

Mainland Matters – December 2018



MESSAGE FROM THE CEO

Well it is hard to believe that another year is almost over and not many sleeps until Santa calls!

Planning is on-going for next year and the 2019 ANZ Premiership Netball competition and Beko Netball League seasons. Take a look at our website www.netballmainland.co.nz for competition dates and other Zone related news and information.



It's been a very busy past 12 months, and I'm thrilled with our collective progress, as we continue to work together to achieve shared goals.

I want to pass on my thanks to everyone across our Zone for all your hard work, passion and support for Netball. You are wonderful and my team and I look forward to working with you all in 2019.

This is the final newsletter for 2018, we'll back in February 2019 with more 'Mainland Matters'!

The Netball Mainland office will be closed from end of business, on Friday, 21 December 2018 and re-open, on 7 January 2019, for our staff to take a well-deserved break and re-charge their batteries.

A very big THANK YOU from us all here at Netball Mainland for your support in 2018. Wishing everyone a safe and happy holiday season and we look forward to seeing you all in 2019.

Remember, Christmas isn't about how big the tree is, or what's under it. It's about who's around it :)

Kind regards, Brigit



NETBALL MAINLAND END OF FINANCIAL YEAR 2017/18 AND BUDGET 2019

Our end of financial year, 30 November 2018, has rolled around and our accounts will be audited in the middle of January 2019, for presentation at our AGM, on 16 March 2019.

A draft budget has been approved by the Board of Netball Mainland (NM) and has now been submitted to Netball New Zealand (NNZ) for final approval/sign off and integration into their accounting system.

NETBALL NEW ZEALAND AGM & COUNCIL MEETING 2019

The 2019 NNZ AGM and Council meeting is to be held in Hamilton and confirmed for the weekend of 23 and 24 February 2019. Information including registration forms have been circulated to Centres and Zones by NNZ.

NETBALL MAINLAND ZONE AGM 2019

The 2019 NM Zone AGM will be held, on Saturday, 16 March 2019, at the Lincoln Events Centre, the Lincoln Even Centre, commencing at 11.00 a.m. followed by our Hellers Mainland BNL team playing the Northern Comets at 1.00 p.m.

Coach Development

The NM community team has been visiting Centres over the last month and from those meetings identified a number of events occurring across the Zone in 2019 where the team will support the Centre with coach development. It is exciting to see all the learning opportunities that are available for coaches being run by the Centres. Community coaches have been invited to attend the three Specialist Sessions being run by Netball Mainland in December 2019, in Christchurch.

A high light for next year is the biannual coach conference. To register, click the follow link:
<https://www.sporty.co.nz/viewform/88896>.

NetballSmart

It has been a busy year for NetballSmart! Across the Zone we have seen great uptake of the NetballSmart Dynamic Warm Up, with some awesome examples of teams who have made the warm up their own while maintaining quality of movement! In 2019 we will look to continue advancing knowledge and understanding of the 6 NetballSmart principles, with the goal of reducing injury risk and enhancing performance!

- Smart Preparation
- Smart Movement
- NetballSmart Dynamic Warm Up, Cool Down and Recovery
- Smart Training
- Smart Injury Management
- Smart Player Welfare

As always, if you would like to know more about NetballSmart principles, resources or practical workshops that can be run in your Centre, please feel free to get in touch with Hannah at hannah.coutts@netballmainland.co.nz. All workshops can be flexible to cater to your needs!

Wishing everyone a happy and healthy break - looking forward to getting back into it early 2019 😊



PERFORMANCE

Trip to Tonga under the Pacific Sporting Partnership Programme - NetGo

In a follow up to my earlier trip this year, I was lucky enough to be back for an eight-day whirl wind visit to Tonga. The days started at 6.00 a.m. for the first session, every day except Sunday, as Sunday is a day for rest and worship.

The first two days were about 'Player Centered' coaching and 'Teaching Games for Understanding' (master coaching). Netball in Tonga has been very drill based, the 'Australian way' for a long time. There were 20 players and eight to ten coaches in attendance and after day two the coaches took over the activities while the coach developers that I had been involved with on my last visit, started to work with the coaches. This has been one of the sticking points with the coach developer programme, as the coach developers are so new to coaching themselves and then we are asking them to develop other coaches too. It really means a flexible approach is needed.

Next, we headed off to the schools that have "NetGo" being delivered to them from 12.00 p.m. to 4.00 p.m. I was lucky enough to meet seven of the nine principals involved in the NetGo program. They are very passionate about having some organised and supported sport in their schools and are happy to band together to ask the hard questions of the Ministry.

Visiting the village schools would be the most rewarding part of my visit; the children have nothing, expect nothing but glow when you give them time. The first school had the best set up of a court, some volunteers have wheelbarrowed sand up from the beach to mark out a court for the kids to use, not full size but just what is needed.

NetGo in Tonga has been introduced at every level of the village schools, which is a different approach to the other Pacific nations and whilst this has created new challenges, I believe this is why the principals fully support the programme.

Village number two court was marked by cones in long grass and the children who were there were ages eight and nine year old. This school has 28 teachers that were trained when we ran the NetGo Foundation course and the coach developers both help with the activities and support the coaches with their coaching.

At school three we arrived early; however, the children had all gone home for lunch. The principal gets in her car and picks up the children to get them back in time. She also supports the teacher who has trained to run extra sessions with the children each week. This is the school where Chris (who is with the peace core) is based for two years as part of his placement to create a programme that is sustainable once he leaves. He knew nothing about netball and did try to start basketball in Tonga, as being from America this is the game he knows. I am happy to say it fell flat and he has since trained as a foundation NetGo coach. He takes his role very seriously and he has his white board to show the children what he means if they don't understand him. This village is very lucky to have him.

School four had finished early for Mata Ma'a Tonga (Tongan Rugby League team game vs Australia) but the children were sitting waiting for our arrival, chasing the car as we came up the driveway. This school has the most trained coaches and run the programme at the same time for all age levels. Netball is carried out all on

grass in bare feet, not quite enough equipment for the school, so there are some who are happy to wait patiently for their turn and let's just say, no behavioural issues here.

On Friday night we were invited to the Japanese Embassy for the launch of Radio Taiso. What I found interesting is the world's fascination with 'mindfulness'. The Japanese have been running this programme in Japan for 90 years. So why do we try and reinvent the wheel when this programme works perfectly?

On Saturday, Mata Ma'a Tonga day was a whole new level of crazy. It started with a 6.00 a.m. session and then an 8.30 a.m. session of 'kids-net', which is the Australian programme. This programme is drill based - one child working at a time. I can now see why moving to the NetGo programme in schools has been well received by the children but hard for the coaches to get their head around. This was hard for me to watch!!! Then the parade began and let's just say it stopped the town. It went on for over an hour and it wasn't just a team playing against the Australians. It was a nation who would 'Mate Ma'a Tonga' (Die for Tonga).

This second trip for me were long, full on days, but so rewarding to see schools full of children taking part in a programme that makes such a difference. It has no social boundaries and is creating such a community.

I am very privileged to be part of growing people through coach development, player development, master coaching, mentoring and anything else they ask for 😊

Jen Hooper

Performance Development Manager



A NOTE FROM THE COACH

To sum up the 2018 season, it was one of great learnings and one we can be proud of. We are excited of what is to come and know that we need to raise the bar for the upcoming season.

With that said, pre-season started early, on 19 November 2018, and since then it has been “go, go, go”. The players have been put through their paces on a two-day camp, which tested them physically and mentally. It is pleasing to see players work to their strengths in such a testing environment.

With an exciting campaign ahead of us, we are looking forward to lifting our game to the next level.

See you in 2019!

Marianne



MERRY CHRISTMAS

In closing, it just wouldn't be Christmas without some 'cracker' jokes.....

- **Why did no one bid for Rudolph and Blitzen on Trademe?** Because they were too deer!
- **Why is it getting harder to buy Advent calendars?** Because their days are numbered!
- **Why are Christmas trees so bad at sewing?** They always drop their needles!
- **Why did the turkey join the band?** Because it had the drumsticks!
- **What do you get when you cross a snowman with a vampire?** Frostbite!
- **What do snowmen wear on their heads?** Ice caps!

This is our last Newsletter for 2018, the next exciting issue in the new year, look out for it in February 2019.

Thank you all for your support in 2018 and we look forward to working with you in the coming year.

**Wishing you and your families all the best for the festive season,
keep safe and see you in the New Year, from all the team here at**

Netball Mainland 😊

ENRICHING LIVES THORUGH A LIFELONG LOVE OF NETBALL

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

