things they are doing well.

## Congratulations EnviroWaste North Island Junior Championship

Congratulations to these Northern Umpires who travelled to New Plymouth for the 2023 EnviroWaste North Island Junior Championship.

Bridget Keene

Kate Ward

Sarah Mead

Hannah Dodd

Lesley Grima

Starla Krone

Liam Makara

Tomairangi Waitere

Hine Komene

Ruth Christie

Emily Freestone

Emma Edwards

Pauline Akauola

Dayna Williams

Leni Salamo

Jodie Bennetto

Pyper Buxton

Tania Lewis

Kris Clyma

Kaitlyn Wade

Sean McGinty

Carmen Michie

It was an extremely wet weekend, well done to those that braved the weather and we hope you enjoyed the opportunity, and we are excited to see your continued development!

This weekend was also an opportunity for umpire coaches to build on their development. Many thanks to Arisa Parr – Whalley and Jennie Valgre for joining the Umpire Coach Panel.



## Congratulations NNZ U18 Northern Umpires

Congratulations to these Northern Umpires who travelled to Hamilton for the 2023 Celebration Box NNZ U18 Champs from 10<sup>th</sup> – 13<sup>th</sup> July.

Kian Manilal  
Ginny Peek  
Taasha Clifton  
Julia Lim  
Laura Mallon  
Zayna Patel

Kira Morrison  
Catherine Simpson  
Caitlin Edwards  
Emily Stinger  
Greer Thomas



A special **CONGRATULATIONS** to **Kian Manilal and Kira Morrison from Netball North Harbour** who were selected to umpire the U18 girls final! What an achievement!

We hope you all had a great tournament, and we look forward to seeing your further development.



## **NETBALLSMART**

NetballSmart infiltrated the Celebration Box U18 Representative tournament, and we had a blast! It was awesome to see so many teams doing great warm-ups and taking on advice from previous NetballSmart sessions. NetballSmart had a focus on transition skills and how they related to the demands on the court. NetballSmart and its Ambassadors presented awards to teams that were implementing NetballSmart Philosophies into their game both on and off the court. Many Northern Zone teams were receiving prizes which was very exciting to see!

NetballSmart were lucky enough to have 3 ANZ players from the Pulse and Magic spend the day at U18s educating players on their own injury experiences and their tips and tricks for a week at the tournament. Fortunately, there was only a small number of injuries which was awesome to see and shows that teams are ensuring they can stay as injury free as possible. Congratulations to the teams that attended. Make sure your team is ready for the next tournament. If you need any help, please contact NetballSmart.



## COACH

### Under 18 Nationals Courtside Korero

We did something a little different at the Netball New Zealand Under 18's National this year – *'The Court side Korero'*.

After a game, the umpires and the coaches from both teams would come together and share their learning from the games, what surprised/challenged them and any ideas, tips, information.

The process took about 5-10 minutes. It was an opportunity to share self-reflection and in doing so build collective knowledge of the game; ***"A rising tides lifts all boats"***, and to grow relationships, collaboration, building capability and enhancing the experience for all.

The coach leads facilitated the process and reported that it was a constructive, positive exercise with all parties more than happy to share.

Some feedback included that they found the process very beneficial as it gave them time to reflect out loud and prepare for the next game and it was an opportunity to celebrate the efforts from the players. *'I was surprised at the resilience of the players and the ability to stay focussed on the processes that were put in place.'* Others shared that they worked hard on giving succinct instructions particularly with the boy's teams sharing that less was more. The umpires input also provided clarity and insight into how they umpire and what they focus on. E.g., Vision, body angles, being consistent. Umpires were impressed at how quickly the players for the most part were able to adjust to the calls.

Overall, everyone agreed that it added to a positive, upbeat experience for everyone who participated and felt it a worthy exercise.



**Community Coach Award**  
**What to Coach?... can be helpful!**  
**But 'How to Coach!'... will have the most impact!**

Congratulations and celebrations to Kew Rima of Papakura Netball Centre for completing the Netball New Zealand Community Coach Award level 1 (CCA1).

This is quite an accomplishment and requires the coach to complete the Sport Tutor online modules as well as 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.

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.

Before you know it, you too could obtain your Netball New Zealand Community Coach Award!

### **NNZ Learning and Development CCA Registration User Guide**

Looking for how to use Netball New Zealand's Learning and Development portal? All information is on Netball Northern Zone's website: <https://www.netballnorthern.co.nz/northern/community-netball/coach-development.html>

### **Coach Zoom Workshop**

The Coach Zoom Workshop will unpack from a players perspective what it is like to attend SISS, its highs and lows and a player perspective on coaching offering many insights to coaches.

For details and to register: <https://www.sporty.co.nz/viewform/250987>

## Coach Zoom Workshop

**for Coaches taking teams to SISS, UNISS and LNISS with special guest ANZ Steel player Georgia Heffernan.**

Her player perspective on back to back SISS's titles with St Hilda's Collegiate School and her journey to Steel starting GA.



**Tuesday August 15th 7 - 8pm**  
<https://www.sporty.co.nz/viewform/250987>



## Coaching Support Calendar for May – updated monthly.

Includes NNZ Community Coach (CCA), Netball Smart and Foundation future Ferns Modules as well as other valuable netball workshops. Find the Netball Centre near you. **Everyone Welcome!!!**

### **Sport Tutor**

<http://www.sporttutor.nz/netballnz>

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.

### **Papakura Netball Centre**

<https://www.papakuranetball.org.nz/>

<https://www.papakuranetball.org.nz/CoachingNetballSmart/Coaching>

Effective Coaching (PCC) and Defence Activities

23<sup>rd</sup> August 7pm-8.30pm

Shooting & Circle Work, Building Effective Relationships

23<sup>rd</sup> September 10am to 1pm

### **Howick Pakuranga Netball Centre**

<https://www.hpnc.org.nz/>

**Lloyd Elsemore Park, 451 Pakuranga Rd, Pakuranga P: 09 534 7571 W**

*HPNC are looking to have a Community Coach Level 1 Workshop Weekend in the very near future. They are in the process of confirming dates with the coach developers who will be facilitating the workshops. It will concentrate on how to be an effective coach as well as what to coach. For more information, please check their website or give them a call.*

### **Auckland Netball Centre**

<https://www.aucklandnetball.co.nz/>

<https://www.aucklandnetball.co.nz/coaches/futureferns-coach-workshops>

**ANC, Alison Ferguson Drive, St Johns**

Future FERNS Y6 Transition to 7 aside Workshop

13<sup>th</sup> September 6-7pm

### **Rodney Netball Centre**

<https://www.sporty.co.nz/netballrodney>

<https://www.sporty.co.nz/netballrodney/FUTURE-FERNS/Information-1>

Effective Coaching, Planning, Attack Activities

5<sup>th</sup> August 2.30pm-5.30pm

WITH THANKS TO OUR FUNDERS...

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