



18 DECEMBER 2014



Well it is hard to believe that another year is almost over and only seven more sleeps until calls !

As in previous years, Santa's helpers the Tactix, were out on the streets handing out Christmas cheer to the throngs of people watching this year's Christchurch Christmas parade.



BACK ROW: Demelza, Lou, Hayley, Jess, Bailey

FRONT ROW: Gemma, Erikana, Zoe

TACTIX 2015 SEASON MEMBERSHIP AND TICKETS

The Perfect Christmas Gift



Give the gift that keeps on giving this Christmas with a Mainland Tactix Team Membership!

Tactix 2015 Memberships and Match tickets are a great stocking present or gift idea for those netball fans in the Netball Mainland Zone.

<http://www.tactix.org.nz/tickets-memberships>

Help the netball fan in your life enjoy watching our team live throughout the ANZ Championship season.

Don't miss out, make sure you get yours today!



ANZ CHAMPIONSHIP 2015

New Assistant Coach.....

A move to Christchurch for family reasons has paid off for New Zealand Secondary Schools Netball coach Marianne Delaney-Hoshek, who is coming home as a born and bred Cantab.

Delaney-Hoshek will work alongside head coach Sue Hawkins for the 2015 ANZ Championship season at the Tactix after three years in Wellington as assistant coach of the Central Pulse.

Delaney-Hoshek has accrued an impressive coaching CV over the past decade;

- Assistant Coach ANZC Central Pulse team 2012-2014
- Assistant Coach NZ A 2014
- Head Coach NZ Secondary Schools 2013-2014 (winning trans-Tasman competition)
- Head Coach Wellington NPC team 2013
- Assistant Coach NZ Secondary Schools 2011- 2012
- Wellington High Performance Coach 2009-2010
- Head Coach Wellington U21 2008-2010
- NNZ Coach Accelerator Programme 2012-2014
- NNZ Emerging Talent Selector 2013-2014

Qualifications:

- Batchelor of Education Majoring in Physical Education, Canterbury University/Christchurch College of Education
- Diploma of Secondary Teaching, Christchurch College of Education
- NNZ Level 3 Coaching Certificate



We welcome Marianne home and to a successful season with the Tactix ☺

Tactix Captaincy for 2015 Season.....

Foundation player Anna Thompson has been named captain of Mainland Tactix for the 2015 ANZ Championship season for the third consecutive year. The 28 year old has played 90 ANZ Championship games for the Tactix since 2008.

Two vice captains have also been named, former Australian Diamond Demelza Fellowes and defender Jess Moulds.

Tactix Induction Day – Friday 05 December.....



LEFT TO RIGHT: Keshia, Gemma, Erikana, Nic, Bailey, Hayley, Zoe, Jess, Lou and Anna

ABSENT FROM PHOTO: Demelza and Mwai

The team came together to officially commence the 2015 ANZC season with a team and staff induction day. They were all smiles above but the hard work has begun.....



Planning for Perfection.....

As Tactix Head Coach leading into the 2015 Netball season, planning started in October.

The preparation phase is critical, it's vital you spend the required time to get your thoughts together and plan for every possible situation throughout the season.

Think of all the "What if's".

Come up with solutions for these so that nothing fazes the preparation.

There are many areas to consider, not everything below will relate to your situation or team however there may be one area that you haven't considered before that could assist in your team's preparation.

Have you thought about what your coaching philosophy is?

Mine is to bring the best out of each team member, to blend them into one powerful team with a common goal.

The environment that's created is to be challenging, transparent, a safe one, where players feel comfortable to step out of their comfort zone and explore new skill which will enhance their performance on court.

An environment that is mentally tough, which encourages everyone to work in one direction together.

In the Coach Force work book (NZ) Planning 1, there are great tips for preparing for the season. The four areas they talk about are Foundation, Preparation, Competition and Transition.

Working with the Tactix I have to consider all of the following areas when planning for "Perfection"

1. *Each athlete is different, an Individual Performance Plan (IPP) is created for each girl. What this looks like and how it is implemented must be considered before trying to use it, buy in from players and staff is critical. From these IPP interviews, three priorities are formed for every six weeks for the players to work through. These priorities may change or may not depending what they are working on. These IPP cover on and off court Performance behaviours.*
2. *What is the Strength and conditioner's philosophies? Are they similar to yours? Do they think outside the box? Testing? When and what does this look like? What are the outcome we want from the results, what targets are set for each player? All questions to be considered.*
3. *Are there any medical issues that should be considered?
Is there any hand over notes from previous teams?*

Set up medical and physio screening for team members

What pre-hab or re-hab programs need to be done and who is it going to support the athlete through this?

4. *What are the Performance staff roles and responsibilities within the team? What are the protocols they want to work within the team?*
 5. *How do I want to communicate to the team, face book or alternative methods? Time to get with it and find a method works for both.*
 6. *Dates to consider for the athletes, weddings, holiday's etc. Having a working calendar so that it can be changed if necessary.*
 7. *Athletes Life Balance and Wellbeing, issues to consider?*
 8. *Performance nutrition? We want athletes to perform at their best and recover quickly so what advice will help each player. IPP again.*
 9. *Performance Mind skills, what is required? What has been achieved before and what do we want to do? Exercising the mind is as important as the body, the mind is a muscle.
Plan when these occur throughout the pre- season and through the season. What you don't want, is to be reactive. So being proactive and putting them into the calendar is important.*
- Team culture? What does this look like and feel like? What is the Mainland Netball family already present? How can we add to it?*
- Create the Negotiable and Non-negotiable behavior in a team, what happens if someone drops below the acceptable line of behavior? What are the consequences? Who comes up with this?*
10. *Being prepared with all the administration side of a team. Again planning for the What if's*
 11. *Set up leadership groups within the team, what do these look like and how are they going to operate?*
 12. *How are you going to operate with your assistant coach? Planning and preparation for sessions is vital. Creativity is the key and making sure that everyone has a voice at trainings. The same message can be delivered by someone else to make an impact.*

As Head coach your role is to coordinate, delegate, lead by example and when required, assist and encourage creative thinking by all staff/players. To review and continually question all involved, how can we as a team, improve what we are doing?

Get excited about your job, it is infectious and can inspire others.

Remember Plan for Perfection.

Sue Hawkins

Head Coach Mainland Tactix 2015

SPORT NZ SCHOLARSHIP ANNOUNCEMENT

Congratulations to Marlborough Netball Centre President Lynette Rayner who has been awarded a Sport NZ "Women in Governance Scholarship" which will see her supported in attending various courses next year and contribute further to her personal development.

PERFORMANCE

Train On and Accelerant Squad Programmes

Both squads began their programmes in early December with fitness testing and a focus on strength and conditioning leading into the summer period. The Train On's squad work closely with the Tactix for their strength and conditioning and join in with them once a week for skills. The Accelerant Squad have gym sessions twice a week and will be starting their skill sessions in mid January.

Coach: Nic Kelly		
TRAIN ON'S		
Charlotte Elley	U19, NZSS, NZU21	CHCH
Olivia Coughlan	U23, LFNC	
Chloe Williamson	U23, LFNC	
ACCELERANT		
Tori Harding	U23	
Jess Prosser	U19	
Jess Shaw	U17, NZSS	
Lucy Gunn	U23, LFNC	
Sarah Hayman	U23	

Emerging Talent Squad Programme

Early November signaled the start of the 2014 – 2015 ET programme with a day long workshop held in both Nelson and Christchurch. The December workshop had a summer training focus and was held at Taylor's Mistake beach in Christchurch. It was a great day weatherwise and the players were treated to a range of activities and workshops to continue their learning to be high performance players. Sessions with NZSS coach Julie Seymour, a nutrition session with Tactix Jess Moulds and a surprise appearance from Tactix players Bailey Mes and Hayley Saunders added to a full and worthwhile programme.



The players will resume the ET programme after Xmas with a 2 day camp at St Margaret's College in mid January. This year coaches have also been included in the programme and will be getting development alongside the players and umpires. The Development Umpire Squad will be also at the camp signaling the start of their programme.

EMERGING TALENT SQUAD		
LEVEL 1: 25		
Chelsea Corbett, Kate Lloyd, Sophie Worsfold	Ashburton HS	Mid Canterbury
Sonnie Katene, Katie Braddick	Roncalli College	Sth Canterbury
Maddie Lysaght	Craighead	
Poppie Restieaux	Garin College	Nelson
Holly Chandler	Nayland College	
Ellie Bell	Nelson Girls	
Bella James, Danya Price, Sinead Henderson	Rangiora HS	Nth Canterbury
Raina Joseph	Kaiapoi HS	
Eryn Sinclair	Hurunui Area	
Penny Mouat	Cashmere High	CHC
Madison Lloyd, Lily Marshall, Georgia White	St Margarets	
Madeline Gill, Charlotte Robb	Villa Maria	
Maisie Everson	Christchurch GH	

Kendal Everest, Alyssa Millard, Fuatai Lai Kong	Avonside	
Kelsie Fitzpatrick	Marlborough Girls	Marlborough
LEVEL 2: 12		
Hannah Davenhill	Waimea College	Nelson
Abbey Franklin	Nelson Girls	
Makaila Powick	Garin College	
Laura Dorgan	Roncalli College	Sth Canterbury
Kiana Gallon	Westland High	Hokitika
Lucy Thompson	St Margarets	CHCH
Lily Fletcher	ChCh Girls High	
Shaani Temata-Frost, Gabby Thomas, Hayley Lee	Lincoln Uni	
Sarah Boomer	Cashmere High	
Claudia Lewis	Rangiora HS	Nth Canterbury
COACHES: 6		
Sarah Rankin		Nelson
Sharlene Low		
Amy Eckersley		Nth Canterbury
Amanda O'Brien		Sth Canterbury
Peter McInnes, Nicole Lloyd		CHCH
Katrina Williams		

Pathway to Podium programme:

This nationwide talent development programme helps emerging athletes (usually in their late teens) and coaches better prepare for the demands of a life in high performance sport.

"Pathway to Podium (P2P) is New Zealand's first nationwide initiative to support the progression of emerging athletes," says Sport Canterbury P2P Coordinator Andrew Ellis. P2P is run in partnership between Sport New Zealand, High Performance Sport New Zealand, Sport Canterbury and National Sporting Organisation's from around the country.

NM P2P: Jess Shaw, Jess Prosser, Kate Lloyd, Hannah Davenhill

NM Umpire Squads:

Selections for these squads have been finalised with their programmes beginning in the new year. The Performance Squad will have 2 workshops in addition to coaching from squad coaches Sue James and Trudy Eaden.



The Development Squad will start their programme at the ET camp in January. NM is delighted to announce that they will be coached by recently appointed coach Jane Hickmott – pictured on the left.

PERFORMANCE SQUAD: 11	
COACHES: Sue James, Trudy Eaden	
Georgina Bell	South Zone – moving to CHCH in 2015
Eva Brown, Jane Hickmott, Livvie Kennedy, Sarah Masterton, Sarah-Jane Paki, Seonaid Palmer, Jess Power, Anna Sheen	CHCH
Annie Ewers-Kennedy	Nelson
Jayne Dewe	North Canterbury
DEVELOPMENT SQUAD: 5	
COACHES: Jane Hickmott	
Catherine Coppell, Natasha Fraser, Aleisha Whitehead	CHCH
Katelyn Thorn	Selwyn
Jose Zandbergen	South Canterbury

NATIONAL SQUADS

NM congratulates the following players and umpires on their selection into National Squads announced in October.

NAME	NATIONAL SQUAD	TEAM /CENTRE
Bailey Mes	Silver Ferns	Tactix
Nicola Mackle	National Accelerant Squad	
Erikana Pedersen	National U21 Squad	
Charlotte Elley	Pathway To Podium Squad	Christchurch
Jess Prosser, Jess Shaw		Mid Canterbury
Kate Lloyd		Nelson
Hannah Davenport		
Michael Wyllie,	National Umpire Squad	Christchurch
Jamie Manual	Emerging Talent Umpire Group	
Kate Smith		Nelson
Michelle Stagg		Marlborough

NNZ High Performance Coach Development Programme

NM are delighted to have 3 of our coaches Julie Seymour, Marianne Delaney-Hoshek and Nic Kelly selected for this exciting new initiative. The programme started with an induction day in Auckland in early December which outlined the aims, objectives and programme details.

NM Competition Working Party

Following expressions of interest from a number of Centres the following people were appointed to the working party: Marilyn Milne, Lyn Miles, Mel Calvert, Tash van Koeven, Lee McKenzie and Jan Whitehead. The working party met in November to assess current Centre representative fixtures (Under 13 – Senior) and make recommendations to ensure Netball Mainland (NM) and its Centres have quality, aligned and valued rep competitions. The working party agreed our focus is from U15 upwards with a key focus of getting a NM Under 15 tournament started in 2015. Feedback from centres has been appreciated and while we acknowledge that we won't please everyone we are endeavouring to develop an U15 tournament that will be valued and is meaningful to all.

Recommendations have been included in a paper entitled NM & Centre Rep Schedule and Guidelines and can be found on the NM website. A sub group consisting of Jan Whitehead, Lyn Miles and Leigh Gibbs will meet in February to further develop the U15 guidelines and tournament format.

2015 NZ Secondary School Team

NM congratulates Julie Seymour on her recent appointment as NZSS Head Coach. This appointment follows Julie's tenure as assistant coach for the last 2 years. Joining Julie in the management team is Christchurch physio Sonya White. Best wishes to Julie, Sonya and her team for great development and a fun experience.

2015 Key Dates:

The following dates have been confirmed for the 2015 NZ Secondary Schools calendar:

26 February – Announce NZSS Trialists

15 - 18 April NZ Secondary Schools Trials – In Auckland

8 - 10 May NZ Secondary Schools Squad Camp – In Auckland

22 - 29 May Trans-Tasman Secondary School Netball Tournament

It is recommended that any player wishing to be considered for selection into the NZSS trials attend their Zone Talent Development Day where Emerging Talent Selectors will be in attendance.

Summer is a great opportunity for your athletes to work on their conditioning for the coming season. There will be an expectation that each athlete will be capable of surpassing Level 15 on the Yoyo Fitness Test.

Super Club 2015

The West Coast will be represented for the first time in the 2015 Super Club competition. They were quick to take up the opportunity for entry when one of the 3 Christchurch Netball's clubs withdrew. Centres with clubs involved will need to confirm the name of their team with Netball Mainland in the new year so that the draw can be finalised.

Dates for Super Club

Round robin weekend; Cowles Stadium – Christchurch, March 14 & 15

Finals weekend: Saxton Stadium – Nelson, March 21 & 22

COMMUNITY NETBALL

Amy Eckersley commenced in the role of Community Netball Manager Mid-November and is looking forward to meeting with you all in this new capacity to support you as required in 2015.

Amy continues to be our Zone expert in the Junior Netball space and will continue to support these programmes each season. Please ensure you complete the 'Overview of Programmes' run form and Junior Netball Planning document and return to Amy asap after your planning meetings. The earlier we can book in your Junior Workshops, Taster/Info sessions and Festival dates the better! This will ensure NM can provide the support and guidance your Centre needs in a timely and efficient manner.

Any questions or queries, please do not hesitate to contact Amy: Amy.Eckersley@netballmainland.co.nz

Bench Officials

Development of Bench officials for Centres will continue in 2015. Please contact Amy if your Centre is wanting to schedule a training workshop in your area next season. Please note members of our Zone Technical Officials Development group (TODG) are volunteers so any expenses incurred will need to be absorbed by the Centre.

Umpiring

Collaboration with our ZUDG will continue in 2015 to finalise the Zone Umpire Development Plan. Our Centre Support Programme (CSP) will continue next year and the ZUDG are looking forward to assisting our Centres with their umpire development and programmes available to offer. Please contact Amy for more details.

YOUTH DEVELOPMENT

Player Development The NM Centre Player Development Programme (Block 1) was implemented in 3 Centres this term with some very positive outcomes. A further 5 Centres have expressed interest to introduce the programme in Term 1 next year. The programme is based on Netball Development guidelines and is designed for players to progressively learn Fundamental Movement & Ball Skills, Shooting, Attacking, Defending and Tactical Skills. It involves 2-3 blocks (depending on age level) with each block containing 8 training sessions. Please contact Amy if your Centre is keen to implement this Skill Development Programme.



Holiday Programme

We are really excited to offer another Skillz Queen Clinic for keen netballers during January 2015. 19, 20 January @ Cowles Stadium, Christchurch and 22, 23 January @ Lincoln Events Centre, Lincoln.

Places are booking up fast to please register your interest ASAP if you are wanting to join in the fun!

We are fortunate to have our fabulous Tactix players sharing their knowledge and skills with these budding players.

Check out the website to register now or contact Amy.

“BETTER COACHING...BETTER PLAYING” Coaching Conference 2015

NM is offering Coaches within our Zone the opportunity to learn from the best with the aim of providing a Coaching conference that shares the expertise of coaches within our Zone. With guest presenters including Sue Hawkins, Marianne Delaney, Julie Seymour, Tania Hoffman, Nic Kelly and Pat Barwick we are sure this conference will deliver a quality experience for all coaches that attend. **Registrations close January 10 2015.**

Please contact Amy for a Registration Form so you don't miss out on this awesome opportunity 😊

Amy.Eckersley@netballmainland.co.nz

COACHFORCE

Twelve months in Coach Development for Netball Mainland has certainly been busy. Over 1300 coaches have been actively engaged coach development from Waimate to Golden Bay and all the Centres in between. These coaches are working with approx. 13100 of Netball Mainland's players who have directly benefited from the investment they have made in their coach development.

I would like to congratulate and thank all these hard working Coaches who have taken the time out of their already busy lives to provide positive experiences and help continue to improve the quality of players throughout the Zone.

As a result of all this development we have 100 new Community Coach Award holders, 21 coaches in Performance Coach.

Jennie Hooper
CoachForce

Jennie Hooper continues 'out and about' in our Zone, please do not hesitate to make contact with her for any coaching support or enquiries: jennieh@netballnz.co.nz

NETBALL MAINLAND END OF FINANCIAL YEAR AND BUDGET 2014

Our end of financial year, 30 November has rolled around and our accounts will be audited in the middle of January, for presentation at our AGM on 01 March 2015.

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.

2015 NETBALL NEW ZEALAND AGM & COUNCIL MEETING

The 2015 NNZ AGM and Council meeting is coming to Christchurch, and been confirmed for Saturday 28th February and Sunday 1st March, to be held at Rydges Latimer Square Hotel in Christchurch.

Further information including registration forms will be circulated by NNZ to Zones and Centres in due course.

2015 NETBALL MAINLAND ZONE AGM

The 2015 NM Zone AGM will be held on Sunday 1st March, in Christchurch, immediately after the conclusion of the NNZ Council meeting.

Further information including registration forms will be circulated by NM to Centres in due course.

CHRISTMAS/NEW YEAR NETBALL MAINLAND OFFICE CLOSURE

Netball Mainland Office will be closed from end of business Wednesday 24 December 2014, returning Monday 05 January 2015, for our staff to take a well-deserved break and re-charge their batteries.

Note: There will only be a 'skeleton staff' on decks Monday 22 December to Wednesday 24 December.

NNZ Office will be closed from Tuesday 23rd December until Monday 12 January 2015.

MERRY CHRISTMAS

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

- **What do they sing at a snowman's birthday party?** Freeze a jolly good fellow
- **Why is it getting harder to buy Advent calendars?** Because their days are numbered!
- **Why does Santa have three gardens?** So he can 'ho ho ho'!
- **What does Miley Cyrus have at Christmas?** Twerky!
- **What kind of motorbike does Santa ride?** A Holly Davidson!
- **Who delivers presents to baby sharks at Christmas?** Santa Jaws
- **Who is Santa's favorite singer?** Elf-is Presley!
- **Why did no one bid for Rudolph and Blitzen on eBay?** Because they were two deer!

This is our last Newsletter for 2014, the next exciting issue in the new year, look out for it in February 2015.

Thank you all for your support in 2014 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

