

# COMMUNITY NEWSLETTER

NOVEMBER 2023



For those Christmas Grinches sorry, but for the excited Christmas elves it's now only 6 weeks till Christmas!! We hope you all find time for rest and relaxation, quality time with friends and whanau, and sunny days at the beach.

However, we still have 7 weeks to go! There is plenty happening as we work with Centres on planning for 2024, looking at new initiatives and analysing all the insights gathered from surveys/feedback sessions on the past season.

Northern Zone is gathering feedback and we hope you have all taken time to complete our Satisfaction Survey – here is the link again if you haven't quite got to it yet: <https://www.surveymonkey.com/r/MZJNHL7>

It's been a busy month as you will see by reading through this newsletter.

It was fantastic to catch up with Auckland regional Centres at the Forum and thank you again to Howick Pakuranga NC for hosting us. There was plenty of talk (as only netballers can!) and our feedback indicated Centres found value in all sessions. We host the Northland Centres online soon trusting they too will find value in connecting with their colleagues and discussions on topics presented.

We were excited to announce the appointment of two experienced coaches to the roles of Head Coach and Assistant Coach for the Northern Marvels next season. Ripeka Pirie has been appointed Head Coach with Melissa Bessell joining her as Assistant Coach. A dynamic duo who have also been in full on planning mode over the past weeks – it's a pleasure to welcome you to the Northern Zone whanau.

The review of the Auckland Regional Facilities Plan is ticking along and thank you to all Centres who completed the facility survey. Analysis of survey, demographic and other stakeholder data is currently underway with draft findings due to be presented to the Regional Facilities Working group, followed by a workshop open to all Centres. This online workshop is tentatively planned for Tuesday 12<sup>th</sup> December and a calendar invite will be sent in due course.

Karyne Ross, Community Netball Manager

## FROM OUR BOARD

### Community Governance



Resources ▾  
Ngā rauemi

Good Governance Code  
Wāehere whakahaere tika

Services  
Ratonga

Talks & Events  
Kōrero mai

Join a board ▾  
Hono mai ki tētahi poari

About us ▾  
E pā ana ki a mātou

# Supporting community governance in Aotearoa.

Te tautoko i ngā mana whakahaere hapori ki Aotearoa.

Community Governance is a fantastic website and agency that supports great governance of community organisations across Aotearoa.

They are here to help board members working in community governance who may feel under-resourced, overwhelmed, and isolated. By providing the tools and resources they need, we can help board members develop their governance skills to become effective governors and advisors.

There are events and Board Talks - a bi-monthly series, brought to you by the team at Community Governance Aotearoa with thanks to sponsors Havana Coffee Works.

The next event is Wellbeing for Boards: <https://communitygovernance.org.nz/talks-events/board-talks-wellbeing-for-boards/>

A previous session on Youth in Governance can be found here: [Board Talks • A podcast on Spotify for Podcasters](#)

It's worth taking a little time to peruse the excellent information <https://communitygovernance.org.nz/>

And always, if you have any questions or need Governance support please don't hesitate to contact the Zone via CEO, Phil Vyver.

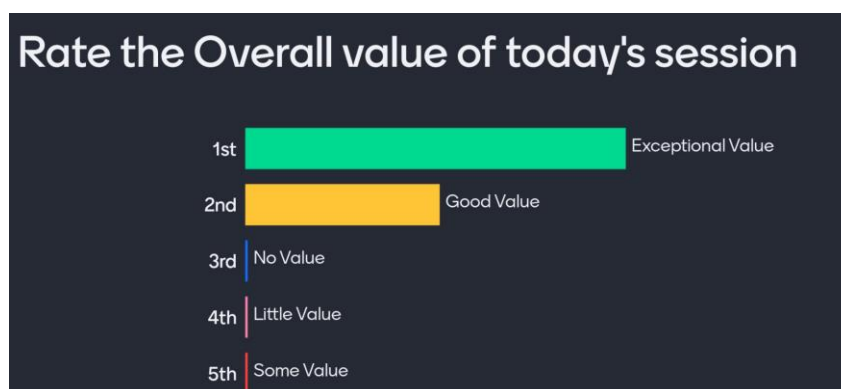
Warm regards, Mary, Board Chair

## NETBALL NORTHERN CENTRE FORUM

Thank you to all the Centres who attended our Centre Forum on Tuesday 10<sup>th</sup> October and thank you to Howick Pakuranga Netball Centre for your gracious hosting.

It was a big agenda, with lots of information to share and big chunky topics that harnessed the collective knowledge and energy of the attendees resulting in plenty of conversation and ideas to take into 2024.

Following the presentation of the Zone Ops plan we have subsequently met with many of our Centres for a more in-depth discussion and we thank you for your feedback. We were excited that Centres found value in the Forum as indicated in the Mentimeter assessment completed at the end of the session.



Some other key feedback was wanting more time for conversations, value in meeting with other Centres and loving the collaboration.

Topics identified for future forums were how can Centres collaborate more, coach support, funding and development in terms of growing capability and capacity over different pathways.

Participation remains a key focus for Northern Zone as we strive to return levels to those pre-covid, grow and strengthen netball across the region, and ensure our communities have access to quality netball experiences.



The key topics at Forum were Volunteer Management Plan, Umpires – the question of payment, and Good Sports.

### Volunteer Management Plan

There were some fantastic ideas generated and knowledge shared:

- “mana” of being an umpire and what it means to be an umpire
- Joint teams training to help with lack school coaches
- Get out amongst your community so you know your people to shoulder tap

Here is the link to VMP resources on the Netball NZ website:

<https://www.netballnz.co.nz/netball-nz/community/volunteering.html>

<https://www.netballnz.co.nz/netball-nz/resources/library.html>

**Action:** Northern Zone wish to work closely with 4 Centres in 2024 to create and implement a VMP – if you would like to be considered for this project please email [karyne.ross@netballnorthern.co.nz](mailto:karyne.ross@netballnorthern.co.nz) no later than 30 November.

### Umpires – the question of payment

We knew this was a big topic however super cool to see the conversations, brainstorming and most importantly, openness to working together to address the challenge.

Key points:

- Consistency of payment – all pay or all not pay and for which competitions/events
- Payment guidelines or recommendations – link to qualifications
- Investigate other models ie/ basketball or other Zone models
- Promote the “feeling” of umpires as athletes – this is my sport

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. Northern Zone will provide administration resource with expectations representatives of Centres from umpire committee or convenor, school sport coordinators and clubs would form initial group.

**Action:** If your Centre would like to be part of the Umpire Advisory Group please email to [karyne.ross@netballnorthern.co.nz](mailto:karyne.ross@netballnorthern.co.nz) no later than 30 November: Name, Centre, Role at Centre, mobile phone number.





## Good Sports

Another big topic and one that requires much more time to fully appreciate the value this can add to a Centre, as well as understanding the principles of both Good Sports and Balance is Better.

A great introductory presentation and thanks to Michael Halliday, Youth Sport Advisor at Sport Auckland, for sharing in our session. Good Sports requires a layered approach incorporating RST's, the Centre, clubs and schools. Embedding Good Sports and Balance is Better messaging into all activations and especially coach/umpire/player workshops is a first step to spreading the knowledge and education.

NNZ have provided resources – posters, social media and video clips which can be found here:

<https://www.netballnz.co.nz/netball-nz/community/good-sports.html>

Aktive and local RST also share plenty of social media posts along with resources on their websites. Link to Aktive Good Sports is here: <https://aktive.org.nz/what-we-do/good-sports/>

**Action:** Northern Zone wish to work closely with 3 Centres in 2024 to create and implement a highly functional Good Sports programme – if you would like to be considered for this project please email [Amanda Dyason on centrerm@netballnorthern.co.nz](mailto:Amanda.Dyason@centrerm@netballnorthern.co.nz) no later than 30 November.

Again, we thank all Centres for their openness to engage, collaborate and connect as we collectively strive to move forward together to grow and strengthen netball in our region.



## NETBALL IS BACK – 2024 CAMPAIGN



Early this year Centres were involved in Give it a Go days, supported by marketing collateral courtesy of Netball NZ, and event planning support from Northern Zone. The key objective of these events is to **attract new to netball participants** alongside providing a fun day for existing netball participants.

For 2024, we are encouraging Centres to once again provide this “introduction to netball” opportunity within their local communities. **The 2024 campaign is “Netball is Back”.**

NNZ are currently working on updating marketing material for the “Netball is Back” campaign and we envisage to have this in early December.

We strongly encourage Centres to run this campaign around the same time, as this will have more impact for everyone by being visible on social media and out in the community. The Zone’s priority is to ensure marketing material and planning support is available early so Centres can start promoting this in the New Year. We would like to encourage Centres to run “Netball is Back” over the weekends of March 1, 2, 3 and March 8, 9, 10. We have chosen these weekends to run these as this is an opportunity where Mystics/Stars players are more likely to be available.

Centre’s would be responsible for delivering this day and we will work with you to schedule Mystics/Stars involvement (subject to availability) in whatever you choose to run. The Zone will schedule an online get together in the early planning process (end of Jan/early Feb) to share ideas on organisation and execution of the Netball is Back campaigns, as Centre’s this year got great ideas from each other.

This could also be an opportunity for your Centre to leverage the opportunity for Clubs/Schools to be involved. You would also need to think about how you could register participants in attendance so that you can follow up after they have given Netball a go.

For each Centre that runs this campaign over the weekends above, Northern Zone will make a small financial contribution to enhance your event, upon receipt of an invoice and a completion of report.

**Action:** Email Amanda Dyason [centrerm@netballnorthern.co.nz](mailto:centrerm@netballnorthern.co.nz) by **Thursday 30<sup>th</sup> November** to confirm your involvement in this initiative, including confirming day/date and time over the weekend of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> March and 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> March.

## NETBALLSMART

Our Netball Smart team has been working on trying to reduce injuries that are happening in social netball now that we are into that part of netball season. They have been running warmups, competitions and sharing the Power Warm Up video to get the word out far and wide. Check out the resource here:

<https://www.netballsmart.co.nz/component/nnzlibrary/download/6065253b56300279ced250c91017659a.html>

### SOCIAL NETBALLSMART POWER WARM-UP



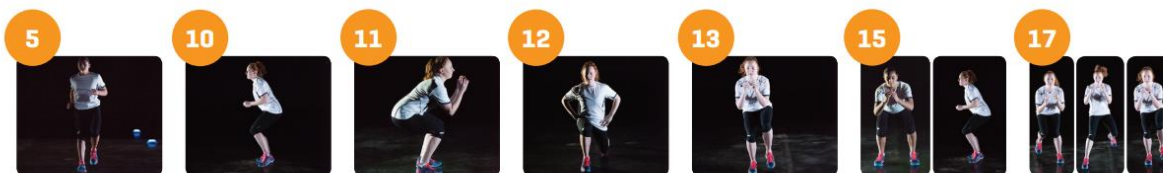
ACC SportSmart



The power warm-up can be done in a confined space (on the sideline).

|   | Social NetballSmart Power Warm-Up   | Time/Distance/Reps                            |
|---|---|---|
| Part B: Running Warm-Up<br>Place 2 cones out every 3 metres between base line and centre court or do on the spot. | 5. <b>Running Straight Ahead or Running on Spot.</b> Run to centre of court and back You can vary direction of running path, or run on spot.  | 2 x 15 metres or 2 x 20 sec                   |
|   | (N/A) <b>Side Shuffle to left x 3, Side Shuffle to right x 3.</b>   | Repeat 3 times                                |
|   | 10. <b>Running - Quick Forwards and Backwards Sprints.</b> Run forward 3 steps and backwards 3 steps on spot.   | Repeat 2-3 times                              |
| Part C: Dynamic Preparation   | 11. <b>Squats</b><br>i. Squat, calf raise and body extension  | 10  |
|   | 12. <b>Walking Lunges</b><br>i. Walking lunges, calf raise and body extension   | 5 each side                                   |
|   | 13. <b>Lateral jump.</b> Jump sideways 1m off one leg and land on other leg. Land in SBP on 1 foot and hold for 1 second.   | 3 each side                                   |
| Part D: Netball Specific Preparation  | 15. <b>Running, Stopping and Jump, Turn and Land.</b> Run to first cone at 75-80% speed or run on spot x 5 each leg. Stop in a double foot landing. Jump and turn 90/180 degrees and return. Run to next cone or run on spot x 5 each leg. Do a 1-2 foot landing. Jump and turn 90/180 degrees and return. Continue length of 15 metres and back or do 2-3 times. | 2 x 15 metres                                 |
|   | 17. <b>Prop, Prop and Stick.</b> Prop from one foot to another and then "stick" final landing for 2 seconds in a stable body position.  | 15 metres and jog back or on spot 3 each leg. |

Numbering is consistent with the full NetballSmart Dynamic Warm-Up which can be found under Resources when you visit [netballnz.co.nz/useful-info/netball-smart](https://netballnz.co.nz/useful-info/netball-smart)



The social netball space is a very important area to ensure we reduce injuries. Constant education and messaging are really important for this group of players. We want to work with each of your communities to create a sustainable warm-up culture for our social netballers!

If you are interested in having one of the Netball Smart team to help with your social competition, do not hesitate to contact Amelia or Katie.



You may have also seen Katie at the last Constellation cup game running a lateral jump competition and handing out resources and prizes. It was awesome to see so many people getting involved, giving it a go, and checking out all things Netball Smart – even some parents jumping in!



## UMPIRES

### Umpire Congratulations



The 17<sup>th</sup> Pacific Games also known as the 2023 Pacific Games and SOL2023 is hosted by Solomon Islands from 19<sup>th</sup> Nov – 2 Dec 2023. Every four years the Pacific comes together in friendship to celebrate the Pacific Games, a multi-sport event that is for the Pacific.

World Netball has announced the officials selected for Pacific Games taking place at the Friendship Hall Honiara in the Solomon Islands from the 27<sup>th</sup> November – 2<sup>nd</sup> December.

Congratulations to Cory Nicholls who has been selected to umpire and Fay Meiklejohn who is part of the umpire panel, both from Netball North Harbour.

World Netball has also announced the officials selected for the FAST5 Netball World Series, Christchurch 2023 from the 11<sup>th</sup> – 12<sup>th</sup> November. Congratulations again to Cory Nicholls who has been selected to umpire.

### Development Day – Umpires & Umpire Coaches

#### **Preparing to Perform**

Umpires and Umpire Coaches also took part in the recent Development Day in Auckland on 29<sup>th</sup> October. It was great to see the group looking to develop in their off season. Those who seek development, make the most of opportunities and put what they learn into practice will generally progress well on their pathway.

Umpires took part in NetballSmart education, specifically around off season planning and preparation. They learnt about fitness training and testing. what we test, why we test and most importantly how to perform the test confidently. Umpire Coaches took part in the new Zone Assessor workshop and then worked on their own development by coaching the umpires during the match play and working with our Umpire Coach Developers.

Well done to the umpires and coaches that attended, we look forward to seeing your further development.



## NORTHERN ZONE - AUCKLAND DEVELOPMENT DAY

The Netball Northern Development Day for aspiring young players took place recently at Netball Waitakere and was well received attracting 66 players from 32 schools.

The Northern Zone scouting team identified players following observations at local Centre games, Under 18 National tournament and UNISS. These players were then invited to attend the Development Day.

The players had their work cut out for them, as they were taken through various sessions including off-season and pre-season training, fitness testing with players having a go at learning how to perform the tests in a learning environment led by our NetballSmart Development Officers, followed by game play.

Northern Zone Coach Squad coaches explored Teaching Games for Understanding(TGFU) and the Principles of a Great Training Session led by MG Mystics Head Coach Tia Winikerei & Zone Coach Lead Tania Heap.

The Netball Northern Zone Coach Squad has been established to provide a pathway for those coaches with a desire or mindset of continuous learning. They will help identify and establish a foundation base of coaching needs within our Zone, and be provided with opportunities to engage with Zone led coach sessions with MG Mystics coaching personnel, Zone led NNL level programs like the NZEPP program, Zone led Development Days and any other coaching initiatives that arise. It is envisaged the Coach Squad will provide peer to peer support and mentoring and complete a Personal Development Plan for the 2024 season.



## COACH

### Community Coach Award

Thanks to Auckland and Howick Pakuranga Netball Centre who collaborated to organize a NNZ Community Coach Award Level 1 and 2 workshops over two weekends in October which resulted in the following coaches completing the Netball New Zealand Community Coach Award level 1 (CCA1) and with on special coach receiving her NNZ CCA Level 2 award Shante Cameron from Howick Pakuranga Netball Centre

#### NETBALL NEW ZEALAND COMMUNITY COACH AWARD LEVEL 1 AWARDS

|                |                                 |
|----------------|---------------------------------|
| Anita Nowell   | Rodney Netball Centre           |
| Denise Hautler | Howick Pakuranga Netball Centre |
| Emily Amey     | Auckland Netball Centre         |
| Isabella Dunn  | Howick Pakuranga Netball Centre |
| Kylee Long     | Howick Pakuranga Netball Centre |
| Mrinali Padyar | Auckland Netball Centre         |
| Shante Cameron | Howick Pakuranga Netball Centre |
| Tere Tere      | Papakura Netball Centre         |
| Teresa Russell | Netball North Harbour           |

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.

To achieve your CCA 2 award you require 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!



## Silver Ferns Observations

***'Yay! We are off to the Silver Ferns Observations'.***

*'I am in heaven'. 'I am living my best life'. 'What an amazing opportunity'.* These were some of the comments from coaches and umpires that experienced the generosity of the Silver Ferns Team who allowed over 40 enthusiastic attendees to observe their training, the second one for the day. This truly gave you an appreciation of just how hard the players work.

It was a privilege to have access to the world-class coaching team of Dame Noeline Taurua, Debbie Fuller, Kiri Wells and the Silver Fern Psychologist Dr Rob Corban. They answered our questions, talked a little bit about mindset and provided insight into the training for that day.

The highlight was when Dame Noeline got us on the court with her; and she showed us how she gets her shooters to work in the circle. Everyone was buzzing.

As well as this we were privy to Silver Ferns Skill Activities and Court Play that we could replicate with our own teams albeit at a lower intensity.

Those coaches and umpires that were invited to this session had taken the time this year to upskill themselves attending NNZ Community Coach Award Modules. It was a small way for us to acknowledge their hard work and to say thank you for putting the time and effort into their netball community.





## Through court and Centre Pass workshop

It was an absolute treat to have both Mystic coaches deliver the modules; 'Through Court & Centre Pass on Attack & Defence'; Rob and Tia's version.

There were 26 coaches attending from all over the zone, including a consortium from Northland.

Coaches appreciated the sharing of knowledge from other coaches and the opportunity to get out on the court and practice some coaching activities that they created. The noise level was deafening at times. It's true us coaches love to korero.

Rob explained that there is no one way of doing things and encouraged the coaches to explore different options when working with their players.

Tia explained that at the Mystics level that they do not have any set structures and variety is paramount as they are mindful that they want their players engaged and focused.

These modules went toward the Coaches NNZ CCA Level 2 Award. If you would like to learn more about the Netball New Zealand Coaching framework please contact us.





## Coaching Support Calendar

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.

### Netball Waitakere

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

**Netball New Zealand Community Coach Award Level 1 courses.**

|                                  |   |
|----------------------------------|---|
| Friday 17 <sup>th</sup> November | 6:00pm – 8:00pm – Player Centred Coaching   |
| Sunday 19 <sup>th</sup> November | 9:00am - 12:00pm - Attack and Defence<br>1:00pm - 3:00pm - Shooting<br>3:30pm - 5:30pm - Skills Analysis        |
| Sunday 26 <sup>th</sup> November | 9:00am - 11:30am - Planning and Selecting<br>12:30 - 3:30pm - Team Culture and Building Effective Relationships |

**To register:** <https://www.netballwaitakere.co.nz/Our-People/coaches-1>

### Whangarei Netball Centre

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

**Netball New Zealand Community Coach Award Level 1 courses.**

|   |
|---|
| Monday 30 <sup>th</sup> October<br>5.45pm – 7.45pm – Player Centred Coaching                              |
| Monday 6 <sup>th</sup> November<br>5.45pm – 7.45pm - Attack   |
| Monday 13 <sup>th</sup> November<br>5.45pm – 7.45pm – Defence   |
| Monday 20 <sup>th</sup> November<br>5.45pm – 7.45pm – Shooting  |
| Monday 27 <sup>th</sup> November<br>5.45pm – 7.45pm – Planning  |
| Wednesday 17 <sup>th</sup> January<br>5.45pm – 7.45pm - Team Culture and Building Effective Relationships |
| Wednesday 24 <sup>th</sup> January<br>5.45pm – 7.45pm – Selecting   |
| Wednesday 31 <sup>st</sup> January<br>5.45pm – 7.45pm – Skills Analysis                                   |

**Netball New Zealand Community Coach Award Level 2 courses.**

|  |
|--|
| Saturday 4 <sup>th</sup> November<br>12pm-2pm – Circle Work          |
| Saturday 11 <sup>th</sup> November<br>12-2pm – Mental Skills         |
| Saturday 18 <sup>th</sup> November<br>12pm-2pm – Tournament Planning |
| Saturday 25 <sup>th</sup> November<br>12-2pm Game Analysis           |

**To register:** <https://www.whangareinetball.co.nz/coaching/Development>

## SPORTY – HELP FOR CENTRES

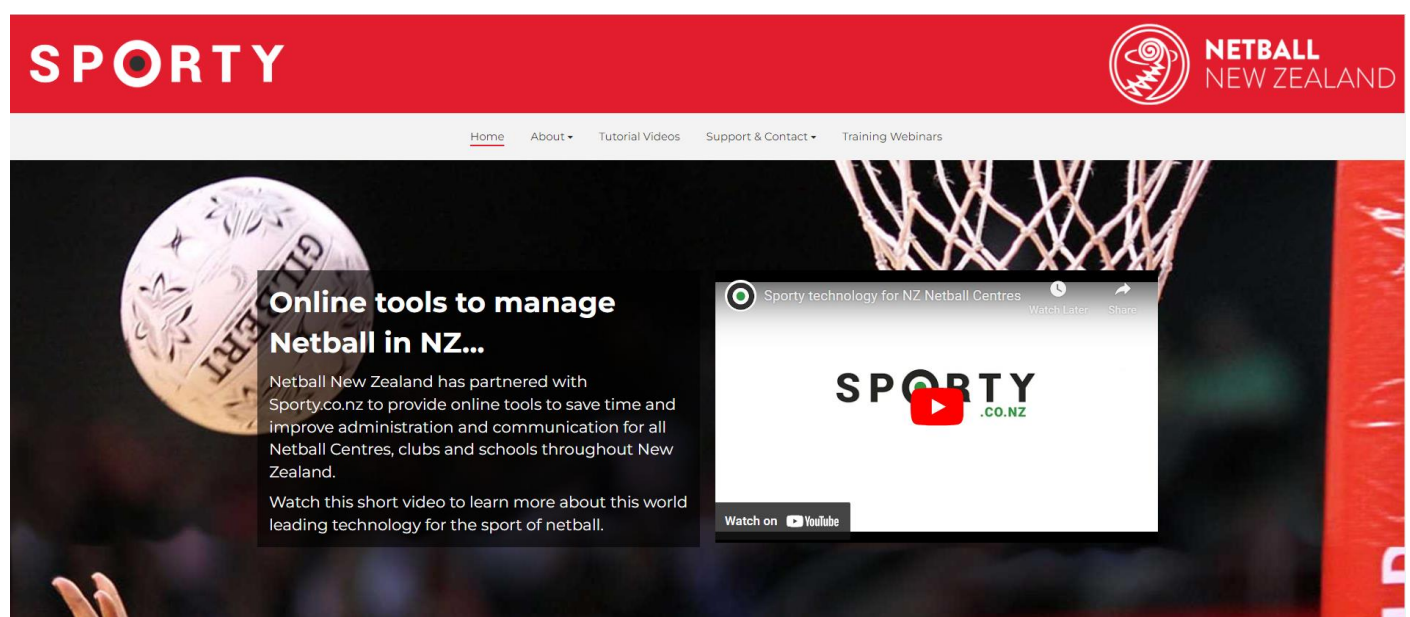
The off-season is a great time to invest time in upskilling, or preparing new processes for next season. Whether your Centre is already up and running with Sporty or about to take the leap, MYNETBALL.CO.NZ is the GO TO place.

The 2024 list of webinars is up on site and with all sessions recorded you can work through in your own time. Though we encourage live engagement with webinars as we learn so much from each other – great tips and tirks!

<https://www.mynetball.co.nz/training-webinars>

Centres can find out everything you need to get started for the 2024 season here:

<https://www.mynetball.co.nz/about/information-for-centres/information-for-centres-1>



<https://www.mynetball.co.nz/home-1>

# JOIN MYSTICS NATION



2024 MG Mystics Memberships are on sale **Wednesday 22 November** and off the back of a Championship winning 2023 season, we are ready to go back-to-back in 2024!

If you want to be part of the action, sitting in the best seats in the house at EVERY MG Mystics home game then an MG Mystics Membership is for you!

Take your pick of membership options - select YOUR SEAT EVERY GAME with our GOLD FULL SEASON & GOLD TRUSTS ARENA ONLY Memberships or a General Admission seat at every home game with our BLUE GA Membership.

Our members are the ultimate fans, we see you in the stands and hear you on the court! Become a MG Mystics Member and BE THE CROWD!

Check out our full list of membership packages and benefits including the exclusive opportunity to purchase a bespoke Members Only t-shirt for 2024! <https://www.northernmystics.co.nz/season-membership-2024/>



## WITH THANKS TO OUR FUNDERS...

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