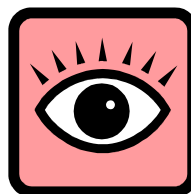




NETBALL NEW ZEALAND
Poitara-whiti Aotearoa

FOCUS



on

NETBALL UMPIRING

December
2010

Busy life for International Umpire

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Bobbi Brown is an International Umpire from Gore in the far south.

In 2010 her umpiring career has kept her busy as she umpired the Australia vs Scotland test series (February, in Scotland), Australia vs England test series (February in England), ANZ Cup (NZ), Samoa vs Sth Africa test series (July in Samoa), Commonwealth Games (Sept in Delhi), Fastnet World Series (Nov in England), Local Southland and Gore games on Saturdays and Thursday nights, plus Steel trainings!

When asked if she gets tired of all the travel Bobbi replied “

“Oh yes I get very tired of travelling but you develop strategies to manage it and make the most of the ‘wasted time’ e.g. do work on plane, sleep on plane, read books on plane. It’s often when you ‘stop’ that the travel hits you which is when you get home or back to work.”.

Bobbi started umpiring when she was about 12 years old. Her parents were heavily involved in netball administration in Gore so if she wanted to see them she had to go to netball on Saturday. It was just something they did as a family, according to Bobbi. She had lots of support in her early umpiring days from her parents plus other top umpires in Gore.

A former top International Umpire, Colleen Bond, is also

from Gore and she had a huge influence on Bobbi. “Being able to umpire with Colleen showed me what was achievable and the hard work that was needed to get there.

Colleen became someone I aspired to be like, “ says Bobbi.



Colleen, along with Alison Cormack, another local International Umpire, are her technical advisors these days.

They are part of a team of people Bobbi says help with her umpiring career including Will Payne, her fitness trainer and her mother who is her support person and babysitter.

“Don’t get hung up on feedback”

When asked who she turns to for feedback about her umpiring Bobbi says she asks the umpire coaches, fellow umpires and her support group. “I am open to some players and coaches as well – we all have different perspectives. Don’t get hung up on feedback – we always want to

hear the positive so might keep looking for it till we find it. That isn’t what we always need though. Learn to take feedback and then use what you need to. It’s a skill I have learnt over years. You are not always going to agree with everyone.”

Bobbi continues “I like having different coaching and input – it makes you continually look at what you are doing and why. Everybody sees it from a different angle but at the end of the day, you want to keep growing as an umpire so you have to be open to it. It’s a lot about your attitude and approach.

Saying that, you need to be able to take feedback and then process it so it has meaning to you – don’t get hung up on every piece of feedback you get, you will make yourself crazy. Have confidence to back yourself.

We have had consistency with our umpire coaching in NZ with Dawn Jones and Jan Teesdale in particular, so that helps too.”

Read more about Bobbi’s
→ training
→ Most frustrating rules
→ What she likes about being an IUA
on page 2



Three tips for new umpires

1. **Set realistic goals – don’t put pressure on yourself to achieve some thing that you perhaps can’t control or the timeframe is unrealistic**
2. **Positive attitude is essential - be open to feedback and criticism, learn to deal with it.**
3. **Take every opportunity you are offered and run with it – make the most of it all.**

What training does Bobbi do in a "normal" week at home?

The ANZ Championship games will start in February next year so Bobbi has been in full training for that since November which means she has not had a break from netball this year.

She lives on a dairy farm in Clinton so has plenty of travel to do working full time for a local government agency in Invercargill which is a daily 2 hour commute. She fits training around this

At the moment she aims to train 3 hard sessions, 3 medium sessions and 1 rest day each week. This will include mixture of strength training, running, building up interval speed with anaerobic exercises.

The 3 hard sessions are with her trainer in Invercargill at the gym during lunch hour – only time she can fit



it in. Bobbi says she has to spend afternoons all red and sweaty in the office post training as well

as wear skins under her work clothes! Other sessions are done at home on a treadmill or she may get to a pool. Bobbi tries to do something everyday, even if it is lower intensity as it keeps the routine going.

What rules of the game are the most frustrating?

"I don't like picky rules like 'not wholly in the centre circle'. I really enjoyed not blowing the whistle to indicate the goal has been scored in the Fastnet game – good to take the whistle out of the game. A good game is when the umpire is not noticed and the players can just get on and play. Its actually not about us as umpires, we are just there to do a job."

What do you like about umpiring at International level?

"I love the different styles of netball you see all over the world. It's the same game but people play it differently. Sport has that ability to bridge different cultures.

Travel to different places is awesome, can't believe how lucky I have been and what I have experienced – for a girl from Gore.

I don't like the loneliness of it – we often travel on our own, don't have a team to be with and homesickness is a biggie for me, especially since I had my son. Probably why we are good at finding things to do in our down time (...the shopping)."

National Umpire Squads

Congratulations to all those selected in National Umpire Squads for 2010-2011.

An Extended ANZ Championships Squad consisting of 3 members of the National A Squad have also been named and will be used as reserves for ANZC matches next year.

The squad programmes began with an ANZC umpires squad workshop in Christchurch on Oct 30 and a combined National A and Development Squad workshop in Auckland on November 13.

ANZ CHAMPIONSHIP SQUAD

Manager: Jan Carlton

Tier 1

Liz Boon, Jonathan Bredin, Bobbie Brown, Bronwyn Meek, Mandy Nottingham

Tier 2

Fay Meiklejohn

* Kristie Broad (on maternity leave)

NATIONAL A SQUAD

Coach: David Pala'amo

Gareth Fowler (2009-2010 National Development Squad)

Danielle Maulder

Lisa McPhail – Also in Extended ANZC Squad

Yvonne Morgan – Also in Extended ANZC Squad

Kim Sinclair-Morris – Also in Extended ANZC Squad

Marise Stuart

NATIONAL DEVELOPMENT SQUAD

Coach: Justine Osborne

Angela Armstrong-Lush, Laura Hayes –new, Tania Law, Lisa Paterson, Anna Sheen - new, Paula Wells - new

National Squads Workshops

With the announcement of the National umpiring squads for 2010/11 in October, NNZ has since held workshops for all squads. The ANZC squad met on October 30th in Christchurch and the National A and National Development Squads met in Auckland on November 13th.

This was an opportunity for the Squad Coaches and Managers to meet their squad members and discuss their expectations of the forthcoming season and to discuss with most, their individual planning for the 2011 season.

Also at these workshops the umpires had a very informative session with Life Skills coaches from the NZ Academy of Sport, Julie Jorgenson and Carolyn Donaldson, who introduced skills that will assist the umpires to manage their very busy lives and maintain being able to perform at the top level.

Off season and pre season preparation for their conditioning and training for 2011 was outlined with Susi De Bono and Megan Crockett and the Yoyo Fitness Test was a new experience for those at the Auckland workshop. This was followed by a practical skills session with assistance from the NZUP members present and the local Counties team members.

NNZ would like to thank all presenters who contributed to the workshops providing the squad umpires with skills that will be very beneficial for their preparation for the 2011 season.

ANZ Championships Umpires preparing for early start

ANZ Champs Umpire Squad Manager, Jan Carlton, reports that preparation is well underway for the umpires.

Pre season tournament in Queenstown 28 29 30 January at which ANZC Umpires and reserves will officiate.

There are planned exchanges of umpires and Umpire Panel members with Australia during ANZC 2011.

Curtain Raisers for U19 Umpires

A NZ Talent Development Squad of Under 19 umpires will be named soon to prepare for umpiring curtain raisers to ANZ Championship games in 2011.

These umpires have attended NZ Talent Development workshops around the country during September to December and Squad Coach Jan Skilton will name 12 umpires to control the curtain raisers.

The group will eventually be reduced to 8 and they will participate in the NZ Secondary Schools Trials camp in April 2011.

Jan will select from approximately 45 umpires from 12 regions.

STARTING OUT YOUR OFF-SEASON TRAINING

As an umpire, off-season training can be one of the most important aspects for the season ahead. Your 'Off-Season' should follow a short break of active rest following the netball season just gone. Off-season training is based around aiming to improve your aerobic or cardiovascular endurance and muscular endurance, to provide you with a solid base of fitness and good muscular support around the joints, to build upon as you progress into your pre-season training. Off-Season training should be performed at an intensity of 60-80% with a moderate weekly workload.

Factors to Consider for Off-Season Training:

Injury Assessment

Prior to beginning any training it is advised to have all of your minor, major or niggling injuries assessed by a medical practitioner (doctor, physiotherapist, osteopath or podiatrist etc). A correct diagnosis plus a progressive rehabilitation plan will have you back in good working order, better and faster than if left to box on.

Injury Rehabilitation

Once your injuries have been diagnosed correctly and you have received a rehabilitation plan, you need to make sure that you are rehabilitating any or all injuries as instructed. The rehabilitation of an injury may require lower intensity or lower volume of training however it is best to ensure your injuries are sound first and foremost before increasing your training workload.

What Should Your Training Include?

Running – as you are running up and down the netball court it is essential to include some running in your programme, unless injured (then follow advice from a professional).

Core strength & stability – incorporate core stability exercises into your training to assist development of core strength and stability.

Flexibility – a component that we should consistently work at to relieve muscle tension and soreness and decrease injury risk.

Cross Training – can be very valuable once or twice a week for variety and to train the muscles and systems in a different manner.

Endurance – provides the base to all other components and enables an umpire to sustain the duration of game whilst making good decisions, throughout a season with low levels of fatigue and injury.

Strength – provides the base and the ability to produce power muscular power and agility. Muscular strength provides joints with support to reduce the risk of injuries.

Cross Training & Summer Sport - Participating in summer sport is great cross-training for you. Your other sport can be included as a cardiovascular training session if it has a duration of 30 minutes or more. However be aware of sustaining injuries or the impact upon a current injury within other sports. Provide your body with some variety and choose sports that are played on a different surface and that use slightly different muscle groups.

Recommended Off-Season Sports & Activities:

Touch Rugby-Good for fitness, agility (change of direction); Athletics -Good for both aerobic and anaerobic fitness
Yoga or Pilates -Good core strength work and flexibility; Boxing -Good for

aerobic and anaerobic fitness, agility and core

Swimming -Good non weight bearing method of training ,therefore no impact upon joints. Great method of training if injured.

Beach Series & Stroke and Stride Series-Good fitness with less impact; Aerobics, Gym Work / Weight Training-Good for aerobic fitness, muscular endurance and strength

Some Tips To Think About

Make sure that you include one full days rest per week, to allow your body to adapt and recover plus prevent overtraining.

Alternate your training days between easy and hard days. Easy days are lower intensity and low to moderate volume. Hard days are high intensity and higher overall volume.

If an injury occurs cease training immediately, apply the principles of rest, ice, compression and elevation and seek professional diagnosis and advice.

Off-Season training doesn't have to be boring or time consuming it just needs to be effective. This means, effective use of time and effective training methods. You don't need to be a gym member or have loads of equipment either.

The NetballSmart website will make a personalized training plan for you depending on your level of fitness, facilities, equipment and time available. With video clips and technique instruction its all too easy.

Be Active these holidays



oct	nov	dec	jan	feb	mar	apr	ma y	jun	jul	au g	se p
Active Rest	Off Season			Pre Season			In Season				
<ul style="list-style-type: none"> Rehab R n' R 	<ul style="list-style-type: none"> Aerobic endurance Muscular endurance Core stability & strength Rehabilitation 			<ul style="list-style-type: none"> Strength Anaerobic endurance Core stability & strength Speed & Agility 							
Intensity	<ul style="list-style-type: none"> 60 – 80% intensity Med – long duration Continuous training 			<ul style="list-style-type: none"> 80% + intensity Med – shorter durations Interval training 							

Updated Excellence Manual brings some changes

The Umpiring Excellence Manual has been updated and will be distributed soon.

Some changes to take note of are:

- NZ Qualifying will now be called NZ C Award
- NZ C will be endorsed every 4 years
- NZB and endorsements may be assessed in the regions with one NZUP member as assessor with a Regional NZ Panel member.
- Fitness testing may be conducted by ANY person approved by NNZ
- The Yo Yo test will be the only fitness test required
- 14.5 is the Yo Yo test level required for NNZ events. This will be reviewed and probably raised for 2012

Be sure to check the NNZ website for a copy of the Manual next week.

Theory Exam dates for 2012.

Dates have been set for next year's Theory examinations.

Regional: 23 May and 8 August

NZ: 13 June and 12 September

Regions will be reminded of closing dates for applications and notifying details of supervisors.

Theory Tutors should note there is an excellent resource available from Regions for planning preparation sessions with candidates.

Tutors should also consider using a mix of theory and practical situations to assist candidates with their understanding of the rules and their application.

Individual Development Plans

As Netball New Zealand strives to have the best umpires in the world the NZUP will be working closely with all NZB umpires not in National Squads in 2010 to raise the standard and try to get more accredited as NZ A umpires.

NZUP will prepare individual development plans with all NZ B umpires.

They will discuss all components required to make a successful elite umpire including physical, mental, nutrition, career, personal and on court performance.

Realistic and timely goals will be discussed and adjusted if necessary.

It is aimed at giving the umpire confidence to aim for their goals, and an overview of what is required to achieve them.

If you are a NZB umpire and have not heard from a NZUP member yet contact Umpire Development Manager dian-nem@netballnz.co.nz to discuss.

**We are what we repeatedly do.
Excellence then is not an act
but a habit.**

National A squad gains new member for 2011



Gareth Fowler, age 27, is the newest member of the National A Umpire Squad named at the end of October.

Gareth started umpiring for Netball Hutt Valley in 2006 previously having umpired for his College and some indoor matches. He started umpiring because he had played representative netball for a number of years and found himself getting quite difficult to handle on court! This made him "put my money where my mouth is and start to umpire".

Training for Gareth is a six or seven day a week programme consisting of 2-3 times at the gym (including personal training), training on large flights of stairs, interval work, running twice a week on average 7-10km, and other cross training activities.

When he arrived at his first national event, NZAGC, in 2009 Gareth was very nervous before his first game and believes he forgot his co-umpire. "I was lucky to have Kylie and Mary there to help with different facets of being at tournament and this helped me have a fun time." Kylie Morgan, Mary McCarthy, and other Hutt Valley Umpires Tasi Beveridge and Julie Smith have supported Gareth with his umpiring. Kirsten Lloyd and Liz Boon have assisted him with moving to the next level. Jan Carlton, his former Development Squad coach offered welcome support and assistance when he had the opportunity to umpire at Trans Tasman Secondary Schools event in Adelaide earlier this year.

Gareth says "I am looking forward to working closely with A squad coach David Pala"amo for the 2011 season having known him through men's netball for many years. He is a highly respected coach, umpire and umpire coach."

Like many netballers Gareth helps others develop their skills further. As well as being on his region's NZ Panel he is convenor of an academy for up and coming umpires at Netball Hutt Valley, a buddy to many umpires in his Centre, assists with Theory classes, classes for umpires—including parent umpires who umpire for schools, takes fitness sessions for um-

pires.

As an Acting Senior Probation Officer for the Department of Corrections he is often dealing with difficult people with unexpected serious events requiring immediate responses. This means he needs to be able to change his plans with regard to netball and training—flexibility is the key.

Gareth's 3 Tips for New Umpires

- **Be receptive to feedback and if you don't understand—ask!**
- **Set yourself goals that are within your control.**
- **Watching umpires and games at a high level gives you a great opportunity to understand umpiring techniques in the "heat of battle".**



Megan Crockett, Netball New Zealand's NetballSmart Co-ordinator will be presenting workshops especially for umpires. In some regions early 2011

NetballSmart Pre-Season Umpire Conditioning & Testing Workshop:

The workshop will consist of 3 components:

- A classroom / theory based session looking at pre-season conditioning for umpires. With plenty of Q & A and discussion time. (45mins)
- A Yo Yo intermittent Beep test session – introduction to the test, how it works and why we are using it. A run through of the test. (30 – 45mins)
- A practical pre-season conditioning session that the umpires can take away with them to keep using as part of their conditioning. (30mins)

This year's workshops are in the following regions:

Auckland Waitakere, Counties Manukau. North at Auckland—12 February
Otago. Southland at Dunedin—26 February
Wellington—date to be advised
Western at Palmerston North—date to be advised
Bay of Plenty at Tauranga—date to be advised.

Any queries regarding these workshops please contact diannem@netballnz.co.nz or your local umpire co-ordinator.

A day in the life of an ANZ Umpire



It is very easy to just turn on your TV on a Monday night to watch the latest ANZ game, and the umpires doing their thing. What is easy to forget is that the umpires have not just 'rocked up' an hour beforehand, but have been preparing for the first whistle from earlier that day.

Just to give you all some idea, this would be a typical plan of my day for a Monday-night game in the North Island. Being from Dunedin, this is a pretty common occurrence throughout the season.

7am: Wake up. Have a decent breakfast and finish packing. Make sure I have all my uniform, whistles etc., along with requirements for TV and recovery.

8:30am: Clock-in for my day job as Head of Tax at an accounting firm. While I have very good employers, I cannot afford to use my all my leave balance for ANZ as this would leave me no time for international appointments.

10am: Have a good morning tea and keep an eye on the internet for potential weather or flight disruptions, unless I need to bring forward my travel plans or arrange a Plan B. Usually touch base with my co-umpire via text to

finalise arrangements for that night.

Late morning: Knock off work and head to Dunedin airport. Ensure my umpiring gear is with me in hand luggage, and that I have plenty of food and water. I always make sure I have some work to do and my MP3 player, so I can quickly pass the time which is often two or even three flights.

2:30pm: Arrive at destination. Sign for rental car, hook up GPS and head to the hotel. Once I arrive at the hotel I check-in, shut all the curtains and go to bed for a 90 minute sleep.

4pm: Wake up. Have a shower. Do my ironing. At this time I make sure I have my dinner to make sure I can last until the end of the game without eating again. I eat what works for me, but that is not necessarily what a sport's nutritionist would recommend! I also make sure I have some caffeine.

5:15pm: Last check of things at hotel. A quick read over the notes I have from last week's feedback and also from my own pre-game analysis of the teams involved. Depart for stadium.

5:45pm: Arrive at stadium. Spread out in the changing rooms and usually have a small snack. We then have to complete a court check and report to the TTNL official prior to doors opening at 6pm.

6:15pm: Chill out with co-umpire. Kill time really.

6:30pm: Start warm up with some general jogging and stretching.

6:45pm: Check teams in changing

rooms.

6:50pm: Finish warm up with game simulation, sprint drills and dynamic stretching. Put on my microphone and umpire alert.

7:10pm: Time to go courtside.

7:20pm: Game start.

After the game has finished, I cool down for 5 minutes and have a good stretch before jumping in the ice and having a quick shower.

We then have a discussion with our panel person and head to the after match in most cases.

Afterwards I head back to my hotel, and usually arrive by 10:30pm. I am that hyped up I struggle sleeping straight away, so put the TV on and usually watch the end of the Australian game in the background while I start my debrief report for Dawn Jones on the game. I like to do this when it is fresh in my head, and I often finish it straight away before I have even had a chance to look at the replay on MySky. I know other umpires are different but this is what works for me.

Before I head to bed for the night, I arrange a wake up call ready to head back to the airport for the first flight the next morning and then it is straight back to my day job – usually with a pool session at the end of the day.

Jonathan (Jono) Bredin—IUA



NZTD/RDF Panel Workshops

The recent Netball NZ Talent Development Programme for players and umpires provided an opportunity for Umpire Panels to come together for workshops with Umpire Development Manager, Dianne McTigue, and the New Zealand Umpires Panel members.

Fifty five umpire coaches and panel members attended the workshops and observed sessions the Talented Umpires and players were involved in.

Dianne took the opportunity to feedback responses to the Questionnaire distributed to umpires earlier this year and explain outcomes for any issues raised. She also discussed Umpire pathways and changes to be made.

These changes will be covered in the updated Excellence Manual due to be

released this week.

The most popular part of the workshops was the observation of the young umpires in action followed by listening in to feedback being given to them by Squad Coach Jan Skilton and NZUP members. Pictured above 2010 Talent Squad umpire Hayley Whiting receives feedback from NZUP member Sheena Tyrrell with Diana Walsh (Selwyn) and Deb Vincent (Nelson) listening in.

At the last of the cluster weekends the observer panel members also had the opportunity to practice their feedback on the young umpires.

Umpire Development Manager, Dianne McTigue says "It was a great opportunity for umpire coaches and panel members from Centres and Regions to get together, hear what NNZ is planning, discuss issues affecting them, and find solutions. In several cases there was a new found understanding of each others situations especially when smaller Centres were represented."

When it comes to eating right, and exercising, there is no "I'll start tomorrow. Tomorrow is disease." Terri Guillemets