

COMMUNITY NEWSLETTER

NOVEMBER 2022



Kia ora koutou katoa

Wow hard to believe its already our last newsletter for the year! Christmas always seem to arrive quicker than expected. The team are on deck till 22 December after which we take a nice break to enjoy festivities with our whanau and friends, returning to the office on Wednesday 11th January 2023.

We've had an exciting 2022 being especially grateful to get in a full season of netball. Our Centre's have strived hard to keep netball front of mind in their communities, reflected in the steady growth of returning netballers this year. We hope that following this year of consolidation Centre's will be able to offer more development opportunities for coaches and umpires in 2023.

Congratulations to our three Centres who completed their Cadbury Volunteer Capability Fund Projects – Waiuku, Papakura and Rodney – who now have a Volunteer Management Plan to implement next year.

The Centre Advisory Group met four times this year, and following a review lead by NNZ Community Manager, Ruth Stanley, the group will continue in 2023. More information regarding the purpose, and opportunity to engage, will be sent to Centres early next year.

From the Northern Zone Community Team we wish everyone a very Merry Christmas and look forward to working alongside you all in 2023.

Nga mihi, Karyne Ross, Community Netball Manager

It has been great to see the many successes that have been had by all our Centres across the year. Participation numbers have bounced back after the lows of the covid years, which is good to see.

We are not back to 2019 levels so it would be great to see further growth in 2023. With the marketing material that has been supplied by Netball NZ and with support from the Zone we hope to kickstart 2023 with a real push to bring people to the great sport of netball. You should have received information about this in your email, but if not please get in touch.

I wish everyone a safe and happy festive season!

Phil Vyver, CEO

FROM OUR BOARD

Your Zone board met twice this week and for the last time in 2022, on 30 November. The value of teamwork was evident to me in several ways during the week.

On Monday the board met with Karyne, Community Manager, Chris, Operations Manager and Tia, MG Mystics Head Coach to hear their plans for the next year, which seek to bring our refreshed strategy to life in order to grow and strengthen netball in our Zone. There was good, robust discussion after the thoughtful presentations and we look forward to sharing and working alongside you, our centres on these plans.

I was late to our second board meeting of the week, which was beautifully chaired by deputy chair: Sue. The value of teamwork clearly evident in the thoughtful discussion and respectful challenge on various agenda items. Everyone contributed on all discussion topics, not only those where they have particular skills and interest.

We then watched the end of an MG Mystics training session, including dodging some fast flying balls and players around the edge of the court. There was a great atmosphere during the training and positive early indications for this early stage of pre-season. It was a real pleasure to be so close to our team as they demonstrated their skills, strength and energy!

Merry Christmas and good wishes for a great break

We all have a busy few weeks ahead before a well-earned break, hence it is timely to acknowledge and thank everyone who makes netball happen in our Zone.

Many thanks to all of you who work hard and volunteer across all our centres, to your members who love playing and supporting netball and to our valued partners and sponsors. Without you it would not be possible, and we sincerely appreciate all that you do!

Enjoy spending time with family and friends, take some time out and enjoy the break!

Meri Kirihimete. Merry Christmas.

Nga mihi pai mo te tau 2023. Best wishes for 2023.

Mary
Board Chair

COACH DEVELOPER HUI – RECRUIT, REIGNITE, RECONNECT



It was great to hold our 2022 coach developer hui over the first weekend of summer at Howick Pakuranga Netball Centre. This year's coach developer hui was centred around recruitment of new coach developers, reigniting our brand as coach developers after our first full season of netball and reconnecting our coach developer community.

We had 22 coach developers, and for the first time had 10 trainers from within the Zone deliver the hui, helping to share their wealth of knowledge while continuing to develop their own facilitation skills. It was great to have 11 coaches attend from Te Tai Tokerau and great representation from the rest of the Zone.

Estelle from Mangonui Netball Centre said "it was great to experience the networking opportunities while building relationships at the same time". Estelle is looking forward to putting into action what she learnt about her role as a coach developer at her netball centre.

Trainer Karen from Auckland Netball Centre loved the opportunity to continue to add new skills to her kete on how to deliver and facilitate workshops alongside supporting coaches in her community.

It was a great opportunity to hear from Zone board member Michele Teague who delivered a marketing presentation identifying how we can continue to improve marketing strategies for our coach workshops, also focusing on how we could attract more coaches to our workshops.

Big thanks to all those who attended, and the trainers for their hard work and dedication in planning and delivering their sessions.

NORTHLAND DEVELOPMENT DAY

Following the establishment of the Northland Rep Cluster and running an Under 18 Squad in 2022, it was exciting to progress to this development day for any potential 2023 Under 18 or Open Grade eligible players. Northern Zone and the Mystics management delivered the day collaboratively with Northland Cluster Under 18 Coach , Trina Henare. Northern Zone have provided Trina with a Coach Mentor to support her personal coach development journey. Thanks to Whangarei Netball Centre for hosting the day, and to key members of the Cluster Working Group – Lynette Gubb, Tanya Proctor and Rebecca Simper, for all the behind scenes mahi undertaken this year.

Saturday 12th November was a full-on day for the players attending who were treated to expertise from Trina, alongside Mystics Head Coach, Tia Winikerei, Coach Mentor, Ripeka Pirie , and three Mystics players, Sulu, Phoenix and Peta, who also happen to be Silver Ferns!

Our thanks also to Sophy Tua, NetballSmart Centre Activator for providing support and education on effective warm-up and warm-down techniques. Players were put through their paces with selective skill sessions followed by game play to round out the day, all delivered to elevate these players beyond club netball in preparation for their journey to performance netball.





AUCKLAND DEVELOPMENT DAY

Sunday 27th November saw 27 scouted players accept an invite to attend Northern Zone's Development Day. These players were treated to expert coaching from a special group of coaches who were simultaneously undertaking a weekend of coach development. Eleven coaches undertook a weekend to complete their Composite Coaching Qualification, and were extremely fortunate to be under the guidance of Netball NZ Coaching staff – Tania Karauria and Leigh Gibbs, alongside Stars Head Coach Kiri Wells, and Mystics Head Coach Tia Winikerei and Assistant Coach Rob Wright. They developed the programme of skills and activities for players, who were kept on their toes with skill sessions then game play.

Tia Winikerei commented "Both development days were a wonderful opportunity to see our young talent across the Zone shine!"

Umpires with Zone Award and higher were invited to attend alongside the athletes and coaches. They took part in a workshop on their umpiring techniques with Cory Nicholls while the NZ Umpire Coaches that also attended worked on their coaching skills and planning with Umpire Lead, Sharleen Morrell, before supporting and coaching the umpires on the games in the afternoon session.

Thanks to everyone that attended to stretch themselves on their development journey, it was great to have you all there.





UMPIRES

Massive Congratulations to Cory Nicholls and Zak Middleton on being named in the 2023 National Umpire Squad to officiate next year's domestic leagues.

All the very best to Kiani Smith who is recovering from injury, we look forward to seeing you back on court when you are ready. We hope you all have a great 2023 season!

NETBALL NEW ZEALAND UMPIRE WATCHLIST 2023



I am grateful to be selected in the watchlist as it opens up opportunities within the High Performance programmes Netball NZ offers.

This helps me work with experienced coaches and umpires at the top level to better my own umpiring.

Every umpire will have their own journey to reach their goals. If you take each opportunity to develop and work with those around you these experiences become possible.



The NNZ National Umpire Selectors are excited by the umpires in the watchlist as they look to build depth and experience through their Performance and High-Performance systems. The Zone Watchlist gives them an opportunity to offer targeted support to a group of umpires they believe have potential to operate in a high-performance environment.

Congratulations to Northerns' Scott Bailey on being selected for 2023. All the very best for your season ahead!

NORTHERN MYSTICS TICKETS 2023



The ANZ Premiership is back and nothing compares to the atmosphere of a live MG Mystics home game – it's the best entertainment in town!

Tickets are on sale NOW so grab your tickets and be 'Be the Crowd' – we'll see you there!

<https://www.northernmystics.co.nz/tickets-2023-season/>

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

The Working Group met to review the 2022 rep season and agreed the new 40-minute game format worked well for all participants – players, coaches and umpires. A huge thank you to everyone that worked together to ensure the best outcomes and for all the administrators/draw stewards a special thank you for the extra time collaborating on tournament draws.

It has been agreed this will remain the format for 2023. With a slightly different calendar next year the rep tournament circuit will start with Papakura on 21st April, followed by Pukekohe, Auckland, Harbour and Waitakere to ensure there are still 5 tournament days with a break for Kings Birthday Weekend as usual.

In the umpiring space it is recommended that umpires hold a minimum of Centre Award for U14/16 grades, and Zone theory for U18 age groups. We appreciate the extra load on umpires, as with coaches and players, but the 2 x 40-min games are especially helpful in injury reduction, load management and time for coaching umpires.

The boys' game is growing and whilst it would be ideal to have an U17 Boys team from each Centre, if this is not possible, we encourage Centres to look to create cluster teams to increase the number of teams entered in tournaments. An increase in teams would send a strong message to Netball NZ advocating for Under17 Boys to be included in the National Under18 Championships.

The Working Group will meet again on Tuesday 18th April 2023 at 11am to prepare for the 2023 rep season.

If you have any questions regarding the Working Group please contact Amanda Dyason who leads this group – centrerm@netballnorthern.co.nz

Mangonui Netball Centre construction

Mangonui Netball Centre have broken ground for the construction of their new netball courts. The committee have worked alongside the Far North Council and the Te Hiku Sports Hub to upgrade the courts. The Zone has been supporting the centre in engaging with the Sports Hub to understand the needs of the netball community and their facilities. Well done to all those involved in this progress, we can't wait to see the results!



NETBALLSMART SOCIAL WARM UP

NetballSmart have been busy this month helping Centres to keep their players on court by running mass warm-ups throughout the summer leagues. NetballSmart have a specific warm-up for social teams that only takes 5 minutes but is still proven to reduce risk of injury! We all want to be able to put our feet up over the summer break, but none of us want it to be accompanied by a cast or a brace! Don't fall at the last hurdle, have a hmm and think – should I warm up? We are still out and about so if you would like a warm-up run at your centre just give us a bell on netballsmartdo@netballnorthern.co.nz or netballsmart@netballnorthern.co.nz.

We also attended the Counties Manukau Intermediate Games which was a raging success and we saw lots of awesome warming up and jumping and landing skills – look out for this one in 2023!!

We wish everyone a happy and safe Christmas break, see you back in 2023 when we hitting the ground running!



STAY **INJURY FREE** WITH
 **NetballSmart**

ACC SportSmart

**Social NetballSmart
Power Warm-Up**

- > Confined space and restricted time can interfere with a good warm-up.
- > The Power Warm-up can be done in a confined space (on the sideline) and in 5 minutes. A short netball specific warm-up is better than no warm-up at all. It helps to decrease injury and gets you primed and ready to play.
- > For tips on technique and to watch the videos head to the NetballSmart website www.netballsmart.co.nz

 **NETBALL
NEW ZEALAND**

WITH THANKS TO OUR FUNDERS...

