

# COMMUNITY NEWSLETTER

MARCH 2023



Wow March already, how time flies!

Our thoughts are with those affected by the recent weather events. Some terrible images that we have all seen across our TV screens in recent weeks, as well as some of our netball whanau being directly impacted. Please do reach out if there is any help required.

The netball season is upon us with the ANZ Premiership underway this weekend and the Synergy Hair National Netball League getting underway the following weekend.

Whether it is the Mystics / Marvels or Stars / Comets that you support please get out and support our teams from the Northern Zone. I know the players love to play in front of big crowds, so please spread the word and we will see you at the matches.

The MG Mystics start the season on Saturday at Trusts Arena vs the Ascot Park Hotel Southern Steel with a 7.15pm start. Come along and enjoy all the pre match entertainment, including Food Trucks in the carpark from 5pm. So come early, grab some dinner and settle in for a great night of netball entertainment.

Later in March on the 26<sup>th</sup> we will be holding our AGM. This is timed to coincide with the second home match for the MG Mystics, this time against cross town rivals the Robinhood Stars. The curtain raiser is also an all Northern affair, with the Marvels playing the Comets. Please join us for this celebration of netball in our Zone. Further information about the AGM will be sent out to all Centres in a separate communication.

At a Centre level the season is also getting underway with a number of trials and preparation days having already been held. We have been working hard to promote the season with Have a Go sessions last week – albeit curtailed by the weather – and I know other Centres have upcoming opportunities. Hopefully these events lead to an increase in participation.

Congratulations to Adine Wilson, Julie Bennett, Murray Lockwood and Leah Lazarus who received a Netball New Zealand Service Award recently – very well deserved!

Please have a good read of this newsletter and share with the members of your Centre. Some great information and activity happening right across our Zone. Our Zone staff are here to assist so please do get in touch.

**Phil Vyver, CEO**

## Netball New Zealand Service Awards

The Netball New Zealand AGM, saw four Netball Northern recipients receive a Netball New Zealand Service award for their contribution to netball. Congratulations to the following recipients and thank you for all your dedication and support to netball.

### Adine Wilson

Nominated by Auckland Netball Centre

2021

- Auckland Netball Service Award

2012 – 2022

- Auckland Netball Board Membership

2007

- Assisted set up of NZ Netball Players Association

1999 – 2007

- Silver Fern #120
- Captain 2005 – 2007

*"At Board level, Adine brought integrity and a wise head. Her professionalism, wealth of knowledge as an administrator, broadcaster and Silver Ferns player and her legal background was invaluable"*

Dianne Lasenby – CEO, Auckland Netball Centre



We live this game.



NETBALL  
NEW ZEALAND  
POHAKAWHITI AOTIAROA

### Leah Lazarus

Nominated by Netball North Harbour

2021 – Present

- Netball Northern Umpire Selector

2020

- Netball North Harbour Gold Loyalty Award

2003 – 2013

- Netball North Harbour Umpires Emerging Development Squad Coordinator

1997 – Present

- Netball North Harbour Umpires Committee

*"Leah is a true volunteer and has made a significant contribution to the improved standard of all the umpires who have been fortunate enough to come under her guidance"*

Lynette Brady – CEO, Netball North Harbour



We live this game.



NETBALL  
NEW ZEALAND  
POHAKAWHITI AOTIAROA

## Murray Lockwood

Nominated by Netball Northern Zone

2021

- Netball Northern Zone Service Award

2012 – 2022

- Board Member of Netball Northern Zone, including roles as Deputy Chair and Chair

2011 – 2012

- Zone Formation Working Group

2010 – 2012

- Counties Manukau Netball Board

*"Murray is a highly valued member of our Papakura Netball Centre whānau and community, his aspirations for our game and his hard work to support us in seeing this come to life will forever be appreciated."*

Heather Te Rure – General Manager, Papakura Netball Centre



We live this game.



NETBALL  
NEW ZEALAND  
POI-TARAWHITI AOTIAROKA

## Julie Bennett

Nominated by Auckland Netball Centre

2022

- Carlton Netball Club Life Member

2018

- Auckland Netball Centre Service Award

2012 – 2017

- Auckland Netball Centre Representative Team Coach

2007 – Present

- Carlton Netball Club Coach

*"Being a Coach Developer requires extra time and passion to give back to your Centre and the Netball sector is grateful to have passionate and enthusiastic members like Julie who contribute to the wider Netball community."*

Phil Vyver – CEO, Netball Northern Zone



We live this game.



NETBALL  
NEW ZEALAND  
POI-TARAWHITI AOTIAROKA

## COACH

### MYSTIC PLAYERS - Prepped and Ready to Roll to deliver the NNZ futureFERNs and PDP

It was an absolute delight to collaborate with the Mystic Players on the NNZ futureFERNs and PDP Programmes.

We took extra care and time to look at the benefits of the modified games and activities for each age group and why we do what we do in this space.

All credit to the Mystic Players who demonstrated a clear understanding behind the philosophy of the futureFERNs & PDP (Year 7/8 Player Development Program). They shared that it's all about creating a great experience for our younger players, so we have a lifetime of netball players and in doing so create healthier communities.

They identified that the overall skill levels grow as the players develop through the years (a little bit like reading, you wouldn't give a 5-year-old a Harry Potter Book). They discussed the advantages of learning how to play defence and attack positions, and less players on the court meant more touches of the ball and more involvement in the game.

They thoughtfully acknowledged that little humans would find a big court overwhelming, and trying to teach players the role of each position can be time consuming, resulting in more talking and less doing.

But most of all they agreed that it is all about fun, fun, fun at all ages!!!!

During the session the players then got the opportunity to role play being 5- & 6-year old's (note I would highly recommend them applying for a job on Shortland Street).

They took turns delivering the activities and game. This proved to be most entertaining as well as educational.

Our Mystic Players have proven to be great ambassadors for our sport and fully embrace the NNZ futureFERNs and PDP Philosophy.

If you would like a Mystics Player to come along to your Centre and work with your futureFERNs players and PDP, you can contact us at the Netball Northern Zone. They are prepped and ready to roll.





## Community Coach Observation Workshop



On a wet windy morning, in the car bound for The Trust Stadium, we met up with community coaches who were determined, to learn as much as they could from observing a Northern Mystics training session.

An invitation to observe a Mystics Training was sent out in February to Netball Northern Coach Developers and Centres to forward on to their coaches, and as numbers were capped it was first in, first served. Within a day all the places had been taken and as the saying goes 'The early bird gets the worm'; or in this case 'a seat on a bench observing the Mystics training'.

Tia Winikerei, Head Coach, along with her team were very accommodating, sharing how, and why they do what they do, providing an insight into the different roles of the management team, and importantly the workload and expectations of the players.

We observed a Team Building Fun Game at the beginning, the NetballSmart Warm Up in action, some speed testing, then skill activities followed by Through court and Centre Pass on attack and defence.

This is what some of the coaches observing had to say.

*"We got an appreciation on the intensity that the Mystic Players train at"*

*"It was interesting understanding the Northern Mystics Learning processes"*

*"I enjoyed the valuable netball skill activities and will adapt them for my team trainings"*

We understand that it is a crazy busy time so are very grateful for Tia and the teams' generosity in sharing their knowledge, expertise and answering our questions.

## UMPIRES

### Whangarei Netball Centre – Umpire Training Sessions



Whangarei Netball Centre are trialling fitness sessions for umpires with a focus on NetballSmart, learning how to run a Yoyo, and the body stance and running positions needed for umpires.

This is a fantastic initiative which hopefully will encourage umpires to build their fitness and technique. Whangarei aims to build umpire numbers through the season, and getting umpires together where the focus is just for them will help build a team network of peer support.

It's great to see umpires encouraged to make fitness part of their normal training process. Those that wish to develop further will gain experience running the testing.

There are not many opportunities to build teamwork amongst our umpires as they mostly have at least 2 hats: Player, umpire, umpire coach, and sometimes even our young ones have coaching responsibilities as well.

These sessions are just one way for us to try to build some team spirit and peer support.

Awesome work Whangarei! We look forward to seeing the results in the future.



### 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

Northern Zone have planned three Introduction to Umpire Coaching (ITUC) workshops so far for this year. 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. Depending on the need we will look to run another ITUC during the season if required.

Saturday 18<sup>th</sup> March - Papakura Netball Centre, 9am

Saturday 25<sup>th</sup> March – Netball North Harbour, 2.30pm

Monday 27<sup>th</sup> March & Monday 3<sup>rd</sup> April – Online over two Mondays, 7pm

Register here: <https://www.sporty.co.nz/viewform/230173>

Please consider if there may be members of clubs or schools that support their umpires that would like to become umpire coaches and ensure they are forwarded this information.

## **NETBALLSMART**

Auckland Netball Centre ran an Introduction to Umpiring course at the end of February. This was open to new umpires keen to learn more about umpiring! NetballSmart also attended to help educate new aspiring umpires on nutrition, hydration, recovery and the importance of staying injury free as an umpire.

Highlights included taking the participants through a mass warm-up which we can't wait to see when it comes to game day!

Howick Pakuranga have been running a player preparation programme over the last 4 weeks. This includes some on court conditioning, body weight strengthening and fitness. We know that there is a large spike in injuries in April/May and preparing well helps to reduce that injury risk. It's not too late to prepare well! Head to [www.netballsmart.co.nz](http://www.netballsmart.co.nz) and follow the preparation programme to ensure you and your players are ready for when the season rolls around!



Our NetballSmart Development Officers are out and about in the community helping Centres, Clubs and Schools develop warm-ups that are unique to their teams but include all the important elements that prepare us for the game. If this is something that sounds like you – get in contact with us!!

[netballsmartdo@netballnorthern.co.nz](mailto:netballsmartdo@netballnorthern.co.nz) or [netballsmart@netballnorthern.co.nz](mailto:netballsmart@netballnorthern.co.nz)



## PARTICIPATION

### Give it a Go Day



Friday 24<sup>th</sup> – Sunday 26<sup>th</sup> March saw Howick Pakuranga Netball Centre, Netball Manurewa, Northern Waioara and Netball Waitakere run their Give it a Go Days. How great to see a number of futureFERNs head along to their local netball centre to get involved and have fun playing netball.



Friday 3<sup>rd</sup> March will see Mangere Otahuhu Netball Centre, Waiuku Netball Centre and Howick Pakuranga Netball Centre run their Give it a Go Days. Head along to learn new skills and play some netball!



## NORTHERN MYSTICS



The 2023 ANZ Premiership is nearly here and the MG Mystics are opening the season against the Ascot Park Hotel Southern Steel in their FIRST home game of the season!

There will be a food truck/night market in the carpark from 5pm along with loads of entertainment for the whole family – including a Kids Zone, so grab your tickets now and head along early to enjoy the market atmosphere and help the MG Mystics start their season in style.

Tickets available at: [https://www.ticketfairy.com/event/mg-mystics-vs-ascot-park-hotel-southern-steel-4thmarch?\\_ga=2.160672953.548561895.1674793007-1045826079.1593734784](https://www.ticketfairy.com/event/mg-mystics-vs-ascot-park-hotel-southern-steel-4thmarch?_ga=2.160672953.548561895.1674793007-1045826079.1593734784)

Market begins: 5pm Doors Open: 6pm Game Begins: 7pm

### Mystics Home Draw 2023

2023	HOME DRAW				
	VS STEEL	Saturday 4 March   7pm	The Trusts Arena, Auckland		
	VS STARS	Sunday 26 March   4pm	The Trusts Arena, Auckland		
	VS PULSE	Saturday 15 April   4pm	The Trusts Arena, Auckland		
	VS MAGIC	Sunday 23 April   4pm	The Trusts Arena, Auckland		
	VS STARS	Monday 24 April   7pm	The Trusts Arena, Auckland		
	VS STEEL	Saturday 6 May   7pm	The Trusts Arena, Auckland		
	VS TACTIX	Monday 22 May   7pm	Eventfinda Stadium, Auckland		

## NORTHERN MARVELS



### Team Announcement:

Congratulations to the following players on their selection to the Northern Marvels and the six training partners. We look forward to following your season. The Marvels season starts in Christchurch, with their first game against Mainland on Sunday 12<sup>th</sup> March.

### 2023 Marvels

Alyssa – Jean Savelio  
Catherine Hall  
Charlotte Manley  
Christie Anderson  
Danielle Binks  
Grace Gatiu – Lui  
Holly Mather  
Jessie Taylor  
Kenza Taele  
Killarney Morey  
Priscilla Rasmussen  
Storm Gilmer

### Training Partners

Sophia Lafaiali'i  
Serina Daunakamakama  
Summer van Gelder  
Jaz Zanders  
Le – Oxeayn Maiu'u  
Jamie – Lee Binks



## WORKSHOP/COURSE CALENDAR

Each month we update this calendar of available workshops or courses from around our Zone. We ask Centres to please email dates of their offerings to us no later than 26<sup>th</sup> of each month to be included in the next newsletter issue.

Please go to the relevant Centre website for registration information.

CENTRE/ORGANISER	DATE	WORKSHOP / COURSE
Sport Tutor <a href="http://www.sporttutor.nz/netballnz">http://www.sporttutor.nz/netballnz</a>	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>
National Online Coach Support <a href="https://www.sporty.co.nz/vieuform/222514">https://www.sporty.co.nz/vieuform/222514</a>	8 March 15 March 22 March 29 March	CCA L1 – Planning: What makes a good practice and season? CCA L1 – Player Center Coaching: Who is the center of all we do as coaches? CCA L1 – Building Effective Relationships: How do we build effective Relationships with Players, parents, schools, clubs & centres. CCA L1 – Team Building: What vibe do you want to create in your team?
Howick Pakuranga Netball Centre <a href="https://www.hpnc.org.nz/">https://www.hpnc.org.nz/</a>	6 March 27 March	CCA L2 – Shooting CCA L1 – Mid Court
Pukekohe Netball Centre <a href="http://www.pukekohenetball.co.nz/coaches.html">http://www.pukekohenetball.co.nz/coaches.html</a>	6 March 8 March 22 March 23 March 17 April	CCA L1 – Attack Course CCA L2 – Mental Skills Course CCA L1 – Defence Course CCA L2 – Tournament Planning and Preparation CCA L1 – Team culture
Auckland Netball Centre <a href="https://www.aucklandnetball.co.nz/">https://www.aucklandnetball.co.nz/</a>	7 March 28 March 29 March	Introduction to Umpiring Developing Physical Capacity for Coaches UmpireSmart



WITH THANKS TO OUR FUNDERS AND PARTNERS...

