

# CENTRE CIRCLE



UNLIMITED PATHWAYS

**W**elcome to the 2011 netball season. We would like to warmly welcome four new Presidents on board. Robyn Garner, Howick Pakuranga, Cheryl Witana, Mangere Otahuhu, Carol Ferguson, Pukekohe and Tracey Phillips, Waiuku. We would also like to welcome back Lillian Cattell, Manurewa and Raewyn Mills, Papakura. We would particularly like to acknowledge the hard work and commitment that the outgoing Presidents have put into their Centres over a number of years.

For those members that are not aware a number of our Centres are having major work done sometime throughout this year on their facilities, these Centres include Manurewa, Howick Pakuranga and Papakura. We look forward to utilizing these newly upgraded facilities in the future.

Netball NZ recently held their AGM & Council Meeting, the Region and its Centres were well represented there.

This was a particularly special meeting as it coincided with the celebration of 50 years of 7 a side netball and the original NZ team of 1960 was there to celebrate, it was just neat. They had a fantastic collection of photos and clippings from the team's matches and tours. Dame Lois Muir was also a part of this 1960's team and it was also a celebration of the end of her tenure as President of Netball NZ.

We would like to welcome Sheryl Lady Wells as the new Netball NZ President.

We would like to welcome on board some new partners for Netball Counties Manukau Region. Sports Resources are a new sponsor and will be looking after all of our apparel needs. Our teams will be sporting a new dress for 2011. Pukekohe Travel are our official Travel Agent and they will be working with us closely to fulfil all of our travel needs throughout the season.

We would also like to take this opportunity to show our support to all that have been affected by the Christchurch earthquake and in particular the netball community, we hope you can get back on your feet soon.

## Off Season Player Programme wrap ups

### U15/U17 Development Programme

The U15 and U17 Development Programme finished with a one day camp for each age group. Over 30 U15 and U17 players attended. We covered fitness testing, netball rules, mid-court, defence and shooting clinics, the pathway to becoming a Silver Fern. There are some very exciting players in both age groups and it is important we continue to nurture them not only through our player development programmes but also supported by our coach development. Feedback from both groups was very positive. For the majority of the U15 age group this was their first introduction to High Performance principles. I would like to thank the Coaches who made themselves available to assist with the running of these programmes.

### High Performance Programme:

The aim of the High Performance Programme was to:

- Provide two weekly sessions to complement personal off season programme
- Introduce participants to High Performance principles
- Provide the opportunity for Regional Coaches to observe players
- Allow participants to identify areas that needed to be worked on eg: core strength, nutrition, psychology, fitness, etc...
- Selection of Lois Muir Challenge Squad.

Over 30 players/umpires took part and all of the above objectives were met. Participants completed evaluation forms and the feedback has been very positive.

### UPCOMING EVENTS

#### LOIS MUIR CHALLENGE

Starts 19-20 March

Draw out NOW

[More info](#)

#### SUPER 12 CLUB COMPETITION

1st round—18 March

Draw out NOW

[More info](#)

#### Netball CMR

Annual General Meeting

Mon 28 March 2011

7.00pm, Regional Office

## NetSkills Academy

### NEXT DATES

#### Holiday Programmes

#### APRIL 2011

Venue: Papakura NC

Tue 19 Apr—9am-2pm

For Y7&8 Players

Wed 20 Apr—9am-2pm

For Collegiate Players

Venue: Waiuku NC

Thu 28 Apr, 9am- 2pm

For Y7&8 Players

Registration forms & more info can be downloaded from our [website](#)

### 2011 Rep Trials

#### U17 Age Group

Sun 1 May—Howick Pak  
9am-12pm

Wed 4 May—Papakura  
6.30pm-8.30pm

Sun 8 May—Papakura  
9am-12pm

#### U19/U21 Age Group

Wed 4 May, 6.30-8.30pm

Sun 8 May, 9am-12pm

Wed 11 May, 6.30-8.30pm

All Papatotoe High School

**Nominations close 21 April**

[Click here to download Nomination Form](#)

**Four Winds**  
FOUNDATION LIMITED  
GAMING GRANTS FOR YOUR COMMUNITY

**Highbrook**  
SPORTSWEAR  
www.sportsresources.co.nz

**total rehab**  
PHYSIOTHERAPY

**THE LION FOUNDATION**

**pic**  
INSURANCE BROKERS

**PUKEKOHE TRAVEL**

**NZCT**  
NZ COMMUNITY TRUST



**Astill Hawke Accountant**  
**Chipmunks Manukau**  
**CLM**  
**Espies**  
**Flexco (NZ) Ltd**  
**LG Mystics**  
**Melinda Nordin**  
**Optometrist**  
**Times Newspapers**

## Lois Muir Challenge squad named

The Lois Muir Challenge started last weekend and includes an opening weekend, two local derby weekends and a closing weekend. Due to the Christchurch earthquake the opening weekend has been relocated to Nelson.

### Espies Counties Manukau Squad

The squad has been chosen from our High Performance programme that has been running off season and organized by our Netball Development Officer Tania Heap.

Toni Rinckes, Miraneta Lemalu, Chanelle Campbell, Elyse Clark, Elizabeth Ene, Olivia McKeown, Jessica Rose, Kirsten Hurley, Nadia Loveday, Nicole Jensen, Samantha Rowe, Latoiza Leaso, Alex McAllister, Caitlin Riedstra, Danneille Steffany, Merylyn Nordin, Abby Setefano.

Coach: Adrienne Morrin,  
 Manager: Marjorie Rinckes.

To help fund our team to compete in the Lois Muir Challenge, Netball Counties Manukau Region has taken part in a nationwide sponsor hunt and was once again pleased with the support of our local businesses. Congratulations to this year's winner of the regional Principal Sponsorship—Espies. Our team will be known as **Espies Counties Manukau**.

### Espies Counties Manukau Matches

20 Mar v Waikato, 10am, Tauranga  
 v BOP, 1pm, Tauranga  
 26 Mar v Otago, 5pm, Nelson  
 27 Mar v Western, 9.30am, Nelson  
 10 Apr v Auck Wait, 9am, Otara\*  
 v North, 1.30pm, Otara\*  
 16-17 Apr FINALS, AUT, North Shore

Counties Manukau will host 10 April matches at Otara Recreation Centre.



### Lois Muir Challenge

HOME GAMES  
 10 April, 9am start  
 Otara Rec Centre  
 Come along &  
 support our team.

**About Espies**—With over 50 years experience Espies has built a reputation for high quality product delivered on time and on budget. Our highly skilled and experienced staff are involved in the entire process - from its conception in the design office, production drawings, manufacturing, through to on-site installation and project management, enabling us to control and coordinate all aspects of a project to ensure the clients' needs and expectations are met and often exceeded.

Our broad spectrum of experience covers both the retail, commercial and hospitality sectors and may range from a full turnkey fit-out to a single reception desk or pamphlet holder.



Alex McAllister & Toni Rinckes, working hard at the Lois Muir Challenge training.

## Super 12 Club Competition

The inter region Super 12 Club Competition kicked off again Friday 18 March. The competition is made up of three top club teams for the four neighbouring regions, North, Auckland Waitakere, Counties Manukau and Waikato. This year Counties Manukau is represented by Papatoetoe Rangers, Mellons Bay and Aztec. Matches are played Friday nights, 6.30pm, 7pm or 8.00pm across the four regions. Our home games are to be played at Otara Recreation Centre. So make sure you come along and support our three local club teams, its **FREE ENTRY**.



**SUPER 12**  
**CLUB COMPETITION**

north • auckland waitakere  
 counties manukau • waikato

### Home Games—Otara Rec Centre

25 Mar Pap Rangers v Aztec 7.00pm  
 1 Apr Aztec v AW3 6.30pm  
 Mellons Bay v Waikato I 8.00pm  
 8 Apr Pap Rangers v AW3 7.00pm  
 15 Apr Mellons Bay v North I 6.30pm  
 Pap Rangers v AWI 8.00pm

**1 May FINALS WEEKEND**  
 Auckland Netball Centre

## Player programmes

Netball Counties Manukau has continued the delivery of its NetSkills Academy Programme, targeting Y3-Y8 and U15 age group players.

Just recently a one day camp was held at Te Puru Community Centre at Beachlands, with over 30 players attending. We covered a number of activities including netball rules, mid court, shooting and defence clinics, nutrition and the pathway to becoming a Silver Fern. More programmes will be held throughout the April School Holidays.

The Coaching In Schools programme has taken off once again, Tania Heap visits schools to assist with the development of grassroots netball and to further develop the young players in our region. Netball specific skills and drills are taught through modified games which promote netball skills in a number of new and challenging ways. This is also a great opportunity for students and teachers alike to learn all about netball.



NetSkills Academy 2011

## Coaching

Netball Counties Manukau Region is hosting a number of coaching courses over the next month, for a full list of coaching courses throughout the region and our Centres please visit our [website](#).

**Introducing our Regional Rep Coaches**  
U17 Delwyn Sanders, U19 Leanne Barrett, U21 Carolyn Pou with Asst Wendy Soper, NZC Winnie Hauraki

### WHAT'S COMING UP

#### Netball NZ presents:

22 Mar—Attack Clinic, Waitakere, 6pm

#### Counties Manukau presents a number of Coaching Workshops:

4 Apr—Planning, 20 Apr—Game Analysis,

2 May—Team Building, 16 May—Skill Analysis

All to be held 6.30-9.30pm at Netball CMR Office, Bruce Pulman Park.

Registration forms for all courses can be found on our website under [Coaching](#).

### Coaching Resources

A reminder that there a number of useful coaching resources are available on Netball NZ website, click on [www.mynetball.co.nz](http://www.mynetball.co.nz)

## Umpiring

High Performance umpires and panel members attended a combined workshop with Netball North & Auckland Waitakere last month. The workshop was so successful another one is now scheduled for 3 April.

### Umpires Workshop—3 April 2011

9.30am—12.30pm, Netball Waitakere

For all Regional and NZ C, B and A Umpires

Visit our website for a [Registration Form](#)

### Regional Premier Netball League

Qualifying Tournament

4 & 5 June 2011

Papakura Netball Centre

[Click here for more info](#)

## Bench Officiating

The Counties Manukau Bench Officials held both an Update Workshop and Introductory Workshop for new Bench Officials earlier this year. A number of our Bench Officials have been appointed to ANZ Championship games so far this season.

The Bench Officials will once again be officiating at our Super 12 and Lois Muir Challenge home games at Otara Recreation Centre, our Regional Premier League and the Lion Foundation Netball Champs throughout the year.

## Congratulations to:

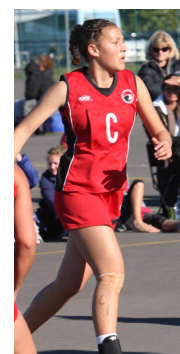
**Olivia Caldwell** who has been selected in the 2011 NZTD U19 Umpire Squad. She will be attending the NZ Secondary Schools Trials in April. Olivia can also be seen on College Netball matches on Sky TV where she is umpiring curtain raiser matches to ANZ Champs.

**Nadia Loveday & Elizabeth Ene** who have been selected to attend the NZ Secondary Schools Camp in April. We wish these players all the best for the camp.

**Caitlin Riedstra** for a fantastic interview on Sky Sport's netball show "On Court", you can see her interview on our Facebook page.



Elizabeth Ene



Nadia Loveday

Noeline Watson	David Ronaldson	Karen Booth
Brian Neben	Bemasconi Family	Raewyn Ronaldson
Kirstin Harris	Margaret Sheppard	Dave Booth
Eleanor Kitching	Gail Cameron	
<i>Friends of Netball Members 2011</i>		

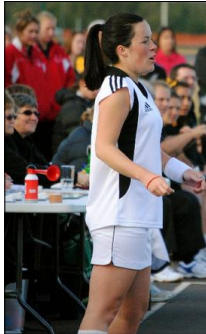
# Friends of Netball



## ARE YOU A BIG FAN OF NETBALL?

Netball Counties Manukau Region is setting up a 'Friends of Netball' membership to offer an opportunity for people interested in netball to stay connected and be part of netball in the Counties Manukau Region.

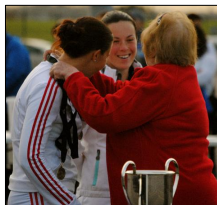
### 'Friends of Netball' membership offers:



- ☺ A monthly newsletter via email or post
- ☺ Invitations to Netball events including 1 x Mystics match, NZ Champs home games, End of Season prizegiving.
- ☺ A complimentary Supporters scarf.
- ☺ Discounted NCMR supporters gear.
- ☺ Access to preferential bookings for NNZ Events
- ☺ ANZ Champs & Mystics information



### Who are we targeting?



- ☺ Anyone who is not already a financial member of a Netball Club in Counties Manukau region
- ☺ Local businesses as a donation
- ☺ Parents of players
- ☺ **ANYONE WITH AN INTEREST IN NETBALL**

### What does it cost to join?

The annual membership is \$60.00 (GST incl) or a monthly A/P of \$5.00.

To find out more contact Netball Counties Manukau Region

on 09-299 1806, [netballadmin@cmsport.co.nz](mailto:netballadmin@cmsport.co.nz)

[www.netballcm.org.nz](http://www.netballcm.org.nz)



### FRIENDS OF NETBALL MEMBERSHIP FORM 2011

Yes, I would love to become a Friends of Netball member of NCMR for 2011

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Payment: \$60.00      Cheque enclosed       Direct Credit       Monthly Payment

For Direct Credit 12-3132-0058064-00, include name and code: FON