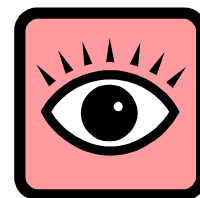




NETBALL NEW ZEALAND  
Poitara-whiti Aotearoa

# FOCUS



on

## NETBALL UMPIRING

May 2010

### New Umpires at National Tournaments

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If you have news for this newsletter please send to dian-nem@netballnz.co.nz

When the New Zealand Age Groups Championships Under 17 get underway at Papakura Netball Centre on July 12 there will no doubt be some nervous umpires on the sideline.

Many regions have appointed "new" umpires to this event—umpires who have not previously been to a National Tournament.

The four day event is a test of mental and physical stamina for umpires as teams vie for the title of New Zealand Under 17 Champion.

Several of New Zealand's top umpires, past and present were asked for their top tips for umpires officiating at tournaments.

They are excellent tips that all umpires should read, not just those new to tournaments.

**Colleen Bond—New Zealand Umpires Panel— says:**

- ◆ Prepare well
- ◆ Work hard
- ◆ Consistent applications,
- ◆ No shortcuts
- ◆ Enjoy
- ◆ Above all... do not put unnecessary expectations on yourself.

**Faye Meiklejohn—ANZ Championships Squad:**

- ◆ During the tournament try to implement the feedback given on the next game, even if it is hard to do.

- ◆ Do not worry about how other umpires are doing, you can only affect your own performance.

- ◆ Do not watch other umpires too much as it can mess with your head.

- ◆ Always remain fully professional. We are team white. Do not be seen watching your own regions team too often, never cheer for your region and do not sit with team officials from your region.

- ◆ Look after your own nutrition and hydration.

- ◆ Never umpire injured. The players deserve fully fit umpires.

- ◆ Get enough sleep.

- ◆ Do not bring work/school assignments in the hope to do them in "down time" as you need 100% focus on the job at hand.

- ◆ Enjoy and learn.

**Jonathan Bredin—ANZ Championships Squad/IUA:**

- ◆ Eat and hydrate well
- ◆ Get enough sleep before, during and after

- ◆ Warm up, cool down, and stretch for every game

- ◆ DON'T get drawn into gossip, worry about yourself

- ◆ Ears open, mouth shut!

- ◆ Who cares what game you get-do your best no matter what. You don't know what the testers are thinking

- ◆ Think through some "what if" scenarios so you are prepared i.e. serious injury, power failure or other emergency, discipline issues etc.

- ◆ Take something to take your mind off netball when you are back at hotel—laptop, book, music

**Justine Osborne—NZUP**

- ◆ Good stretching and cool down after matches are a MUST! Once/twice weekly games are different from day after day events

- ◆ If no ice baths/buckets available—have really cold showers

- ◆ Don't neglect the cool down when busy with post match talks with Umpire Coaches. Negotiate the time.

**Lisa McPhail—National A Squad**

Mental preparation is vital. You can prepare by setting yourself key goals prior to each game. If you choose to do so, make sure you write them down and incorporate feedback from prior games. - Remember: goals are more likely to be achieved if they are written down



What we think or what we believe is, in the end, of little consequence. The only thing of consequence is what we do."

**John Ruskin**



## Oceania Pacific Umpire Squad

In 2010, Umpire Development in Oceania will align with the new Oceania Netball Federation (ONF) Strategic Plan, and will be one of the key focuses.

A new initiative of the ONF is a Pacific Umpire Squad (PUS).

Three or four Oceania Umpires, with a minimum NZ qualification, will be appointed to the PUS with a view to gaining as much exposure to semi-elite netball competition as possible over the next 2-3 years. The outcomes of the PUS will be to develop and maintain 3 Oceania IUA qualified umpires.

NNZ and the NZ netball community will be asked to assist the PUS by offering positions/appointments to the NNZ domestic competition events and Regional Secondary School competitions.

A 'billeting/host' list will be compiled with NZ netball community members who would be willing to host the Oceania PUS members and other Oceania umpires during the year, around NNZ events and development opportunities.

## Oceania Umpire Regional Theory Success

This year has seen a record number of Oceania umpires applying to sit the NNZ Regional Theory exam – which they sit in their own country under the same conditions as the NZ Umpires (same date, time).

Our congratulations to

- Netball Samoa who had 9 umpires sit the exam, with 5 passing.
- Netball Fiji who had 6 umpires sit the exam, with 1 passing.

This is a fabulous achievement as the exams are in English. More often than not English is the second language for our Oceania members.

Samoa has taken the initiative and translated all of the Test Bank umpire exams to Samoan – to assist with umpire development in Samoa – and looking at their Regional Theory results this year, this initiative is working extremely well!

We hope to see more Oceania umpires applying for Regional Theory exams, and passing in the future.

## NZ Umpires on International Appointments

Several NZ umpires have been appointed to international events this year. Penny Tallentire-Jackson, Angela Armstrong-Lush and Gareth Fowler have recently been umpiring in the Trans-Tasman Secondary Schools Championships in Adelaide accompanied by Jan Carlton.

In early June, Lisa McPhail, Kristie Simpson, Kim Sinclair and Yvonne Morgan will travel to Rarotonga to officiate at the Pacific Netball Series. They will be accompanied by David Pala'amo. This series involves the Cook Islands, Samoa, Fiji and Papua-New Guinea. Later that month Bobbi Brown, Jonathan Bredin and Fay Meiklejohn will control games between Samoa and South Africa (in Samoa). Results of these games all contribute to the rankings system operated by IFNA.

In August, Liz Boon and Jonathan Bredin, together with Gary Burgess of England, will umpire the series between Australia and Jamaica, while in early September, Liz will travel to Jamaica to control tests against England. Gary will then travel to New Zealand for the tests between the Silver Ferns and Jamaica. Kate Wright and Paula Ferguson of Australia are the other umpires for these games.

Mandy Nottingham, Bronwyn Meek and Bobbi Brown are among the thirteen umpires appointed to control games at the Commonwealth Games in early October. Several NZ technical officials have also been appointed to carry out bench and statistical duties.

We congratulate all on their appointments.

Some people dream of success... while others wake up and work hard at it.

~Author Unknown

21 & 22 August 2010

Napier

For

**Umpires:** NZ A & B, ANZ, NZ & Regional Panels

**Coaches:** Level 2/3 currently coaching and those who have completed 5 or more modules.

**Registration: \$200 includes most meals and Test ticket**

Registration Form on NNZ website  
Be Quick!

## Umpires appointed to NZ Age Group Championships U19/21

The following umpires have been appointed to the NZ Age Group Championships in Dunedin, July 5-8:

Monique Smith, Michael Wylie, Laura Hayes, Wendy Speck, Catherine Lapwood, Fiona Horne, Mathew Davis, Kylie Kerr, Kalezi Tabeti, Alannah Robinson, Lisa Murphy, Tracey Hamilton, Lisa Stove, Kate Smith, Ceri Hills, Jacqui Stewart, Scott McLeod, Sarah Robson, Moira Willox, Jayne Dew, Bev O'Neill, Deb Vincent, Jane Hickmott.

The Event Panel includes: Colleen Bond, Anne-Marie Leech, Jan Gallop, Debbie Shoebridge, Fay Meiklejohn.

The panel's role at events like these includes allocation of umpires to games, coaching and feedback.

## New Zealand Regional Theory Exam

Glenda Gray from Hauraki Plains left little for the Netball New Zealand Regional Theory Exam markers to mark with a cross when she completed the recent exam paper. Glenda gained 48.5 out of a possible 50 marks to top New Zealand.

The second highest score of 48/50 was shared by David Body (Paeroa) and Sue Ross (Hastings). Vanessa Edge (Auckland), Tracey Sarginson (Pukekohe), Ashton Thompson-Teepa (Whakatane) all achieved 47.5. The results gained by these six candidates

affirm the efforts of the examiners to set a fair paper, realistic to the level of the candidates' skill and experience.

Eighty six candidates sat the May theory exam and of these, 57 were successful in passing it; a pass rate of 66%.

Kelly Herbert, the moderator for this exam, said the vast majority of unsuccessful candidates were not too far from the pass mark.

Tutors, candidates and Centres are encouraged to consider the following questions when reviewing these results and in the future:

\* Does the candidate have enough practical experience and been ex-

posed to a wide range of scenarios?

\* Is the candidate committed to putting in the work required to achieve the necessary level to be successful?

\* Is the tutor aware of the learning needs of the candidate(s) they are working with?

\* Does the tutor have the in-depth current knowledge to assist the candidates?

\* Do the candidates have special circumstances that need addressing relating to learning styles, 1:1 support with language, reading or writing barriers?

(Answers for May Exam are on NNZ website)

# NetballSmart



## Basic Tips for Good Recovery

Recovery is an important aspect of any umpires game plan and training regime. Good recovery will have you ready to perform at your optimum level, at the right intensity week after week or day after day in a tournament situation without undue fatigue. Poor recovery strategies will leave you under powered, riddled with aches, pains, can lead to injuries and a feeling of over fatigued.

Your recovery time and methods should be dependent on:

*The level or ability of the game*

*The intensity of the game*

*Situation – weekly match play or week long tournament*

*Your injury status*

Recovery methods can be kept simple for low level or low intensity games and trainings or include more complicated and thorough recovery steps for higher intensity games and tournaments.

Umpires are best to follow a recovery strategy that works for them as an individual. How do you know what works for you? - Trial. Try the different methods of recovery and see what works best for you taking into consideration, equipment, time and most important how your muscles and body are left feeling afterward and the next day.

### Standard Training or Game Recovery:

**Cool Down:** First and most important step. Adequately cool down the body for the level and intensity sustained, including stretching.

**Rehydration:** Replace fluids and electrolytes adequate for the game intensity and conditions sustained.

**Refueling:** Restore energy within the body, with the right foods and quantities at the right time.

**Injury Assessment:** All injuries should be assessed by a medical professional to ascertain the degree of severity of the injury and to ensure a good rehabilitation process.

### Recovery Methods for Higher Intensity Games & Tournaments:

**Hot & Cold Treatments:** Used to inhibit blood flow to the muscles and any areas of injury, then encourage blood circulation and waste product removal therefore assisting in a faster more efficient recovery, great for the legs and lower body.

**Massage:** Used to remove muscle aches and pains relieve muscular tension, encourage increased circulation for waste product removal.

**Injury Rehabilitation:** Rest followed by specific strengthening and stabilizing exercises recommended for that particular injury to encourage increased stability and strength within a joint or injured sight assisting with a faster and better recovery and return to the court.

**Nutrition:** having a good itemized nutritional plan/s building up to game day and post match, or tournament plan.

**Pool / Hydro Recovery:** A no impact, low intensity therapeutic method of relaxing the muscles and relieving muscular stress and tension without impact upon the joints. Can include stretching within the water.

**Compression Clothing:** predominantly these will assist with circulation and therefore waste product removal and maintaining muscle temperature.

When talking recovery, timing is everything, make sure that as soon as you have finished your game or training that you move straight into your recovery routine. At times an umpire may find they need to try several different methods or routines before finding the one that works best. Once you have established a recovery routine that works for you, stick with it, this will ensure adequate and best practice recovery post trainings, games and during tournaments. Your mood, resting heart rate, any muscular aches and pains, heaviness in the muscles (specifically legs) or lethargy will show if your recovery has been adequate enough for the exercise sustained.

**Megan Crockett** Netball New Zealand, NetballSmart Co-Ordinator

## New Zealand Talent Development Programme for Umpires Under 19

I had the privilege of attending the Netball New Zealand Talent Development Under 19 camp held in Christchurch from the 13<sup>th</sup> - 16 April, 2010

On arrival at Rochester and Rutherford Hall the umpires introduced themselves, and headed down for a light lunch and to meet the players. This year for practical sessions we were based at Pioneer Stadium, which was a great facility.

Our first session involved fitness testing which was a change from last year where only the players participated in this. The testing involved two tests, one being a new test called

enable us to have more incentive and direction in our training as we would know what each level requires. I also think it could be made more relevant to Umpiring by having our starting position square onto the court and then sprinting down and round the corner onto the goal line. We completed the Beep test about 10min after the completion of the sprints with the players.

We moved on to a session on Position, Vision and Timing, with Ann-Marie Leech from Ashburton. This session was very similar to those done at the Cluster Days, involving 1 umpire, the rest as players and situations such as playing down the far channel and how it related to the umpires position.

After dinner we were extremely fortunate to have Mandy Nottingham come to talk to us on the topic of 'Where to From Here'. I really enjoyed hearing about Mandy's progression to gaining her IUA Award in Australia, and how she overcame the difficulties in her path.

It was also really good to be able to ask questions about the process and discuss the ANZ Cup games.

warm up and dynamic as opposed to static stretching throughout the warm up especially so we don't cool down so much.

After the session with Megan we moved on to working on our three seconds for held ball using a timer. This was an activity we all found very interesting and beneficial. In pairs we were given a stopwatch, and one person was in charge of this at time whilst the other became the umpire. The timer was started and stopped when the umpire said stop, with the goal being to get as close to three seconds as possible. We did the same running down the sideline, and saying start and stop running round the corner to or from the goal line. We moved into a game situation and discovered we allowed the shooter more than the allotted three seconds, as sub-consciously we only started our three seconds once the shooter had split and turned to the goal post.

Our next session was with the Silver Ferns nutritionist Dan Healey. In this session he talked about the importance of transcription and translation relating to what we were eating when and our performance in training.

Talking about High and Low GI foods, he taught us how to avoid energy lows through the day, as this uses our energy reserves such as our triangle and muscle bands and reduces our athletic performance.

He also talked us through what we should eat before a game to prepare, and after a game to recover with timing being of the essence.

This was also a session that I found beneficial, as I have always wanted to know more about GI in my diet.

Jan Skilton then went through a power point on 'Dealing with Tough Stuff' with us, which became a discussion about our personal experiences on how we dealt with difficult situations. This included how to deal with criticism, relationships with coaches, and what makes a good umpire. I personally enjoyed the discussion, but think a practical mental toughness exercise would have been more beneficial.

(Continued on page 5)



**NZ Talent Development Programme Umpires**  
Back row from left: Kelsey Carter BOP/North, Vicki-lee Walker Waikato, Sarah Robson Western, Paula Radich Western, Haley Whiting Canterbury  
Front row: Alannah Robinson Southland, Georgia Robertson Canterbury, Bridget Bresnehan North.

the octo-repeater, the other a speed test. The speed test involved a series of short sprints including 5m, 10m done three times with the best time recorded and 2x 20m and 4x 10m sprints. I personally really enjoyed this test as I thought it was very relevant to umpiring as it involved a lot of fast turning. Running through the gates rather than on a beep meant you were able to display your acceleration from a standing position, which is again relevant.

Greg Thompson, the Academy of Sport explained these results along with results gathered from the National Umpire Squads would be collated over several years and used to set fitness levels, which I feel would

This was the highlight of the camp for me. Everyone had so many questions and as it was presented more as a discussion than a lecture it was a shame we had such a short time with her.

### Day Two—Warm ups and cool downs

On day two our first session was on Pre and Post Game Preparation with NNZ's Megan Crockett.

This session involved ideas for warm ups and cool downs which we ran through with Megan and used to prepare for our games the next day. There was a focus on shuttle work, building up the pace through the



sub-consciously we only started our three seconds once the shooter had split and turned to the goal post.

## New Zealand Talent Development Programme cont.

We were very fortunate to have the opportunity to return to the Pioneer Centre to experience a pool recovery session. This was a combination of aqua jogging, stretches such as lunges in the water, and swimming including breaststroke and floating on our backs. This was a great idea to show us how to use the pool in our recovery if we have one available to us.

This was followed by another two theory sessions. The first one was a series of worksheets with 11 questions on umpiring and Netball in general. The questions included:

1. How much water should be consumed during warm up, game and cool down
2. Name the 12 ANZ Cup teams
3. Name as many infringements for free pass and penalty pass as possible
4. Fill in the missing words for Rule 17 contact
5. Name the regions and lines including length from a given diagram
6. Injury time protocols
7. Umpires actions when feet are on transverse line and goal circle line
8. Black GD knocks over white GA just inside the goal circle. Before the controlling umpire has time to blow her whistle the other umpire calls full time. Action?
9. Black WD has blood on her uniform. What changes can white make? What needs to be checked?
10. White's Centre Pass is caught by Black GD with feet astride the transverse line. Black GD passes the ball to Black GA standing just inside Blacks goal third. Infringement? Action?
11. Come up with a rule you wish to discuss as group.

This session was followed by a session on Goal Setting, 'Gaining the Competitive Edge', using materials from Dave Hadfield and Lyndon Bray. We covered the NNZ pathway and

thought about our own aims on the pathway and how we could achieve this with using the success formula and what resources we could utilise to make this happen. We also talked about our commitments, how we had to prioritise which was the most important and how we could manage our time better. This session culminated in us writing our own IPP (Individual Performance Plan), which we were told, are also written by NNZ's other Umpires Squads.

### Team Building with Players

That evening we joined the players for some team building exercises including a game where three people had to work together to make the actions of an elephant, dung beetle, and sago palm, a game of freefall based on trust where a person is pushed around a circle with their eyes closed. My personal favourite was a game involving partners and straws. Sitting back to back one person would make a picture with straws and then direct the other person to make the same picture without looking at them making gestures. I thought this was more relevant than the other activities to umpiring, as you have to work as a team with your co-umpire on court, and trust their judgement should you need to appeal.

Day three was the day of the trial games and I was pleased we got more umpiring time than the previous year. Through the day the players had 3 sets of trials, with every umpire getting 40 minutes of game time. It was organised so each umpire had 10 minutes on the court and then received feedback from either Jan or Ann-Marie so we had something to work on when we had our next 10 minutes. While we were waiting for our next turn we had five tasks to do while we were watching. These involved: **Timing-** in the half nearest to where you are sitting, what does the

umpire need to consider in choosing to stay side line and when to move to the goal line?

**Communication-** in one-quarter do the players respond positively? What gives you an indication of this?

**Phases of play-** over one quarter track the centre pass. **Advantage-** in the application of advantage, has the player been under pressure? Make an X on the court where the advantages are being played. **Contact-** Track the umpire and contact infringements penalised during a quarter. Each time the umpire penalises a contact, mark on the court diagrams where the infringement occurred and where the umpire was positioned.



you have to work as a team with your co-umpire on court, and trust their judgement should you need to appeal.

In between sets of trials we looked at some photos of Lois Muir Challenge games from last year and in pairs talked about what infringements we could see. This exer-

cise was a good way to see how we all judged contact versus contest, although as photos are still shots it was often hard to judge the intent as we couldn't see what had happened beforehand.

The aspects of the camp that I enjoyed and benefited from included: Octo-Receptor fitness test, Mandy Nottingham coming to talk to us, the Pre and Post Game Session with Megan Crockett, and the Nutrition talk with Dan Healey.

The Netball New Zealand Under 19 Umpires Camp was a great experience which I have gained a lot from, and as Mandy Nottingham said attending events like this help to build up what she terms as a 'Log of Experience'.

**By Kelsey Carter.**

## Accreditation Review

All umpires throughout New Zealand have the opportunity to comment on the accreditation system as well as share ideas on recruitment and retention of umpires by completing a questionnaire distributed by Umpire Development Manager, Dianne McTigue.

If you have not received a questionnaire yet and would like to have your say please ask your Centre or Region contact to email you one. Alternatively you may contact Dianne direct at diannem@netballnz.co.nz to have one sent to you.

*"An open mind leaves a chance for someone to drop a worthwhile thought in it!"*