



## KIA ORA! TALOFA LAVA!

## MALO E LELEI! KIA ORANA! HELLO!

Happy New Year! We hope that you have had a relaxing time with friends and family over the festive season and are now settling back into your normal routines.

It has been a busy few months with work taking place behind the scenes as we investigate new technologies, competition formats and put programmes/workshops in place ahead of the 2021 winter competition.

### 2021 ANNUAL GENERAL MEETING

The 2021 Annual General Meeting will be held on Tuesday 16 March at Kapi Mana Netball Centre at 7pm.

We have three Appointed Member vacancies on the Board. If you work in or have the skillset in the area of communications and marketing, we NEED you on Board 😊.

Please contact myself or Aroha, if you would like to know more or if you want the appropriate forms to be sent to you.

### MEET OUR APPOINTED BOARD MEMBER RENEE GRAHAM

Renee is the newest Board member appointed onto the Kapi Mana Netball Board. Renee has lived most her life in Porirua and currently lives in Papakowhai. She has had a lifetime interest in netball and has most recently umpired at both Mungavin and Wellington Centres. She is the current head of the Ministry for Women, and is a member of a number of Boards and Committees. Renee is passionate about community development and the role sports like netball has in growing our rangatahi to be the best they can be. Renee's term began in January 2021 and will be for three years.

### 2020/2021 TALENT DEVELOPMENT PROGRAMME

Thanks to everyone who has liked our updates on our talent programme over the past few weeks. Our inaugural programme that consisted of two trainings per week came to an end last week. Its purpose was to serve these players by giving them some solid fundamental attacking and defending skills they could apply in their trials. The programme was also to improve their fitness base and to give the shooters the right shooting technique. We were very spoilt in being able to also provide our midcourt and defenders some specialist key skills for their respective positions. So many highlights to celebrate! To name a few:

- A massive improvement in athletes Bronco testing, from week 1, and then at their re-test at session 8, we witnessed girls shaving up to 30sec off their original time. The fitness programme we provided the athletes at the start of each session has been essential to their overall performance.
- A shift in mental attitude was sublime. These athletes have learnt through this programme the beginnings to be a high performing athlete - attitude trumps skills. Their commitment to work hard under fatigue and at critical moments, it was humbling to watch that growth within each athlete.
- The coaches that have contributed their free time towards this – Nina (ACEs), Rose (ROCKZ), Jascinta (Vixens), Catherine (Mana College), without them - we couldn't have run this programme!
- Guest coaches - our girls thrived over having Irene van Dyk (Silver Ferns legend), Pelesa Semu (Pulse Assistant Coach) and Carla van der Merwe (Netball Smart Manager) lead specialist sessions for shooting, defense and Netball Smart respectively!

We look forward to running another year of this programme, until then, on behalf of the Board and Centre, we wish all the athletes the best in their upcoming trials.



### WHAT IS HAPPENING WITH THE 2021 SEASON?

With the Board, we have been considering format changes. Some changes will be small, there is something new and others will require consultation with the membership.

1. Premier 1, 2 and 3 grades will now be called **The Premiership**. This competition will operate in isolation to the Mungavin Park competition



# KAPI MANA NETBALL CENTRE

**Why?** There is an inability to align competition dates, particularly around promotion/relegation.

2. The Mungavin Park competition, (what was Premier 4, 5 and Collegiate) will now be known as **The Championship**.
  - a. Format options were emailed to clubs and schools. We ask that you consider the implications for your teams and club and email us or select the preferred option. *Please ensure you do this before the deadline date.*
3. The teams who do not wish to progress in to the Premiership will continue at Mungavin Park. Currently we refer to this competition as "Social". Would you like a name change? Submit your suggestions by sending an email to: [centremanager@kapimananetball.org.nz](mailto:centremanager@kapimananetball.org.nz)
4. We're looking to introduce a "Mixed" competition and this too will be played on a Saturday at Mungavin Park.

As this will be in its infancy (*and because we have no idea what we are getting ourselves into*), we will only allow males still at secondary school. Please respect our decision for 2021 whilst we look to introduce this.

Without feedback, we can not consider the implications of what these changes mean for your teams.

In addition, we have developed the attached Performance and Development Pathway. This guide provides for Club and Schools our perspective of each grade, and the development programme indicates the pathway for an individual and then within an age group team.

The Board have been clear in their desire to improve the quality of our winter season competition at Kapi Mana Netball. These changes allow players with aspirations to be competitive to see a clear pathway, but also to provide a quality competition for all. To do that, we have to be innovative, challenge the norm, and adapt to change through our competition formats, development and representative programmes.

## WHEN DOES THE 2021 SEASON START?

The Premiership competition will start on Wednesday 12 May and conclude on 18 August.

The Championship, Junior and Future Fern competitions will commence on Saturday 8 May.

As we did in 2020, Irene van Dyk (Junior Development Manager, Netball Central Zone – and Silver Ferns legend!) will run a coach workshop for all Year 3&4 and Year 5&6 Future Ferns coaches.

*Workshop and registration details will be posted on our facebook page and website, so please give us a follow to ensure that you don't miss out on this news!*



## COACHES CORNER

KMNC are looking to start a Coaches Hub (yes that name can change).

**What is this?** This initiative is an invitation to every KMNC Club/School coach to come and have a coffee (away from the Pavilion) with a couple of us from the Board and each month we'll bring a special "coach" guest.

## WHAT ELSE IS HAPPENING?

### Community Coach Award modules

These have been reviewed in an attempt to make it easier to begin or complete these learnings. Some of these are moving to online learning.

The practical sessions will continue to be available around the region and the link to these modules is below.

Regional workshops:

<https://www.sporty.co.nz/viewform/154600>

Sessions will be posted up on our social media channel (facebook and website).

Upcoming online modules are:

- 23 March, 6.30pm - Team Culture
- 31 March, 6.30pm - Planning – Season/Session
- 14 April, 6.30pm - Planning – Annual/Tournament
- 28 April, 6.30pm - Developing Physical Capacity

Register for these modules by clicking on the link below:

Online sessions:

<https://www.sporty.co.nz/viewform/154598>



# KAPI MANA NETBALL CENTRE

## *Coach Starter Workshop*

KMNC are running this workshop with Irene van Dyk and Carla van der Merwe from Netball Central Zone on Thursday 25 March from 4.30pm to 6.30pm.

This workshop is a great opportunity for college students and adult coaches who are 1-2 years into netball coaching. Both Irene and Carla are great presenters and we are sure you learn a lot from this workshop! Grab a friend and come and have a look.

To register – click on the link below:

<https://forms.gle/6qgVkDfMRdUbgFFJ8>

## **UPSTAIRS WITH THE UMPIRES**

There has been a lot of good changes within our umpires group, a slight increase in numbers and a few individual achievements. They've met regularly to discuss and plan how they can better support you in our game of Netball.

If you have even the smallest desire to "check out" what happens in their world, and what could become your world, please contact our KMNC Umpire Convenor, Ngahiwi at: [merolin@xtra.co.nz](mailto:merolin@xtra.co.nz)

Last season, our Umpires moved to adopt Game Management principles. They will continue to build on their practices and as is often said "PLEASE have some patience!" If you think you can do better, then show us and start by giving your name and contact details to Ngahiwi. You might even get a whistle, rule book and a couple of other goodies 😊.

All teams in the Premiership and Championship competitions, WATCH THIS SPACE. There will be an "umpiring" notice coming out very soon.

## **REPRESENTATIVE PROGRAMME**

Are you a closet Representative Head Coach or Assistant Coach or Manager?

If you're not, would you like to be? Head over to the KMNC website and take a look at the Job Descriptions:

[https://websites.sportstg.com/assoc\\_page.cgi?c=0-9578-0-0-0&SID=420150](https://websites.sportstg.com/assoc_page.cgi?c=0-9578-0-0-0&SID=420150)

If you're keen or curious, we'd love to hear from you. Send your name and contact details to:

[centremanager@kapimananetball.org.nz](mailto:centremanager@kapimananetball.org.nz)

## **porirua**city

Porirua City Council continue their investment in Mungavin Park, in most without consultation with KMNC. Our plan is to improve that level of engagement and hopefully encourage them to get some things done immediately around the outside of the pavilion.



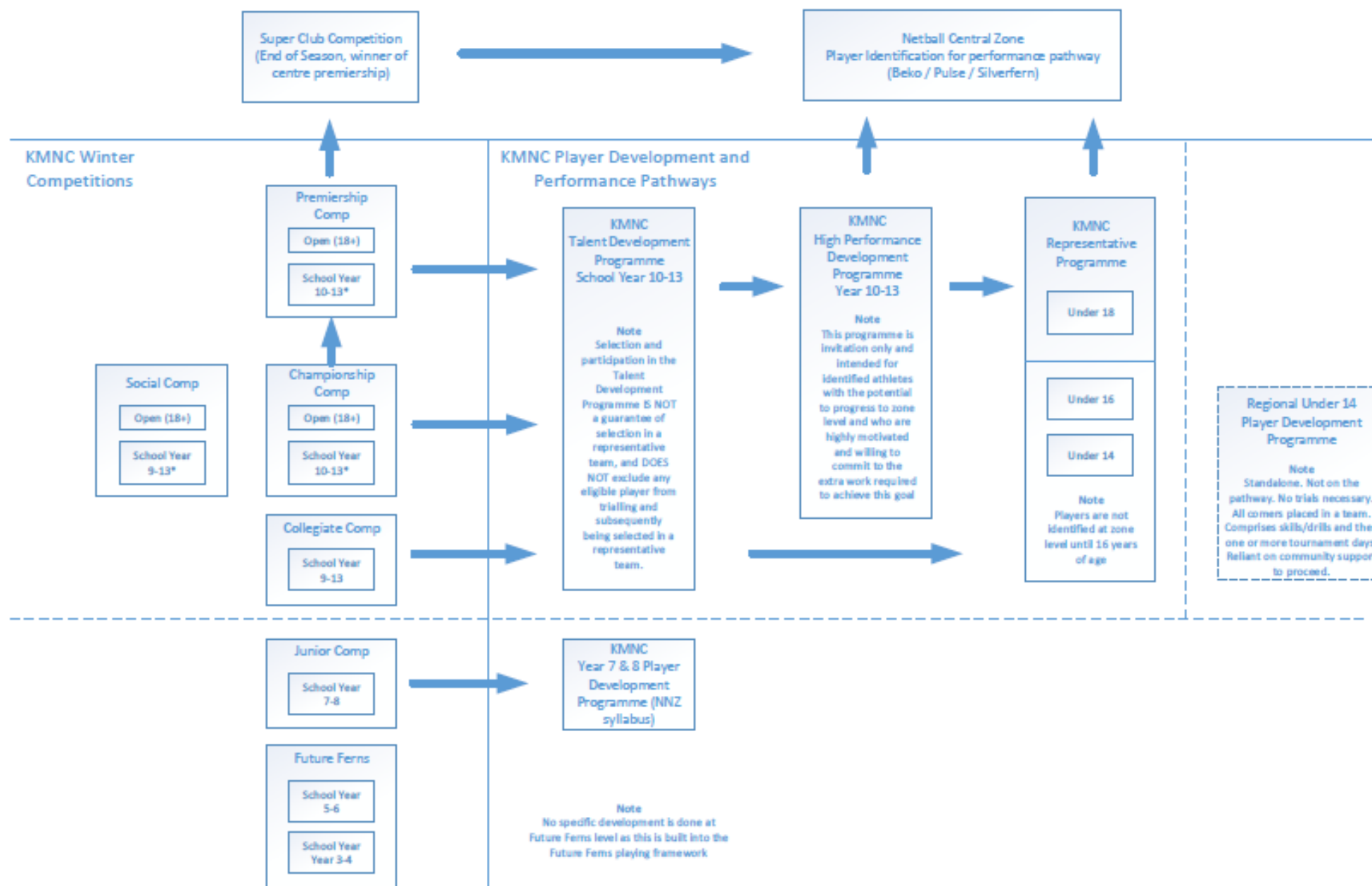
## **TANGI WAIKARI • CENTRE MANAGER**

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## Premiership Comp

Top KMNC Competitive competition primarily comprising of Open (18+) age group players and teams. Teams may contain school Year 10 to 13 players. Teams of only school Year 10 to 13 players may be admitted. Normal 7v7 Netball. Teams are placed into divisions and then play round-robin and finals series to determine winners of each division. Promotion/relegation within the Premiership may apply during the season. Winner of Premiership is the top ranked team at our centre and is given admission into the end of season Super Club competition. Bottom ranked team is relegated to the Championship for next season. Closed competition that new teams must apply to enter. KMNC will make the final determination of suitability of teams for this competition.

Year 10 to 13 players can try out for the talent development programme and additionally trial for the Under 16 and Under 18 representative teams.

## Championship Comp

Competitive competition primarily comprising of Open (18+) age group players and teams and progression pathway into the premiership competition. Teams may contain school Year 10 to 13 players. Teams of only school Year 10 to 13 players may be admitted. Normal 7v7 Netball. Teams are placed into divisions and then play round-robin and finals series to determine winners of each division. Promotion/relegation within the Championship may apply during the season. Winner of Championship is promoted to Premiership for next season. Closed competition that new teams must apply to enter. KMNC will make the final determination of suitability of teams for this competition.

Year 10 to 13 players can try out for the talent development programme and additionally trial for the Under 16 and Under 18 representative teams.

## Social Comp

Social competition primarily comprising of Open (18+) age group players and teams with no progression pathway into either the Championship or Premiership competitions. Normal 7v7 Netball. Teams are placed into divisions and then play round-robin and finals series to determine winners of each division.

Teams may contain school Year 10 to 13 players. Teams of only school Year 10 to 13 players are strongly encouraged to enter the collegiate competition instead of the social competition.

School aged players (Year 10 to 13) can try out for the talent development programme and additionally trial for the Under 16 and Under 18 representative teams, but there is no specific development objectives for players in the social competition.

## Collegiate Comp

Competitive and social college age competition comprising of School Year 9 and 13 players and teams. Normal 7v7 Netball. Teams are graded into divisions and then play round-robin and finals series to determine winners of each division. Promotion/relegation within the collegiate competition may apply during the season. Open competition that any school or club year 9 to 13 or combination thereof team can enter. Lower divisions can be more social.

Additional development is provided to Year 9 players through the delivery of the Under 14 Representative Programme (trial based) and the regional Under 14 Player Development Programme (all comers).

Year 10 to 13 players can try out for the talent development programme and additionally trial for the Under 16 and Under 18 representative teams.

## Junior Comp

Competitive competition comprising of School Year 7 and 8 players and teams. Normal 7v7 Netball, full court, full height hoops. Teams are graded into divisions and then play round-robin and finals series to determine winners of each division. Promotion/relegation within the junior competition may apply during the season. Open competition that any school or club year 7/8/or combination thereof team can enter.

Additional development is provided to Year 7 & 8 players through the delivery of the NNZ Year 7&8 Player Development Programme.

## Future Ferns

Single non-competitive (scores not kept, teams not ranked) competition run as per NNZ Future Ferns Guidelines. Programme is designed for fun, participation and the development of fundamental netball skills. Players/teams are grouped by school year and game is modified to suit e.g. Year 3 & 4 play 5v5 and Year 5 & 6 play 6v6

There is no additional development programme associated with this competition as development is an integral part of the Future Ferns competition programme.



## KMNC Representative Programme

The centre forms representative teams in the under 14, under 16 and under 18 age groups to represent it at local and national representative tournaments. The pinnacle tournament is the NNZ under 18 national championships where representative teams from centres around the country compete. The programme develops and grows players through the age groups to prepare them for participation in the under 18 national championship. Although an alternate pathway to zone identification and its related performance pathway, the representative programme is more than just this. It is designed to develop and grow players for our local competitions, provide opportunities for players to compete with peers from outside our centre/region, provide opportunities to participate in more targeted training and development environments, to meet and interact with new and diverse people, to connect with our centre and community. Selection in a representative team is primarily through a trial process but participation in KMNC development programmes builds visibility of players and their abilities within the centre. Our representative teams are Kapi Mana Netball and such we expect selected participants to represent us with passion, pride and the values our centre holds true. Participants must demonstrate a high level of commitment and adherence to our values and the programme if they wish to remain a part of it.

## Year 10 to 13 High Performance Development Programme

Entry to this programme is by invitation only and is intended for athletes that the KMNC has identified as having the potential to progress to zone identification level and its associated pathways to Beko and Pulse. It requires a high level of participant motivation and commitment. Players that enter this programme will require the ambition to move to the next level and will be expected to meet all performance targets set by the programme which will include specific training objectives and skill attainment. Participants in this programme will be expected to make themselves available for KMNC representative duties and fulfil all requirements of that programme. Participants in this programme that KMNC believe meet the required objectives and targets will be submitted to the zone for consideration. Participants that don't meet the required objectives and targets will be released from the programme but may be eligible for re-entry at a later date and remain eligible at all times to try out for the talent development or representative programmes, particularly given the different objectives of these programmes.

## Year 10 to 13 Talent Development Programme

This programme has been developed to improve the skill level and fitness level of participants and is timed to be prior to most club and school trials. Participants must try out for inclusion in this programme and participation will result in a player development profile being created for the player by the centre. Club/School coaches may be provided with 1 or 2 work-ons for players that complete this programme. The programme also provides the centre increased visibility of players prior to representative trials. The purpose of this programme is to improve the quality of our players and by extension our competitions, to help identify players that may be suitable for inclusion in the KMNC high performance programme, and to prepare players for representative trials by setting the expected skill, fitness and commitment levels required of this programme. Note that inclusion in the talent development programme does not guarantee placement in any future programme (Talent development, High performance, or Representative programmes), nor does it exclude anyone from participation in any of these programmes.

## Regional Under 14 Player Development Programme

This is a new programme (first run in 2020) for our region and is open to all eligible players. No trials are held and all comers are placed into teams. It is a standalone development opportunity and although not on any official development pathway, or adhering to any NNZ prescribed syllabus, it aims to provide a skill development opportunity for all players followed by one or more tournaments with other local participating centres. A series of training sessions are held with all local teams focusing on skill development. At the conclusion of the skills development phase, teams play in local tournaments with teams from other local centres. Due to potential numbers of this programme, community involvement is essential for it to run.

## Year 7 & 8 Player Development Programme (PDP)

This programme was developed by Netball NZ to replace the representative programme previously offered for this age group and is open to all entrants. The PDP helps players develop and extend their technical, tactical and athlete development skills. KMNC delivers this programme to the NNZ syllabus ensuring that participants receive the same training as all other players across the country in this age group.