



**APRIL 2021**



# Community Newsletter

## Kia Ora Everyone

Most centres have now started, or about to start their seasons, and it's pretty cool to see everyone out there on court enjoying their games.

We know this is a busy time for Centres not just getting grading and comps up and ticking along, but running umpiring and coaching courses so a big thank you and pat on the back to all you workers and volunteers out there making this all happen.

It's a timely reminder to take care of our umpires ensuring good sideline behaviour with plenty of positive encouragement especially as many are learning, so let's be kind to all our umpires.

There is plenty coming up with webinars from Netball NZ in May, and our own Zoom with Zone series will be advertised soon. Zone Zui's are a great opportunity to connect with your colleagues, pose your challenges and together learn from each other.

We look forward to seeing you online soon!

## BOARD UPDATE

Netball Northern Zone would like to share some changes to our Board team, with a farewell to two of our current board members and a welcome to new team members. I have included a link to the Netball Northern Zone website which has the full letter from our chair Mary Gardiner and introduces the new members of the team.

<https://www.netballnorthern.co.nz/zones/northern/news/board-updates.html>

## FUNDAMENTALS IN COACHING SUCCESS ROADSHOW – Workshop 1

21 community coaches attended the first of Dame Noelines Fundamentals for Coaching Roadshow series on Wednesday night.

After observing part of the Mystics training session, coaches were updated on the latest information from NetballSmart Programme Lead, Sharon Kearney, also receiving some of the very cool resources available.

The Silver Ferns management team of Dame Noeline Taurua, Guy Mothersole, Strength & Conditioning Coach, and Dr Rob Corban, Team Psychologist, then held an engaging session focused on getting the fundamentals of netball right at the community level.

**The second Northern Zone workshop will be held on Wednesday 19<sup>th</sup> May at Auckland Netball Centre. You can register now with the following link:**

<http://www.sporty.co.nz/viewform/163913>



## NETBALLSMART

The first NetballSmart Prep'N'Play programme was successfully ran at Howick Pakuranga Netball Center through March. This programme was developed with the aim to get Players fit for the Netball season, build strength, core control and stability, and develop good Netball movement patterns. ACC statistics show that between the months of April and May there is a 300% spike in Netball related injuries. This programme is designed to help transition players into the season.

Prep'N'Play is now available on the NetballSmart website or for more information please contact Mel or Suzie.

<https://www.netballsmart.co.nz/images/netball-smart/pdf/NetballSmart-Prep-n-Play-Resource-web.pdf>



NetballSmart has grown significantly beyond the NetballSmart Dynamic Warm up, it is a comprehensive holistic Injury Prevention programme (IPP) connecting with not only coaches but also players, parents, officials, and governance.

Ongoing exposure of content and messaging to the wider Netball population is vital to the long-term success of this programme. In the Northern Zone the NetballSmart team has now grown to include two NetballSmart activators based at Papakura and Whāngarei Netball Centres.

Tracey Spence the Netball Smart Centre Activator based at Papakura Netball Centre has led the promotion and delivery of the Netball Smart Power Warmup for all of members over three grading day events. The Power Warm-up was also a huge component of Representative Trials over two weeks educating those that are new to the program.

NetballSmart has been designed to ensure players become “physically capable and competent movers”. This means that they have the fundamental movement skills, the Netball Specific movement skills and the strength needed to play the game.

Players that are physically capable and competent have more time on court, are less likely to get injured and therefore constantly improving their performance.



## NETBALL NZ WEBINAR SERIES

Over the next couple of months, we are going to be running a series of webinars. The first three webinars are now open for registrations

<a href="#">Webinar 1</a> 18 May 2021 7 PM	<b>The Funding Toolkit</b> Information for Centre administrators about the NNZ Funding Toolkit and Tu Manawa funding. Attendees will leave with more knowledge on how to create funding opportunities for their Centre.
<a href="#">Webinar 2</a> 25 May 2021 7 PM	<b>How to navigate the Coaching Framework</b> The Coaching Framework will be explained, and ideas shared on how to engage coaches with parts of the framework as well as other coaching opportunities
<a href="#">Webinar 3</a> 27 May 2021 7 PM	<b>Umpire Development Planning</b> Come along to this webinar to learn how to identify the big rocks that will make a difference in the Umpire Development space at your Centre. Aimed at Centre administrators.

## CADBURY VOLUNTEER OF THE MONTH

A quick reminder that Cadbury Volunteer of the Month is underway and here are the key dates:

Action	May VOM Date	June VOM Date	July VOM Date	August VOM Date
NNZ send Centres Facebook mp4 for Centres to post	Share NNZ FB post	w/s 31 May	w/s 28 June	w/s 26 July
Other nomination promotion: <ul style="list-style-type: none"><li>Website banner/tile</li><li>PowerPoint slide</li><li>Posters</li></ul>	Centre to promote as suits over all VOM months			
Nominations cut-off for the month	Sunday 16 May	Sunday 13 June	Sunday 11 July	Sunday 15 August
NNZ to send Centres their nominations	Monday 17 May	Monday 14 June	Monday 12 July	Monday 16 August

## NETBALL ADMINISTATOR POSITION – HPNC

Howick Pakuranga Netball Centre has a position available for an all-round Netball Administator working 25 hours per week. This role will be a fixed term contract from Monday 10 May to 22 September with the possibility of extending this to a permanent role and will include some evening work and occasional Saturday attendance.

If this sounds like something you may be interested in click on the link for more information

<http://www.hpnc.org.nz/Employment-Opportunities>

## HPNZ REP TOURNAMENT



Registration here: <https://www.sporty.co.nz/hpnetballcentre/High-Performance/HPNC-Representative-and-Club-Tournament-Online>

## RULES OF NETBALL APP

International Netball Federation (INF) has launched an official Rules of Netball app for iOS and Android devices, which is free to download and available now. The app is the first of its kind for international netball putting the rules of the game in a digital format for umpires, coaches, players, and fans around the world.





## NNL

### Performance Update

We have recently updated our FAQs for the NZEPP and the Northern Marvels. Please click on the links below to view these updates. Thanks to Grassroots for their support of the National League.

Northern Marvels FAQs:

[https://www.netballnorthern.co.nz/images/stories/zones/Northern/Documents/\\_/2021/Northern Marvels FAQs 2021.pdf](https://www.netballnorthern.co.nz/images/stories/zones/Northern/Documents/_/2021/Northern_Marvels_FAQs_2021.pdf)

NZEPP FAQs:

<https://www.netballnorthern.co.nz/zones/northern/high-performance/nzepp/nzepp-faq.html>

## KAIPARA NETBALL CENTRE

Kaipara Netball Centre held a School Holiday player fun day for Years 3 – 6. They had beautiful weather and fantastic player participation with 85 children attending the full day session at Kaipara Netball Centre.



The day was led by their Junior Coordinators and included NetballSmart Junior Dynamic Warmup, 6 Skill Stations focussed on Passing, Pivoting, Dodging, Defence, Shooting and Spatial Awareness skill and concluded with players all participating in FutureFERN on court games.

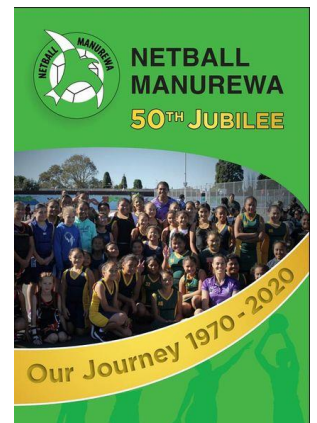
Their special thanks to Michaela Sokolich-Beatson who took time out of her busy schedule to drop by, engage with our players, sign autographs and pose for what seemed a million photographs.



## MANUREWA NETBALL CENTRE

### Happy 50<sup>th</sup> Golden Jubilee Netball Manurewa 1970 – 2020

On the 23<sup>rd</sup> and 24<sup>th</sup> April Netball Manurewa celebrated their 50<sup>th</sup> Jubilee with a mix and mingle evening followed by a netball tournament the next day. What a great way to celebrate 50 years of netball!!



## KINGSWAY SCHOOL

Michaela Sokolich Beatson and Holly Mather recently visited Kingsway School to deliver a Year 7 & 8 Player Development Programme.

The girls were taken through a session on how to create space and Michaela took them through a quiz to name large muscle groups. Many thanks to Harbour Sport for assistance in funding this project.



## CALENDARS

### Representative Tournaments/Festival Days

REPRESENTATIVE TOURNAMENTS AND FESTIVAL DAYS	
30 May	Pukekohe Netball Centre
13 June	Auckland Netball Centre
20 June	Netball North Harbour
27 June	Netball Waitakere / Howick Pakuranga Netball Centre (TBC)
4 July	Papakura Netball Centre
1 August	Counties Manukau Inter City Day – hosted by Pukekohe
<b>Northland Centres</b>	
4 July	Kerikeri Rep / Festival Day
1 August	Whangarei Field Days
8 August	Northern Wairoa Field Days
15 August	BOI Field Days

### Coaching Workshops

2021 COACHING WORKSHOPS CALENDAR					
	Date	Time	Module	Category	Netball Centre
May	Saturday, 1 May 2021	9.30am	Player Centred Coaching	CCA1	Rodney Netball Centre
	Monday, May 3, 2021	6.30pm	Player Centred Coaching	CCA1	Waiuku
	Monday, May 3, 2021	6.30pm	Building Effective Relationships	CCA1	Pukekohe
	Wednesday, May 5, 2021	6.30pm	Developing Physical Capacity	CCA2	
	Saturday, 10 May, 2021	6.30pm	Shooting	CCA1	Pukekohe
	Sunday 9th May, 2021	7.00pm	Year 1 - 4	Foundation	ANC @ Windmill Park
	Tuesday 4th May, 2021	7.00pm	Year 1 - 4	Foundation	ANC @ St Johns
	Wednesday 5th May, 2021	7.00pm	Year 5 - 6	Foundation	ANC @ Windmill Park
	Thursday 6th May, 2021	7.00pm	Year 5 - 6	Foundation	ANC @ St Johns
	Sunday 9th May, 2021	7.00pm	Year 5 - 6	Foundation	ANC @ Windmill Park
	Tuesday 11th May, 2021	7.00pm	Year 7 - 8	Foundation	ANC - Online Zoom Session
	Wednesday 12th May, 2021	7.00pm	Year 1 - 4	Foundation	ANC @ Windmill Park
	Wednesday 12th May, 2021	6.30pm	Attack and Defence	CCA1	Waiuku
	Thursday 13th May, 2021	7.00pm	Year 1 - 4	Foundation	ANC @ St Johns
	Monday 17 May, 2021	6.30pm	Skills Analysis	CCA1	Pukekohe
	Monday 17 May, 2021	6.30pm	Team Culture	CCA1	Waiuku
	Monday 24 May, 2021	6.30pm	Shooting	CCA1	Waiuku
	Monday 24 May, 2021	6.30pm	Team Culture	CCA1	Pukekohe
	Monday 31 May, 2021	6.30pm	Selecting	CCA1	Pukekohe

# UMPIRE

## **Umpire Coach Update Workshops**

Please encourage your umpire coaches to register for the remaining 2021 Umpire Coach Update workshop.

<https://www.sporty.co.nz/viewform/164225>

Saturday 22<sup>nd</sup> May – 4.00pm – Papakura Netball Centre

Saturday 29<sup>th</sup> May – 2.30pm - Howick Pakuranga Netball Centre



## **New Umpire Coaches**

Do you have anyone new who would like to become an umpire coach? Is there anyone involved with their club or school that could mentor and coach their own umpires? Please send their details to [umpire@netballnorthern.co.nz](mailto:umpire@netballnorthern.co.nz) so we can get in touch with them for our new Introduction to Umpire Coaching workshop, date and details to be advised soon.

## **NZ Umpire Theory Exam**

The NNZ NZ Theory Exam is the next step for umpires who hold a Zone Practical Umpire Award and are looking to attain the first step in their NZC Practical Umpire Award.

Registrations for the NZ Theory Exam 1, to be held on **Monday 14<sup>th</sup> June 2021** between **6-8.30pm**, are now open and will close on **Monday 24<sup>th</sup> May 2021**. No late registrations will be permitted. Please note that this is a shorter registration window than usual, encourage your candidates to register quickly.

Follow the link to Sport Tutor on the Netball New Zealand website <https://www.netballnz.co.nz/get-involved/umpiring>. On the website there will be a “How to Guide” which will walk you through the registration process.

Thanks to NZCT for their support in umpiring.

## **NZ FUTUREFERNs ONLINE COACHING WORKSHOPS**

There is still one more ANZ futureFERNs online workshops to be held this month by our Junior Development Officers for those coaches that don't easily have access to a Junior Coach Developer in their community at the moment. Please see the date and link below to enrol for this workshop.

**Year 1 & 2** - 18th May - 5pm - 6.30pm

<https://sporttutor.nz/pages/description.jsf?menuId=1966801#/users/@self/catalogues/1966034/courses/2346840/description> - Irene



With thanks to our funding partners



## Zone Community Netball Team Contact

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Vicki Morgan	Centre Relationship Manager <a href="mailto:vicki.morgan@netballnorthern.co.nz">vicki.morgan@netballnorthern.co.nz</a>



[www.northernmystics.co.nz](http://www.northernmystics.co.nz)

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**NETBALL**  
**NORTHERN**