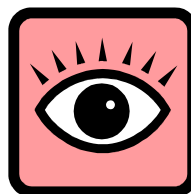




NETBALL NEW ZEALAND  
Poitara-whiti Aotearoa

# FOCUS



on

## NETBALL UMPIRING

August 2010

### The way to the top was a winding road for Monique.



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#### FOCUS

**“One reason so few of us achieve what we truly want is that we never direct our focus; we never concentrate our power. Most people dabble their way through life, never deciding to master anything in particular.”**



Like many umpires Monique Smith was a player who began umpiring as part of team

duties.

She then became interested in how to improve the quality of umpires in her small Centre of Kaikoura.

Monique discovered the pathway for umpires in the NNZ Umpire Excellence Manual and began her journey along that pathway.

Along with 4 other local umpires she gained the Centre Award in Marlborough in 2005.

Since then she has spent many many hours driving around winding, hilly, coastal roads to either Blenheim or Christchurch to get enough games of a high enough standard for her to finally gain the New Zealand Qualifying award in 2009

#### Planning important

In order to achieve her goal of gaining this award Monique knew she would have to plan and organize her commitments for the 2009 season around her family and local Netball Centre obligations. She had to keep her fitness to the required standard and find a fitness tester in Kaikoura. She did this and “had the joy of doing both the Rhiet and Beep tests on my own!” Monique had to travel

about two and a half hours to Christchurch, or one and a half hours to Blenheim, for games and coaching. This averaged a Saturday every three weeks which meant she still had time to help out her local Centre and keep the family happy on the other Saturdays. Monique says she was fortunate her husband, Jeremy, looked after their four daughters and got the netballing ones to games on time.

#### Umpired at National Championships

A recent experience for Monique was umpiring at the Under 19/21 National Age Group Championships where she says she enjoyed the challenge and unknown of the tournament.

Monique says “ It was a privilege to umpire these top teams and to meet fellow umpires from around NZ and Oceania, I received useful feedback from the coaching panel and in umpire down time had heaps of laughs.”

#### Helping her Centre Umpires

Monique is at present preparing a small group of umpires to umpire at their first South Island Secondary School Tournament.

She also facilitates a junior umpire programme for Year 7 and 8 students, facilitates the annual Rules in Action session and Theory Rules sessions, tutors umpires for Regional Theory Exams and ensures all the top grade

players sit and pass the Test Banks.

#### MONIQUE’S TIPS

**She emphasizes geographical location does not need to be a barrier to achieving as an umpire.**

“It is about organizing your priorities and time in order to reach your goal. You may need to give up other activities for a while and reallocate this time to umpiring—there is no question. However, what you put in is what will get out, always.”

- Obtain support from your family in the first instance, very important
- Communicate with your local Centre and appropriate umpire panels to help set your short term goals
- Have a can do attitude and respect those who try and help you
- Plan, be organized but most of all look forward to and enjoy what you are about to do.

*If you have an umpire in your Centre with an interesting story to share about their involvement in umpiring please send the details through to*

*diannem@netballnz.co.nz*

## Oceania Pacific Umpire Squad & Development



Fijian Umpire, Moape Ravudolo, officiated at the NZ Age Group U19/21 Championships in Dunedin and was delighted with the opportunity to be pictured with Netball New Zealand President Lois Muir.

Moape stayed on in New Zealand the following week to umpire at the Under 17 National Championships also.

He is a member of the Pacific Umpire Squad which will be appointed to events in NZ in an effort to further develop their umpiring skills.

Kalesi Tabete umpired at Under 19/21 championships also as part of this programme.

Estelle Searle is the third member of the squad.

Six umpires will be attending the Upper North Island Secondary Schools tournament coming up and it is hoped some of them will gain the Regional Umpires Badge.

### New Zealand Talent Development (NZTD) Programme and Regional Development Forum (RDF)

The NZTD & RDF will be in different formats this year with both being combined in the regional workshops being held September to December.

The NZTD programme is still for the selected players and umpires from the regions. Alongside that ALL UMPIRE PANELS are invited to attend workshops. That is NZ Regional, Regional and Local panels.

These sessions will allow time for observing parts of the Talent Development programme but also be a chance for Umpire Development Manager, Dianne McTigue, and New Zealand Umpire Panel to update panel members on the accreditation system, appointment process for events, communication between panels, training activities, reporting processes required and more.

The programme will run from 10.30—8.30pm on Saturday and 9am—4pm on the Sunday.

#### The dates for the regions are as follows:

<b>Southland/Otago</b>	<b>25/26 September</b>
<b>Auckland Waitakere/</b>	
<b>Counties Manukau/North</b>	<b>16/17 October</b>
<b>Waikato/BOP</b>	<b>30/31 October</b>
<b>Western/Eastern/Wellington</b>	<b>6/7 November</b>
<b>Canterbury/Tasman</b>	<b>4/5 December</b>

### NZ Umpires Theory Panel (NZUTP)

Some of the NZUTP terms expire this year so the positions will be advertised soon.

They are entitled to reapply.

There is one Examiner and one Marker position available.

The focus for the NZ Umpire Theory Personnel (NZUTP) is split into three sections:

Examiners  
Moderators  
Markers

A summary of the roles of the NZUTP members is as follows:

#### Examiners (2):

→ Write annual umpire exams (Test Bank, Regional Theory & NZ Theory)

→ Mark NZ Theory exams

→ Identify areas of weakness and strength in the answering of exams

→ Ensure that there is a reasonable and regular coverage of all aspects of the game through the theory exam questions.

→ Ensure that rule changes are incorporated into the exams as and when required.

#### Moderators (2):

→ Review and moderate all new exams written by the examiners

→ Lead the identification of areas of need within umpire theory

### Congratulations to the following Umpires

→ who have been appointed to Lion Foundation National Championship Games

Fay Meiklejohn, Jono Bredin, Angela Armstrong-Lush, Danielle Maulder, Marise Stuart, Penny Tallentire-Jackson, Kim Sinclair-Morris, Yvonne Morgan, Maree Smith, Gareth Fowler, Tania Law, Anna Sheen, Paul Smith, Lisa Paterson, Lisa McPhail, Anna Brookie, Mandy Nottingham

→ who have been appointed to the New Zealand Secondary Schools Championships in New Plymouth:

Elaine Curtis, Seli Scutts, Paula Wells, Robyn Vermeeren, Amanda Thompson, Alannah Robinson, Amanda Mitchell, Kay Butler, Trudi Biggar, Vicki Stevenson, Michelle Findlater

→ Lisa Murphy, Ceri Hills, Michael Wyllie, Laura Hayes, Moira Willox who gained the New Zealand Umpire B Badge at NZ U19/21 Championships recently

→ Christina Matthews from Netball North Harbour, who gained full marks in New Zealand Theory Exam followed closely by Susan Geddes from Mid Canterbury and Kathy Ferguson from Dunedin on 59.5.

→ Assist the examiners and markers with developing quality processes and practices

→ Provide analysis and assessment of the results

→ There is one Moderator for Regional exams and one for National exams

→ Assist with marking as required.

#### Markers (2):

→ Mark all Regional Theory exams (twice per year)

They will be advertised in the Weekly Update to Regions. If you would like information sent direct to you please contact Umpire Development Manager,

dianne@netballnz.co.nz

## Sorting Out Shin Splints

'Shin Splints' is a generic term used to describe several painful conditions in the shin region of the front, lower leg and is not necessarily a diagnosis in itself. Shin splints is commonly associated with overuse and is especially common with runners and walkers and our very own netball players and umpires due to the continuous concrete court work, movements and running that is pursued week after week.

Symptoms of shin splints include:

- tightness and tenderness along the edge of the shin bone (tibia)
- pain and throbbing of the shins during and after activity.

The symptoms often disappear at rest then return as soon as activity is resumed.

### Causes of Shin Splints

- Inflexible, tight calf muscles & Achilles tendons
- Biomechanical factors of the foot. Eg; over-pronation
- Excessive running or activity on hard surfaces, such as concrete, over training or rapid increase in training load or intensity.
- Incorrectly fitted or worn shoes, shoes with inadequate support or cushioning.
- Beginner runners, due to the leg muscles have not been stressed in such a way before they started running.
- Could be a result of a stress fracture in

one of the bones in the shin

- Caused by other various disorders; compartment syndrome, tendonitis, myositis, a muscle tear or periostitis

### Treatment of Shin Splints.

Seek correct diagnosis from either a; physiotherapist, podiatrist or sport doctor, who will also be able to determine the cause and extent of your shin splint problem through a thorough examination.

Your treatment will:

- aim to; relieve pain, restore function and prevent re-occurrence.
- Consist of; joint mobilisation exercises, therapeutic exercises, correction of any postural misalignments and customized orthotics if necessary to encourage normal foot function.

### Avoiding & Preventing Shin Splints

Shin splints may be avoided with some common sense measures:

- Replace or repair exercise shoes that are worn down. Have well-fitted shoes with plenty of cushioning in the forefoot and heel area.
- Warm up before running first, walk progressed to a jog to a run gradually increasing speed.
- After warm-up stop and stretch your calf muscles.
- Train / exercise on alternative surfaces to concrete, (grass, sand, rubberized track or wooden courts) minimizing impact forces.
- With severe pain stop running, mild pain reduce training load & intensity, avoiding downhill running or cambered surfaces.
- Take anti-inflammatory medication to reduce inflammation.

- Apply ice to the shin area - for 10 minutes every 2 hours, to reduce inflammation. Do not apply heat to the area, heat will only irritate the area even more.
- Self-massage, using arnica oil or an anti-inflammatory gel, to the muscle only
- Stretching of the calf muscles.
- Strengthening of foot and calf muscles.
- Customised orthotics to correct over-pronation of the feet.
- Avoid over-striding, as places more stress onto the shins
- Gradually progress your training programme and include rest into your training regime.

### Alternative Exercises

Alternative training modes to enable you to continue with your training; swimming, pool running, cycling (in low gear) "spinning" or cross-training, mainly avoiding weight bearing exercises.

As a netball umpire Shin Splints are a problem that won't go away without correct diagnosis and treatment. There is no quick fix or magic treatment or garment that will stop the pain, this is something you need to act on.

If you are a shin splint sufferer then each season you need to prepare for this in your training and conditioning, your game preparation and recovery practices and make sure you are managing your shin splints as best you can.

**Megan Crockett**  
Netball New Zealand,  
NetballSmart Co-Ordinator  
megan@netballnz.co.nz

## RULE CHANGES

IFNA are seeking proposals for rules changes and Member countries are invited to submit proposals for changes to the rules of Netball. The IFNA Board has confirmed that the rules of Netball will be reviewed at Congress in Singapore in July 2011

NNZ is seeking your suggestions for rule changes.

- How do we want the game of netball to look like, what type of game should it be?
- What rules or amendments are required to ensure netball is the type of game it should be?
- Do the current rules suit the game now and in the future? Or are there new rules that need to be introduced to allow for growth and change over the next 4 years?
- Are there rules that just need re-wording – to make them clearer, more effective, less open to varying interpretation or to achieve a better game?

If you wish to make any suggestions Please contact Umpire Development Manager, Dianne McTigue diannem@netballnz.co.nz for the appropriate form to complete. This has to be returned by August 26.

## Janne Isaacs Remembered by many

Northern Wairoa's top Umpire, Janne Isaacs, collapsed and died while umpiring recently.

Janne played for Auckland and Northland but she is especially remembered for her commitment as a coach and umpire. At the time of her death she was Northern Wairoa Netball Centre's Umpire Co-ordinator.

She also umpired for the Whangarei Netball Centre and shared her experience by arranging umpiring clinics and coaching other umpires.

She coached Dargaville High School's A team and at Northland level was involved with managing the Under 19 representative teams. Janne also had a passion for Maori netball having coached, managed and umpired Tai Tokerau netball from the early 90s.

Janne spent time as a volunteer and an employee at Sport Northland from the early 90s.

Most recently she was the green prescription patient support co-ordinator.

She will be sadly missed by all netballers.