

Community Newsletter

Kia Ora Everyone

Welcome everyone to our first newsletter of the year. And what a start we have had – two lockdowns already however an exciting beginning with the Silver Ferns winning back the Constellation Cup.

There's been plenty happening already as evidenced by the content of this newsletter, and please follow us on facebook where we share news as soon as it comes to hand.

We wish you all the best for a fun, enjoyable and fingers crossed, full season of netball in 2021.

NETBALL NZ SERVICE AWARDS

It was heartwarming to see so many of our Zone volunteers recognised this year. We value all our volunteers and whilst no-one does it for the recognition, we find absolute joy in being able to publicly acknowledge your contributions to netball.

We look forward to offering our congratulations in person at your Centres upcoming AGM's. Zone staff were humbled to be invited to Waiuku's special luncheon for Eleanor Kitching – wow what a special day they put on and we thoroughly enjoyed sharing it with Eleanor and the Waiuku Centre whanau.



REPRESENTATIVE NETBALL

As the winter season kicks off many Centres have started preparations for their representative programmes. It's a timely reminder of netball's Balance is Better philosophy in the Year 7 & 8 age groups where there are now NO representative teams, with Centres running the Year 7&8 PDP programme culminating in fun Festival Days. This philosophy extends to the participation by any Year 8 aged child in a representative team. With many Centres offering Year 9 teams or Under 15/16 teams the Zone strongly recommends and encourages Centres to regulate the age/year of these teams players to those age groups. To be absolutely clear we do not recommend any Year 8 child to be playing up into a Year 9 or higher team.

At publication date here is the list of local representative tournaments on offer. We will publish Festival Day dates as they come to hand.

REPRESENTATIVE TOURNAMENTS AND FESTIVAL DAYS	
30 May	Pukekohe Netball Centre
13 June	Auckland Netball Centre
20 June	Netball North Centre
27 June	Netball Waitakere / Howick Pakuranga Netball Centre (TBC)
4 July	Papakura Netball Centre
1 August	Counties Manukau Rep Tournament – hosted by Pukekohe
Northland Centres	
4 July	Kerikeri Rep / Festival Day
1 August	Whangarei Field Days

For more information on Balance is Better please check out the website:

<https://balanceisbetter.org.nz/>

COVID PLANS – 2021 SEASON

It's only March and we've already experienced two lockdowns which leads me to believe this will be the norm for the rest of the year. In 2020 most Centres delivered some sort of netball under Level 2 conditions so should be well drilled in the protocols of the guidelines and requirements of sport delivery at this level.

If your Centre hasn't yet got your plans in place or needs help to get them in place, please touch base with Zone staff as soon as possible.

To deliver Netball at Level 2 – all Centres must have:

- An up to date **Pandemic Plan** <https://sportnz.org.nz/covid-19/sector-advice/sector-templates/> and a **COVID-19 -Level 2 - Event & Activity Health and Safety Plan** (found on the NNZ website per link below)
- Processes in place to meet all government Contact Tracing, Gatherings, Health & Sanitation and Workplace guidelines requirements.

Centres are responsible for the compliance of all Ministry guidelines. Failure to meet these guidelines could have a serious impact on the health of your community and result in your Centre being shut down.

Detailed Level 2 guidelines, templates and planning tools can be found at the following link on the Netball NZ website <https://www.netballnz.co.nz/useful-info/resource-library/return-to-play>

DEVELOPMENT DAY – Coach/Umpire/Player

On Saturday 20th Feb the zone ran a Netball Development Day where the theme was “training with intensity”. This theme was specifically chosen to expose and extend the learning of coaches, umpires and athletes as to how to plan, deliver and execute a training session with the intensity needed to transition from community to performance level netball. Helene, Tia, Vicki, Suzie and Sharleen joined expertise to support a group of five coaches (most of who are on the NNZ performance coach qualification – PCQ), plan and deliver a netball session at a higher level of intensity than what is normally seen in the community environment. As a consequence the players and umpires experienced a full day of hard and high quality netball skills development before some fast-paced game-play.

The zone would like to thank Fale Malifa, Adelita Sotutu, Emma Haigh, Carla Gordon and Di Pakau for their openness and willingness to participate as coaches. Lisa Tomlinson was an observer to the group. These coaches were treated to hands-on coach development from the Northern Mystics Head Coach Helene Wilson throughout the day, including an end of day reflection with Helene, which resulted in sharing some "Coaching Gold".

Here is what the participants told us:

“I enjoyed the whole challenge of my role for the day. I felt very comfortable and supported by fellow coaches and also Netball Northern staff. I enjoyed the opportunity to interact with other coaches, but especially the chance to have feedback from Helene and then the final feedback and debrief was so beneficial. Overall, after what I initially felt was quite daunting coming in late, such a great day of learning and sharing of knowledge.”

“Learning how to create an effective "Work On" will really help me develop my umpiring this season. Learning how, and why, to warm up correctly was great The opportunity to umpire the game was great!”

“I enjoyed everything, loved that the whole day was high intensity training and enjoyed learning the skills I learnt and worked on throughout the day.”

Many thanks to [New Zealand Community Trust \(NZCT\)](#) and Four Winds Foundation for their continued support which allows us to make these Development Days happen!



Northern Zone Development Day – Umpire Workshop

At the Northern Zone Development Day held at Netball Waitakere on Saturday 20th February a group of our umpires attended a Focus on Development – Constructing your Work On & Self Analysis workshop. The umpires were really engaged in the day and went away with tools to help them with their objectives. We had some great feedback after the day:

Learning how to create an effective "Work On" will really help me develop my umpiring this season. Learning how, and why, to warm up correctly was great and the opportunity to umpire the game was great!

I was able to have open and honest conversations about different aspects of my umpiring And how we were able to break down goal setting



Umpire Fitness Testing

Given the current situation with changing alert levels, Netball NZ have made the decision to extend the March fitness testing deadline from 15 March to 31 March this year.

We will reassess as any government announcement on alert level status is made.

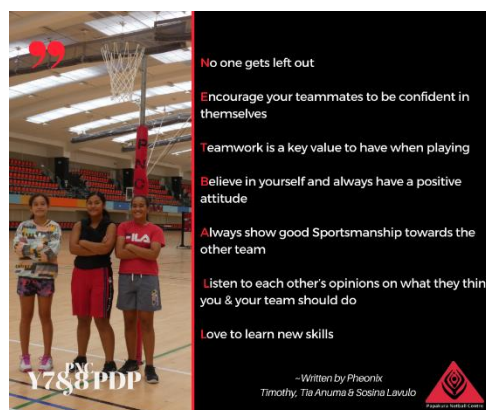
2021 Umpire Exam Dates

Exam	Exam Date
Zone Theory 1	17 May 2021
Zone Theory 2	9 August 2021
NZ Theory 1	14 June 2021
NZ Theory 2	20 September 2021

YEAR 7 & 8 PDP PROGRAM

This January has been the first time in a while Pakuranga Netball centre has been able to run a holiday program at this time of year, historically there would not be much interest so they would be cancelled.

They started the 4 day Year 7 & 8 program with 15 kids and ended with 19 which is massive for this Centre. Alice Hemara largely led the daily deliveries which were not only skills based but focused on teamwork, sportsmanship and most importantly having fun.



KOTAHITANGA: A Coaching Series #4 – Centre Pass

Don't forget you can still register for our final workshop to be held at Netball North Harbour on Thursday, 18th March.

Calling all community coaches across the Northern Zone!

Join us for an evening of learning, connection and collaboration. Each workshop will feature some amazing coaches from the Northern Mystics, Northern Stars, Northern Marvels and Northern Comets.

Workshop #4 will feature learning all things Centre Pass.

REGISTER by clicking the link below!! Or join us on the night at Netball North Harbour.

<https://www.sporty.co.nz/viewform/153832>

**NETBALL
NORTHERN**
Proudly presents...

'Kotahitanga'
A COACHING SERIES

Join us for a 4 week coaching series to connect, collaborate and learn from coaches in the Northern Zone, Northern Mystics, Robinhood Northern Stars, Northern Marvels and Northern Comets.

1) DEFENCE Thursday 4th Feb Waitakere Netball Centre 31/35 Te Pai Place, Henderson 6.30pm - 9.00pm	2) ATTACK Thursday 11th Feb Howick Pakuranga NC Lloyd Elmore Park 451 Pakuranga Road, Pakuranga 6.30pm - 9.00pm
3) THROUGH COURT Thursday 11th March Pukekohe Netball Centre Bledisloe Park, Queen St, Pukekohe 6.30pm - 9.00pm	4) CENTRE PASS Thursday 18th March Netball North Harbour 44 Northcote Road, Northcote, 6.30pm - 9.00pm

\$20 per workshop or \$60 for all 4!
Click the attached link to register.



NORTHERN MYSTICS MATCH DAY VOLUNTEERS

Do you or someone you know LOVE netball as much as we do and want to be involved in our match day action?

The Northern Mystics are looking for friendly, enthusiastic and passionate volunteers to help our event crew on Game Day.

If this is something that interests you, please contact:

Chris Tennant chris.tennant@netballnorthern.co.nz

TICKETS ON SALE

Tickets to Northern Mystics home games are on sale Monday 15th March.

The 2021 ANZ Premiership is nearly here and we have our VERY FIRST home game of the season at The Trusts Arena **Monday 19 April** against the Splice Construction Magic. To celebrate our first home game and the start of the school holidays, **KIDS GO FREE** with every paying adult.

Doors open at 6pm with centre pass at 7pm.

Adult General Admission tickets are only \$20 and best of all - **KIDS GO FREE** with a paying adult.

[Northern Mystics vs Splice Construction Magic - The Trusts Arena, Auckland | The Ticket Fairy](#)



SATURDAY 24 APRIL VS ASCOT PARK HOTEL SOUTHERN STEEL

We are crossing the bridge to Eventfinda Stadium, North Shore for our next home game on Saturday 24 April against our Southern rivals the Ascot Park Hotel Southern Steel.

Seating is General Admission so make sure you get there nice and early to secure the best seats in the house!

Doors open at 4pm with centre pass at 5pm.

<https://www.eventfinda.co.nz/2021/northern-mystics-vs-ascot-park-hotel-southern-steel/auckland/wairau-valley>



MONDAY 3 MAY VS THE GOOD OIL TACTIX

We are back at The Trusts Arena for our next home game against the Good Oil Tactix. It's always a great match up against our Southern rivals - they will be bringing the Red so we want to paint the stadium Blue. Come dressed in your best BLUE/Mystics gear and be in to win some awesome prizes.

Doors Open at 6pm with centre pass at 7pm.

Adult General Admission tickets are only \$20 and best of all - **KIDS GO FREE** with a paying adult.

[Northern Mystics vs The Good Oil Tactix - The Trusts Arena, Auckland | The Ticket Fairy](#)



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