

Mainland Matters – October 2018



MESSAGE FROM THE CEO

Well, it has certainly been a good time to be a 'couch potato' and watch plenty of great netball action! What an exciting weekend, a fabulous win by the Fast5 Ferns against Jamaica in Melbourne, certainly something to celebrate.

It was also exciting for another reason; Netball Mainland held our open Beko trials. So much young, exciting talent on the court and thrilling to see athletes from across the Zone. A larger training squad has been named, with final trials and team naming in the New Year.



The BNL competition starts 2 March 2019 and runs through to the Grand Final on 19 May 2019. Venues and Draw for 2019 are yet to be confirmed and released by Netball New Zealand (NNZ).

Planning is in full swing for our Mainland Tactix players coming into pre-season training, on 19 November 2018, in preparation for the start of the 2019 ANZ Premiership season – first game vs Magic in Hamilton, on 24 February 2019.

Tactix ANZP 2019 – Home Games

Vs Steel – Tuesday 26 February
Vs Mystics – Sunday 24 March (Nelson)
Vs Stars – Tuesday 23 April
Vs Pulse Monday 29 April
Vs Steel Wednesday 15 May
Vs Magic Sunday 19 May (also Beko Grand Final in Christchurch)

NNZ has been working with the Zones to ensure that all netball Centres are up to date with their Incorporated Societies status.

NNZ requirement

The NNZ Constitution (7.3 c) requires all Centres to be a registered Incorporated Society.

The status primarily:

- Protects the members of the Centre and ensures they are not personally liable for the society's debts, contracts or other obligations (Incorporated Societies Act 1908)
- Enables Centres to be eligible to apply for funding



Requirements of Incorporation

As a registered Incorporated Society, the entity must;

1. Upload an organisational Constitution

The NNZ constitution (Centres 7e) states that Centres;

Adopt the Objects of NNZ and the Objects of the relevant Zone and adopt a Constitution which is consistent with this Constitution and the Constitution of the relevant Zone.

In order to assist Centres with developing and adopting such a Constitution a NNZ Centre Constitution Template was developed and circulated.

2. Annually submit their financial accounts.

Not meeting these requirements may result in an entity being struck off the register.

Should you require any assistance with templates, planning, H&S, HR management, rules/regulations then please contact the friendly team at Netball Mainland.

Take care, Brigit

COMMUNITY

The community team have been visiting some of our Centres to support and guide them with their plans for 2019. It has been great to meet members of our community and be able to gain a sense of understanding of what their specific needs are, as well as to celebrate their successes for 2018. The common theme gathered from these meetings, is that Netball could not exist without our volunteers. As the netball system continues to grow, so too are the expectations on volunteers. Therefore, it is important to ensure that the expectations of people are realistic and that roles are tailored to the levels of commitment to suit the availability of those who volunteer.

Manaaki whenua, Manaaki tangata, Haere whakamua – care for the land, care for the people, go forward

Community Team



Netball Mainland volunteers at the NZSS tournament in Timaru

Suzanne Whyte, Michelle Cox, Robyn Vermeeren, Vicki Reid, Sharon French

Coach Development

Coach development can take the form of coaches linking together, attending workshops, coach observations, live support and accessing on line resources. In our Zone there are different types of qualified coach developers, Centre development officers, independent coach developers and Netball Mainland coach developers. Our coach developers facilitate workshops, do coach observations and offer live support such as running coach groups and mentoring. We are fortunate in the Netball Mainland zone that we have 26 coach developers, 15 of which are active and fully accredited and the others working towards their accreditation. With two new coach developers in Mid Canterbury and Buller we are now able to cover all Centres wanting coach development.

Netball Mainland staff provide the training and support for coach developers, so they remain accredited to NNZ. They also provide the coach developers with the resources needed to facilitate the NNZ coaching pathway. These people work hard to obtain their qualifications and are much valued members of our Zone. Netball Mainland coach developers work in Centres when Centre development officers or independent coach developers are not available and provide support to Centres with coach development programmes.

In the next month there are coaching courses being run in Christchurch, Selwyn, South Canterbury and Mid Canterbury- for details contact the Centres directly.

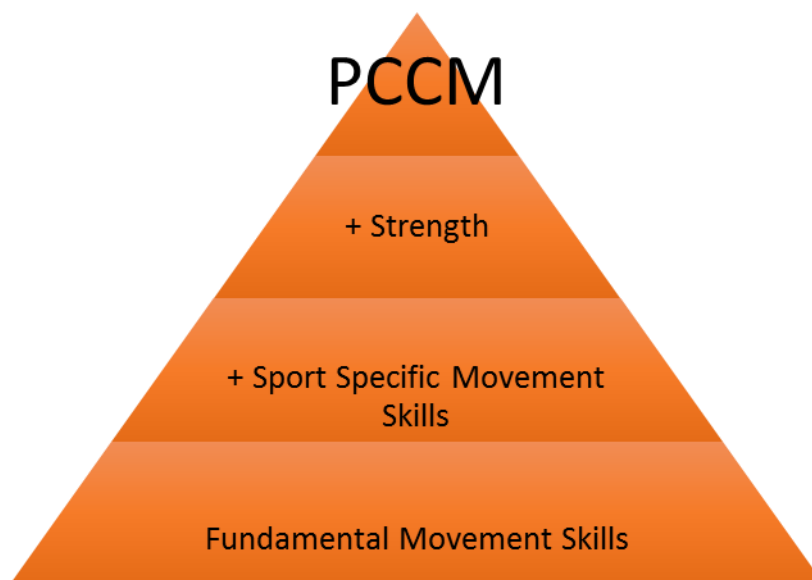
In December coaches also have the opportunity to observe the Netball Mainland Specialist Sessions. There are limited spaces and so far, we have filled the middies and defensive sessions. There are still spaces available for the shooters session. More details are on the registration forms.

Shooters Specialist Session December 9th 10-3pm <https://www.sporty.co.nz/viewform/88388> to register.

NetballSmart

The 2019 season will be upon us before we know it – so now is the time to start thinking about off-season and pre-season training. NetballSmart have developed two training resources to ensure your players become **physically capable competent movers**. Our Body Weight Strengthening and Core Control and Stability programmes are simple 30-minute work outs which require no equipment!

Both programmes are available online at www.netballsmart.co.nz or you are more than welcome to contact Hannah at Hannah.coutts@netballmainland.co.nz for more information, or to go over the programmes within your Centre. Give your players the best chance by developing their movement and strength base to reduce their risk of injury and enhance their performance.



PERFORMANCE

NZSS

Final placings at NZSS – 12th Villa Maria College, 15th Christchurch Girls' High School, 16th Nelson College for Girls

Tournament Team - Hannah Glen



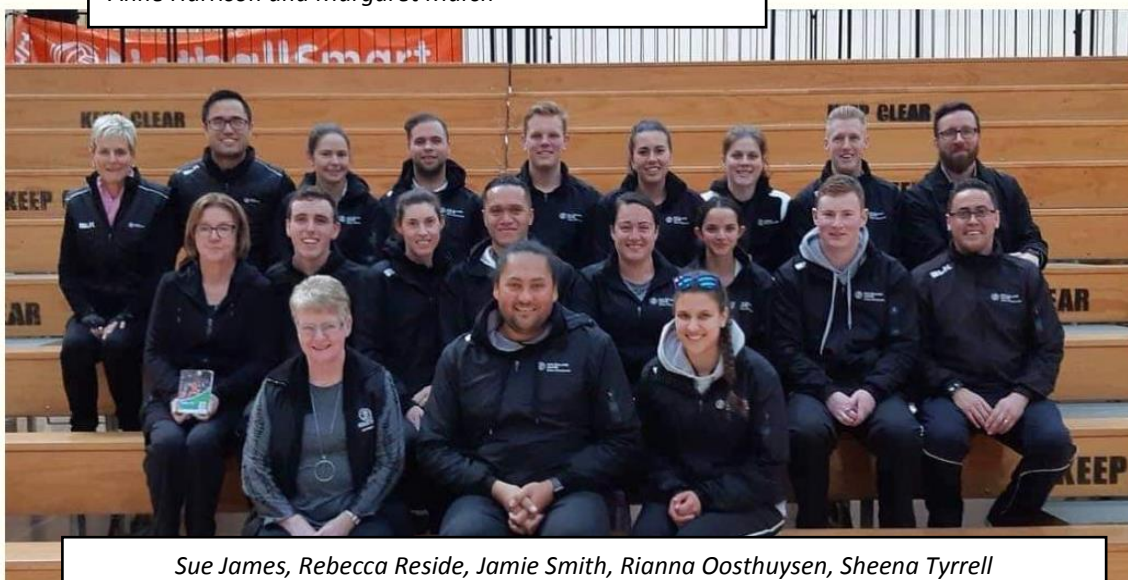
Celebrating our Technical Officials Group who attended the NZSS held in Timaru

Well done to Sharon French who achieved accreditation as a Zone statistician in recording during the Beko National League this year and calling during NZSS. This brings our total to 4 x National calling, 3 x National recording, 1 x Zone calling and 1 x Zone recording.

Well done also to Vicki Reid, Robyn Vermeeren and Sharon French who were all appointed to the NZSS final. Suzanne Whyte was appointed to the 3rd v 4th match. These appointments are done based on performance during the tournament, so this was a great success for Mainland.



Anne Harrison and Margaret Marsh



Sue James, Rebecca Reside, Jamie Smith, Rianna Oosthuysen, Sheena Tyrrell



Espresso
Carwash



SILVERMOON



AVON CITY FORD

SKOPE



2018/2019 Netball Mainland Beko Squad

Tiuaana-Marie Aiono	Kelsey Ashworth	Megan Borst
Katy Boyle	Tiffany Challis	Holly Chandler
Sophia Fenwick	Lily Fletcher	Hannah Glen
Quantelle Hira-Kapua	Georgina Kelly	Grace Nanama
Blaze Leslie	Courtney Quinn	Kiah Ralph
Manaia Rapana-Feather	Tyler Rollo	Natasha Ryan
Claudine Wallace	Chloe Williamson	Georgia Woollett
Tiana Placid	Nicola Mackle	Jess Prosser

A NOTE FROM THE COACH

I am currently on a coaching course called coach accelerator. It is a fantastic initiative by High Performance New Zealand which takes a group of coaches from different sports on a three-year journey. There are three camps per year and four in the fourth year. My intake has a mixture of coaches – individual and team based. We are currently in our second year.

One of the most memorable experiences was on our first camp doing horse whispering. We were given a horse each and were challenged to teach it to do a few things – stop, walk backwards, etc. Jock Paget was our equestrian coach and he said, “whatever you do, don’t go for the small horse”. As the horses were being brought out, so too was the tiniest horse, which was smaller than a Shetland pony. Jock said, “Marianne this is yours”. Initially, I was quite pleased as to be honest I was afraid of the big ones! Shane Bond (cricket) and David Kidwell (rugby league) had been given some scary, huge horses that kept rearing up. However, my horse was bit of a character, his name was Benny and he was stubborn and didn’t listen. I spent hours trying to get him to move and was getting nowhere. During break time I refocused on what I needed to do and in the next session I was getting somewhere. What was the difference? I changed my approach rather than expecting Benny to just get it. It was an interesting learning for coaching and applied big time – how often do we say a certain player just isn’t getting it? When often it is us that should change the approach. I would truly recommend giving this a go. It puts you right out of your comfort zone.



I have done two camps in the last three weeks – firstly going to Toi Whakaari drama school, then a camp up to Vaughan Park for a session on the art of conversation. Toi pushed us once more out of our comfort zone whilst giving us context for more depth in our group conversations.

Brendon Spillane led us this week around tactful conversations which has given me a lot of food for thought. With our campaign around “next level”, this season I am keen to create this in our discussions as well. I think the best thing about my course is the network of friends I now have in the coaching world. We all give each other ideas and support one another. I can’t wait to add some new things to the mix in 2019.

Marianne

ENRICHING LIVES THOROUGH A LIFELONG LOVE OF NETBALL

Mā te arohanui ki te poitarawhiti e whanake ai te ora o te tangata

