

# COMMUNITY NEWSLETTER

DECEMBER 2023



## HAPPY HOLIDAYS!

And just like that we have reached December and the end of the year! A big thank you to all the hard mahi from many people across the season. A year which started with terrible weather which caused much disruption to both our netball community, and heartache for those that lost property. Let's hope this summer brings more settled weather for us all to enjoy!

A special mention to the staff and volunteers of the zone and netball centres for everything you do to help netball. It is not always easy with many different challenges popping up throughout the year. At least we didn't have lockdowns this year!

As you will read throughout this newsletter there are a number of great things happening in our centres and across the zone. Happy reading and enjoy a well deserved break this holiday season!

Phil Vyver  
CEO

## FROM OUR BOARD

### Facilities Plan

At our AGM in March, with a presentation from Anita Coy-Macken of Visitor Solutions (and formerly the Northern Zone), it was advised the Zone would be updating the Auckland Regional Facilities Plan, last prepared in 2015. This week, I attended the Auckland Regional Netball Facilities working group meeting, along with representatives from Auckland Council and Aktive, as Anita provided an update on the information gathered so far.

Anita and Karyne are hosting an online meeting on Tuesday, 12 December. I encourage you: centre board members, staff teams and volunteers, to attend as you think about your own facility management and long-term facilities planning. Details of the zui are:

Date: Tuesday 12<sup>th</sup> December 2023

Time: 10am – 11.30am

Via Zoom – link below: <https://us02web.zoom.us/j/88548390112?pwd=dDQ0NVdBbTFIc3V6SkhKR2dhb2p0dz09>

Meeting ID: 885 4839 0112 Passcode: 915448

The analysis and insight in the updated plan relies on the information from you, our centres, and we **sincerely thank you** for taking the time to engage with Anita to support this regional plan, along with engaging in the Netball NZ survey as they update the national facilities guidelines.

The funding environment currently is extremely tight and looks to remain so for some years to come. While not trying to encourage anyone to suck eggs, having great information and taking a regional approach to prioritisation will help netball across our Zone access our fair share of the limited funding available as we seek to ensure our netball facilities are well maintained and offer a safe, fun netball and sport experience.

On behalf of the Zone I would like to **acknowledge and thank you all** for your contribution and energy at your centre in support of netball. It is sincerely appreciated.

I wish you a great Christmas and well deserved summer break! Whatever your plans, take care and have fun.

Warm regards, Mary, Board Chair

## NEWS SNIPPETS

### Rhonda Martin-Raharuhi - Farewell

It is with deep sadness we advise the resignation of our Northland Coach Development Officer, Rhonda Martin-Raharuhi. For the past five years, Rhonda has been critical to the growth of Coach Developers across Northland, building capability at our Northland Centres, and inspiring the next cohort of coaches engaged in the Netball NZ Coach Framework.

Her sunny smile, positive approach and local Northland approach has made her a key influencer in the Coach development space, and a key contributor within our Zone Community Team.

Rhonda leaves us to spend more time with whanau but is not lost to netball as she continues her involvement with Mangonui Netball Centre.

Rhonda is on leave effectively completing her role at Northern Zone. Whilst we undertake a review and subsequent recruitment process, in the interim any Northland coaching enquiries can be directed to Tania Heap, Coach Lead, or alternatively Centres can Karyne Ross, Relationship Manager for Northland Centres.

Rhonda, we will miss you dearly – arohanui e hoa ..



### Office Christmas Closure

Our office closes on Thursday 21 December and will reopen on Wednesday 10<sup>th</sup> January



## **TRANSITION SPACE – Scouting, Coach Squad, Strategy**

The transition space, as we call it, is the stepping stone from community netball to performance netball. It bridges the gap for those athletes (players and umpires) and coaches who aspire to higher honours such as National Netball League or ANZ Premiership.

It is acknowledged that some of the Zone work done in the Transition Space provides learning opportunities for community coaches wishing to be the best they can at Centre Representative level in Under 18 and Open Age groups.

### **Scouting**

In 2023 5 trained Zone scouts attended 4 of 5 local Auckland regional circuit tournaments, UNISS, and U18 national tournaments. The MG Mystics coaching staff and Athlete Development Lead attended NNZ Open Age Group tournament. The Scouts prepare an athlete list, which is then ranked, and from which players are invited to Northern Zone Development Days. The athlete list also provides a base from which the Scouting Group make nominations to Netball NZ for attendance at National Development Camp. This year saw 66 players attend the invite only Development Day, and 25 athletes invited by Netball NZ to National Development Camp.

To serve our scouting group better, Centres are asked to provide feedforward information on players. This enables the Scouting Group to target whom they view at the various tournaments, and ensures as many players as possible are seen by the group.



### **Coach Squad**

A new initiative in 2023, the Coach Squad comprises of 19 coaches who aspire to higher levels, and are open to continuous learning. This new initiative is a work in progress, and we are learning as we go, currently addressing the learning requests of the group. We will report throughout the coming year as this group undertake various activities, and the evaluation of the programme.

### **Transition Strategy**

Northern Zone will create a Transition Strategy with the objective to transition community people to performance level. A framework will be established to ensure alignment with the Netball NZ High Performance Strategy and Northern Zone Strategy, following which consultation will be undertaken with Centres to start the build of the strategy.

It is hoped consultation will be undertaken in February 2024 with a view to building the strategy during the coming year.

In the meantime, Northern Zone will continue with our Scouting Programme, Coach Squad and Umpire Performance Strategy implementation.

## PARTICIPATION

### Woolworths futureFERNs Survey

The annual Woolworths futureFERNs survey is still open. The survey will close on 15th Dec 2023 to allow as many people to complete this as possible, so please make sure that your netball community know about this and take the opportunity to give feedback.

A link directly to the survey is here: <https://www.surveymonkey.com/r/87SKBCK>

### Woolworths futureFERNs branded gear/equipment

At this stage WW is **not** able to confirm gear or funding for gear for Centres but it is hoped this will be able to go ahead by mid next year (2024). At this stage it not clear exactly what this will look like but it could possibly include branded balls and bibs. Please note, this is not confirmed and only what NNZ are thinking is the intention at this stage.

NNZ also wish to clarify that Centres are able to use any of old branded equipment to get seasons underway until it is known what WW will fund. Re-branded Woolworths futureFERNs gear will be in stock on the website around May 2024. It is hoped this this could be earlier and as soon as confirmation is received Centres will be advised.

### Expressions of Interest for Funding - Targeted Participation Projects at Centres

Increasing Participation is a key strategy for both Netball NZ and Northern Zone, both of whom have some allocated funding available to support up to 4 Targeted Participation Projects at Centres next year.

Project objectives should focus on

- Women and Girls
- Providing quality netball experiences
- Fostering and growing participation
- New initiatives or opportunities for communities that currently have limited access to netball, that mitigate any type of barrier preventing their participation

Some examples are Pilot programmes for walking netball, FAST5, futureFERNs for adults, Beach netball, establishing satellite programme or venue, trialling a new game-day process, reviewing competition days or season length, keeping participants involved during a key drop-out window (e.g. new to Secondary School or post-Secondary School), removing barriers or intimidating factors for older 'new' participants.

**ACTION:** If your Centre would like to apply, please complete this EOI before Wednesday 31<sup>st</sup> January 2024.

<https://www.sporty.co.nz/viewform/280227>



## NNZ GoodSports Survey Results

GoodSports is a culture change initiative aiming to create positive sporting experiences for children by educating and supporting the key adult influencers. NNZ have images and short videos for Centres and our wider communities to be able to share on social media pages.

The link for these is: <https://netballnz.co.nz/netball-nz/community/good-sports.html>.

In 2023 a pre and post season survey was sent to Centres by Northern Zone and NNZ. A summary of key survey results are shown below:

Key: ■ Most common response (based on percentage)

### Q2. In the last 12 months, do you think the negative sideline behaviour has improved?

Answer choices	Pre-season		Post season	
1. Significantly worse	3%	1	2%	4
2. A little worse	3%	1	9%	15
3. Stayed the same	53%	21	44%	76
4. Improved a little	26%	10	34%	59
5. Improved significantly	15%	6	11%	19
<b>TOTAL</b>	<b>100%</b>	<b>39</b>	<b>100%</b>	<b>174</b>

### Q3. In the last 12 months, how frequently have you/your child witnessed or experienced inappropriate behaviours by a spectator, coach or official while you/your child played?

Answer choices	Pre-season		Post season	
1. Every time	3%	1	2%	3
2. Most of the time	8%	3	13%	22
3. Stayed the same	16%	6	14%	24
4. Not very often	39%	14	52%	91
5. Never	34%	12	19%	34
<b>TOTAL</b>	<b>100%</b>	<b>36</b>	<b>100%</b>	<b>174</b>

### Q4. In the last 12 months, do you think that negative sideline behaviour has improved?

Answer choices	Pre-season		Post season	
1. Significantly worse	0%	0	0%	0
2. A little worse	42%	3	8%	1
3. Stayed the same	29%	2	34%	4
4. Improved a little	29%	2	50%	6
5. Improved significantly	0%	0	8%	1
<b>TOTAL</b>	<b>100%</b>	<b>7</b>	<b>100%</b>	<b>12</b>

### Q5. Has the general level of complaints around sideline behaviour increased, decreased or stayed the same in the last Netball season?

Answer choices	Pre-season		Post season	
Increased	57%	4	33%	4
Stayed the same	29%	2	25%	3
Decreased	14%	1	42%	5
<b>TOTAL</b>	<b>100%</b>	<b>7</b>	<b>100%</b>	<b>12</b>



**Q6. What positive interventions has your Centre already run or have in place?**

Answer choices	Pre-season		Post season	
Centre staff reminders about GoodSports and role modelling at meetings	21%	4	12%	6
Host a GoodSports Session for Centre staff	0%	0	6%	3
Run a GoodSports Session for Coaches including Club and School administrators	5%	1	4%	2
Run a GoodSports Session for Parents (rep parents) and players	5%	1	4%	2
Reward positive sideline behaviors from spectators/parents with prizes/giveaways through the season	0%	0	4%	2
GoodSports messaging included in monthly communications via email	21%	4	10%	5
GoodSports messaging on our Centre website	5%	1	8%	4
GoodSports social media posts on our social media pages	5%	1	10%	5
Centre control room picks one game day per month to reiterate GoodSports messaging	0%	0	0%	0
GoodSports resources are sent to Club and School Administrators	0%	0	10%	5
GoodSports resources are sent to representative parents and players	10%	2	6%	3
GoodSports related signage supporting positive sideline behaviour up at the Centre	10%	2	10%	5
Positive sidelines behaviour related vests for school and club umpires to wear when umpiring	5%	1	4%	2
Positive sideline related certificates that are handed out from the control room	0%	0	2%	1
Trophy given out at end of Year prizegiving specifically around positive sideline behaviour	5%	1	4%	2
Other	5%	1	4%	2
<b>TOTAL</b>		<b>7 (19)</b>		<b>12 (49)</b>

**Action:** Northern Zone wish to work closely with up to 3 Centres in 2024 to create and implement a highly functional Good Sports programme – if you would like to be considered for this project please email [Amanda Dyason on centrerm@netballnorthern.co.nz](mailto:Amanda.Dyason@centrerm@netballnorthern.co.nz) no later than 30 January.



## NETBALLSMART

As you may have seen from the last newsletter, NetballSmart has been working hard in the social netball space with warming up. We gave away the prize pack at Auckland Netball Centre for the best NetballSmart warm-up. One team stood out, they were doing the warmup without any encouragement from the NetballSmart team, and they had great movement quality. Well Done to the Shooting Stars for your great warm-up! Remember to keep it up in future social netball competitions. Well done to the Negotiators for getting involved in the Mass warm-up and doing it with a smile on your faces!

Doing a warm-up reduces your risk of injury by 60%. Netball injuries can be severe and take a long time to recover from which is why it is so important to prepare your body to play!

If you need any support from NetballSmart, not only in the warm-up space but with anything relating to netball, please get in contact with Amelia or Katie from the NetballSmart team to lock in dates for 2024.

Amelia: [netballsmart@netballnorthern.co.nz](mailto:netballsmart@netballnorthern.co.nz) Katie: [netballsmartdo@netballnorthern.co.nz](mailto:netballsmartdo@netballnorthern.co.nz)







## SOCIAL NETBALLSMART POWER WARM-UP



ACC SportSmart



The power warm-up can be done in a confined space [on the sideline].

	Social NetballSmart Power Warm-Up	Time/Distance/Reps
Part B: Running Warm-Up Place 2 cones out every 3 metres between base line and centre court or do on the spot.	5. <b>Running Straight Ahead or Running on Spot.</b> Run to centre of court and back You can vary direction of running path, or run on spot.	2 x 15 metres or 2 x 20 sec
	(N/A) <b>Side Shuffle to left x 3, Side Shuffle to right x 3.</b>	Repeat 3 times
	10. <b>Running - Quick Forwards and Backwards Sprints.</b> Run forward 3 steps and backwards 3 steps on spot.	Repeat 2-3 times
Part C: Dynamic Preparation	11. <b>Squats</b> i. Squat, calf raise and body extension	10
	12. <b>Walking Lunges</b> i. Walking lunges, calf raise and body extension	5 each side
	13. <b>Lateral jump.</b> Jump sideways 1m off one leg and land on other leg. Land in SBP on 1 foot and hold for 1 second.	3 each side
Part D: Netball Specific Preparation	15. <b>Running, Stopping and Jump, Turn and Land.</b> Run to first cone at 75-80% speed or run on spot x 5 each leg. Stop in a double foot landing. Jump and turn 90/180 degrees and return. Run to next cone or run on spot x 5 each leg. Do a 1-2 foot landing. Jump and turn 90/180 degrees and return. Continue length of 15 metres and back or do 2-3 times.	2 x 15 metres
	17. <b>Prop, Prop and Stick.</b> Prop from one foot to another and then "stick" final landing for 2 seconds in a stable body position.	15 metres and jog back or on spot 3 each leg.

Numbering is consistent with the full NetballSmart Dynamic Warm-Up which can be found under *Resources* when you visit [netballnz.co.nz/useful-info/netball-smart](https://netballnz.co.nz/useful-info/netball-smart)





# UMPIRES

## New Rules Rollout

World Netball will soon be releasing the changes to the rules of Netball and a new Rule Book, and we know everyone is anxiously waiting to see what changes have been made.

Netball NZ are leading the Community rollout of the new rules, with an action plan to ensure local delivery of the changes. Northern Zone has 15 Umpire facilitators from across our region that will undertake training with Netball NZ, enabling them to then present the rule changes to our local communities across umpiring, playing and coaching. This will ensure that all participants in netball can understand the new rule changes.

**What:** Changes to the Rules of Netball

**When:** Effective 1 January 2024

**Why:** From time to time the World Netball Rules Advisory Panel (RAP) review the rules of Netball to maintain the spectacle of the game and to help the game evolve. World Netball have been through a lengthy consultation process with key stakeholders of the game and made changes to the Rules of Netball.

**What next:** NNZ will create content from the World Netball information and work with Umpire Leads and trained facilitators to manage the rollout.

Watch this space!



## Umpire Advisory Group

At our Centre Forum in October we discussed “Umpiring – the question of payment?”

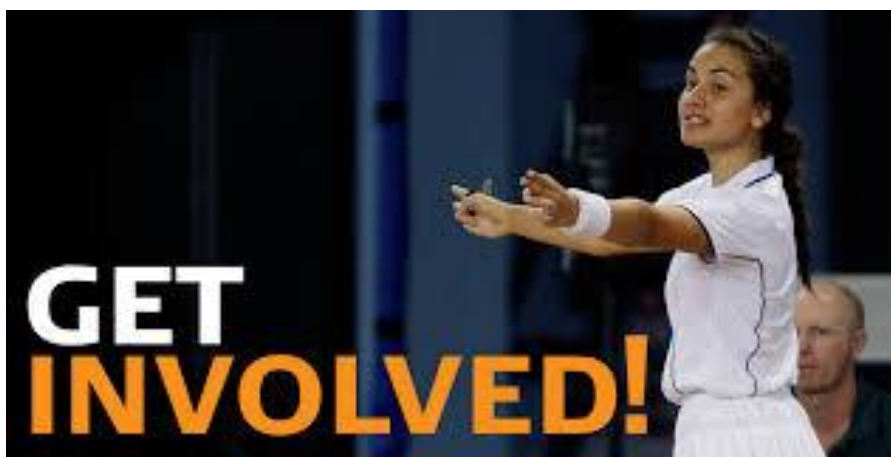
Key points from that discussion were:

- Consistency of payment – all pay or all not pay and for which competitions/events
- Payment guidelines or recommendations – link to qualifications
- Investigate other models ie/ basketball or other Zone models
- Promote the “feeling” of umpires as athletes – this is my sport

It was agreed the creation of an Advisory Group would prove fruitful to further the conversation ensuring a collaborative and collective approach by Northern Zone Centres. Northern Zone will provide administration resource with expectations representatives of Centres from umpire committee or convenor, school sport coordinators and clubs would form initial group.

Thank you to the 3 Centres – Netball North Harbour, Waiuku Netball Centre and Auckland Netball Centre, that have agreed to be part of the Umpire Advisory Group. We will convene in late February to create an action plan. In the meantime, if any other Centres wish to be part of this group please complete the action below.

**Action Reminder:** If your Centre would like to be part of the Umpire Advisory Group please email to [karyne.ross@netballnorthern.co.nz](mailto:karyne.ross@netballnorthern.co.nz) no later than 30<sup>th</sup> January: Name, Centre, Role at Centre, mobile phone number.



# COACH

## Community Coach Award

### **A Good Coach Can Change a Game, A Great Coach Can Change a Life!**

Congratulations to the following coaches that attained Netball New Zealand Community Coach Award level 1 (CCA1).

Danielle	Meyer	Netball North Harbour
Gillian	Williams	Netball North Harbour
Helen	Perkins	Netball Waitakere
Maire	Sands	Netball Waitakere
Maria	Schuster	Netball Waitakere
Serena	Kafalava	Papakura Netball Centre
Stacey	Rasmussen	Netball North Harbour
Dayna	Williams	Netball Waitakere
Murray	Gardiner	Netball Waitakere

Special thanks to Coach Developer Pete McInnes and his Coach Developer Champions Carla Gordon and Natalie Pati who delivered 9 of the NNZ Community Coach Modules Level 1 during the month of November.

These workshops engaged a good number of coaches with up to 15 coaches attending from Netball North Harbour, Waitakere Netball Centre and Papakura Netball Centre. Completing these modules will stand them in good stead to continue their coach learning journey in 2024.

A key component in achieving the Netball New Zealand Community Coach Award Level 1 is the completion of the Sport Tutor online modules as well as the practical components at a face-to-face workshop. Workshops available include Player Centered Coaching, Attack, Defence, Building Effective Relationships, Selecting, Skills Analysis, Shooting, Team Culture, Planning, Learning to Umpire and NetballSmart Modules.

The modules are designed to ensure we take a holistic approach to coaching and physical literacy and to enhance the understanding of what it means to be a player / athlete centred coach and to provide coaches with key tools to enable them to deliver meaningful player centred practices.

Workshops take place regularly throughout the Zone and are usually promoted on the Zone and Centre Websites, monthly newsletters, and Facebook.

We look forward to seeing you at a module in 2024.



## Coach Developer Hui – Celebrating 2023

At the Northern Zone we are very blessed to have dedicated, passionate Coach Developers. On Sunday, the 3<sup>rd</sup> December, when most of us were relaxing with whanau or doing some Christmas shopping, sixteen Coach Developers came together to celebrate the great work that was achieved in 2023 and do some mahi around delivering workshops more effectively and efficiently. One of the things identified in 2023 was some Coach Developers struggled to deliver workshops in the timeframes set out. Ironically on the day we did not complete everything on the agenda.

One way we can be better effective at delivering modules is to encourage everyone involved in netball to join Sport Tutor. Sport Tutor has some very good resources, information and activities for trainings, and the online modules are the pre-requisite for the NNZ Coach Framework face to face modules. It also covers Netball Smart, gives you a key understanding of the rules and it will help you to develop your netball knowledge. It is designed for everyone involved in Netball. .

Sport Tutor is a self-paced learning portal for everyone involved in the play, active recreation and sport sector. To access the Netball New Zealand Sport Tutor online learning, go to [www.sporttutor.nz/netballnz](http://www.sporttutor.nz/netballnz)

Celebrations for 2023 was a result of 859 coaches attending NNZ futureFERNs modules, 737 coaches attending NNZ Community Coach Workshops, 22 coaches were awarded the NNZ Community Coach Award Level 1, and 5 coaches were awarded the NNZ Community Coach Award Level 2. If that wasn't enough to celebrate there were also 318 coaches that attended other learning and development opportunities not included in the NNZ Framework.

Thank you to our awesome Coach Developers in our Zone, that helped support coaches with their coaching journey and encouraged attendance at workshops. You are true champions of Netball!!



## Coaching Support Calendar

Includes NNZ Community Coach (CCA), Netball Smart and Foundation future Ferns Modules as well as other valuable netball workshops. Find the Netball Centre near you. **Everyone Welcome!!!**

### Sport Tutor

<http://www.sporttutor.nz/netballnz>

Netball NZ (NNZ) Online Learning is designed for everyone involved in Netball including coaches, umpires, volunteers, and players. Find your favourite Netball modules and resources as well as discover new learning experiences. Explore training in leadership, injury prevention, performance enhancement, coaching tools/tips for all age groups, umpiring and more.



**NETBALL  
NORTHERN**

Join us on  
January 24th, from 7pm-8:30pm  
for an online event with

**Leigh Gibbs,  
NNZ Silver Ferns Selector**

as she shares her expertise on how to  
construct an effectual team.

To register copy/click on the following link:  
<https://www.sporty.co.nz/viewform/280220>

**Register here: <https://www.sporty.co.nz/viewform/280220>**



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