



Netball Northern Zone High Performance



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Plan of Attack

- High Performance & Performance
- Overview of Zone HP Plan
- Key achievements
- Key observations
- Summary



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High Performance & Performance

- High Performance tends to be a loosely used term in all of sport.
- 80%/20%
- Consistency with language is critical
- What is High Performance and what is a HP Athlete?



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High Performance



Performance Athletes

- As defined by Sport NZ, Performance Athletes are-
- A narrower range of athletes who have shown extra ability and have moved to district or regional representation at either a youth or adult level.
 - Regional representatives taking part in national competition
 - National age group representatives taking part in international competition



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Performance Coaches

As defined by Sport NZ-

- Have considerable experience and a high degree of knowledge within their sport
- Are often in part time professional roles where they are contracted by Regional or National Sports Organisations
- Experienced development coaches who have shown ability in coaching more talented athletes
- Former elite players who have shown a desire to become involved in coaching
- Former High Performance coaches who no longer have the time to be involved at a High Performance level
- Professionals who coach for a living



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Zone High Performance Plan Overview

Mission-

- Establish a sustainable, leading Zone High Performance/Performance programme.

Vision-

- More athletes, coaches, umpires and officials progressing through and succeeding in the High Performance environment.



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Key Achievements

Goal- Develop quality athletes through our leading Performance & HP Programmes

- **Progress made-**

- Advancement in U23 programme
- Advancement of Centre Performance/Talent Development Programmes e.g. ANC, Whangarei NC, NNH, Papakura NC, Pukekohe NC, Waitakere NC, Howick NC

- **Looking ahead-**

- Mental skills training
- Staged approach from U15's through to U23's



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Key Achievement

Goal- Clearly define the Zone Athlete Pathway

- **Progress made-**

- Pathway has been established

- **Looking ahead-**

- Continue to advocate the pathway
- Ensure athletes understand the pathway is not 'set in stone', athletes develop at different rates and an athletes pathway may differ depending their stage of growth, positional opportunities, or due to an athlete being a late bloomer.

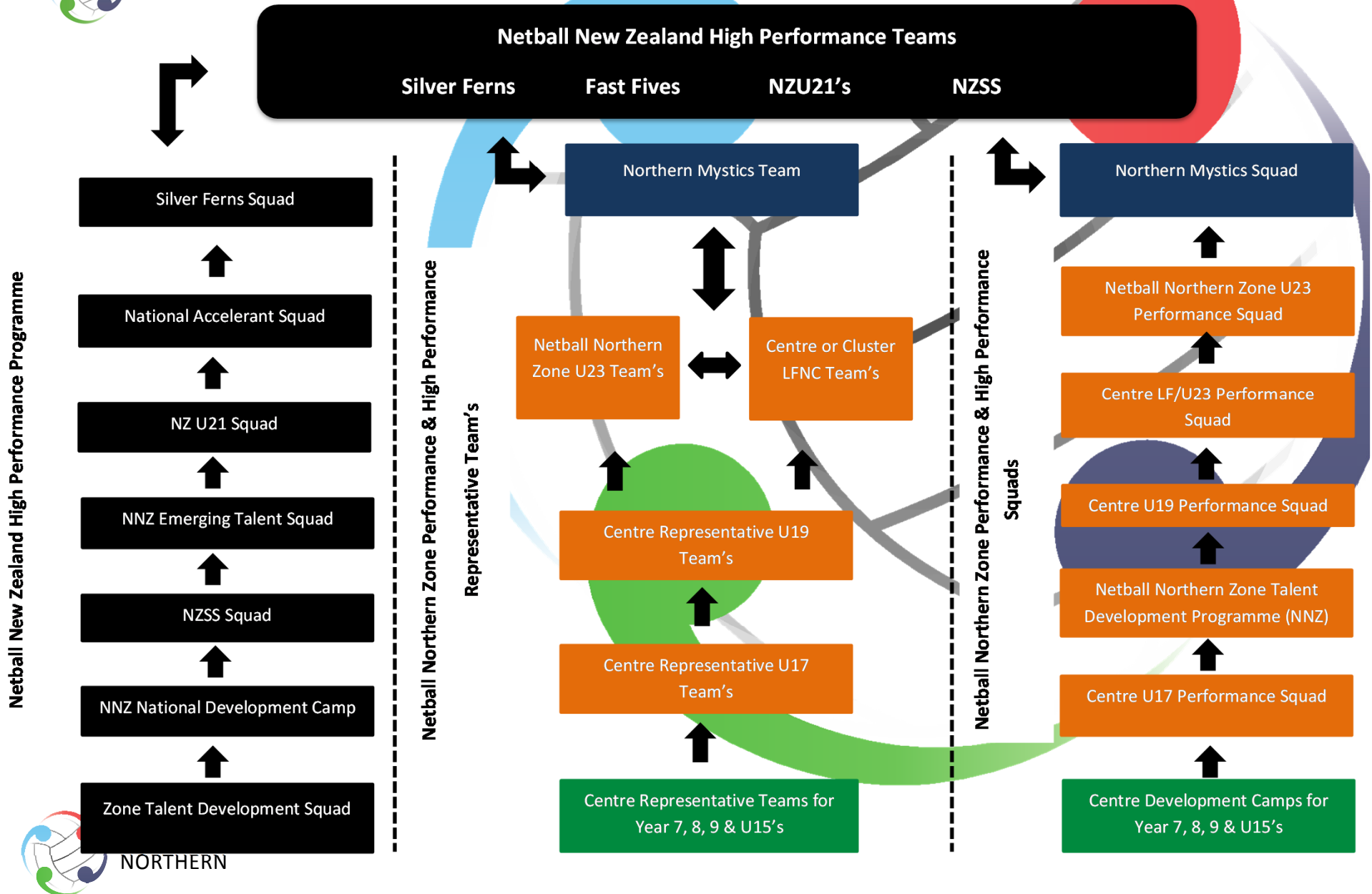


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NETBALL NORTHERN ZONE ATHLETE PATHWAY



Key Achievements

Goal- Establish clear processes and protocols with regards to recruiting coaches for Zone U23's

- **Progress made-**

- Feedback was taken on board
- Current U23 coach recruitment process was clear and transparent

- **Looking ahead-**

- Kiri Wills selected as Head Coach and Paula Smith selected as Assistant Coach
- Lead by example
- Advocate clear process with all centres
- Increased competition for U23 coaching positions



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Key Achievements

Goal- Ensure identified coaches have access to a quality review process.

- **Progress made-**

- All U23 coaches and Kiri Wills were reviewed using the Star Coach
- Quality information for coaches
- Important for them to know what they do well and what their work on's are.

- **Looking ahead-**

- Key aspect of coach development
- Continue to use the Star Coach review process
- Advocate Star Coach process to Centres for identified coaches



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Key Achievements

Action- Identify key educational/practical opportunities to develop the skills of support personnel.

- **Progress made-**

- Managers workshops held in June at ANC & NNH huge success
- Performance Analyst workshop facilitated by Bobby Wilcox held in February for Northern Mystics

- **Looking ahead-**

- Formalise a workshop for managers that is delivered across the Zone
- Formalise a workshop and create opportunities in the Performance Analyst area e.g. U23's



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Key Achievements

Action- Establish individual umpire development plans for identified Performance/High Performance umpires.

- **Progress made-**

- Emerging talent squad has been identified in consultation with Jan Skilton
- Seven umpires will be placed on IPP's along with the U23 athletes and monitored throughout the off-season

- **Looking ahead-**

- More umpires recognised for their quality e.g. gaining NZ B Umpire Award
- More umpires officiating at National events
- More umpires being recognised in National squads



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Key Achievements

NZU21-

- Malia Paseka
- Erikana Pedersen

NZSS-

- Chiara Semple
- Maia Wilson
- Penina Davidson
- Holly Fowler
- Jamie Lee Price
- Fa'amu Ross

NZSSC- 5 schools in the top 8 (16 schools involved)

- Mount Albert Grammar School
- Baradene College of the Sacred Heart
- Pukekohe High School
- Auckland Girls' Grammar School
- Westlake Girls' High School



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Key Observations

Positives-

- Great people with immense passion in our Zone
- We have obvious athlete talent to burn in this Zone
- We have some highly skilled coaches doing amazing work
- Fantastic facilities

Work on's-

- Player Welfare- NNZ Competition structure and pathway review
- Coach Welfare- a number of coaches coaching multiple teams often simultaneously
- Performance coach development
- Are we creating well balanced athletes through our programmes?
- Transitioning Performance Athletes into the High Performance environment



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Summary

- Great challenge
- Continue to develop relationships
- Lots to do!
- Thank you for the great work you're doing!



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