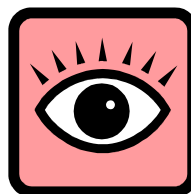




NETBALL NEW ZEALAND
Poitara-whiti Aotearoa

FOCUS



on

NETBALL UMPIRING

May 2011

Oceania Umpires experience Auckland Netball

Dates to remember:

13 May—NZ Theory Exam applications due

23 May—Regional Theory Exam

13 June—NZ Theory Exam

15 June—Fitness test results due to NNZ

It was an eager group of umpires who attended the Oceania Umpires Development Camp in Auckland at the beginning of April.

Eleven umpires from Cook Islands, Fiji and Samoa spent four days in camp gaining valuable on court experience at various Netball Centres and updating their knowledge in workshops with New Zealand Umpires Panel.

The Umpires who all had NZ or Regional Awards were working towards places in three Oceania Umpire Squads— High Performance, Development and Umpire Coaches.

Some of the umpires will be invited to NZ events in 2011.



Back from left: Jackie (Si'o) Ainu'u, Samoa, Luciana Matenga, Cook Islands, Ioane Iosefo, Samoa, Moape Ravudolo Fiji, Louise Mataia Samoa, Punanga Kavaeo Cook Islands, Raijieli Rabutu Fiji, Janette Browne Cook Islands
Front: Angela Jowitt Samoa, Jonah Saturu Fiji, Dianne McTigue, Melaia Druani Fiji

Congratulations to the following umpires who have been appointed to International fixtures

World Championships:

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

Trans Tasman Secondary Schools: Angela Armstrong-Lush, Tania Law, Lisa Paterson, Anna Sheen and Paula Wells

Pacific Cup: Fay Meiklejohn, Yvonne Morgan and Lisa McPhail.

Jamaica v England Series in Jamaica: Jonathan Bredin

ANZ Championship Finals Series: Mandy Nottingham, Bronwyn Meek

Appointments to National Championships

The New Zealand Umpire Panel have been busy in the first few months of this year attending matches to observe umpires wanting to be considered for national appointments.

A commitment was made last year that as many umpires as possible would be seen before making appointments. This has meant many hours of observing, and travelling, for NZUP.

Some umpires from smaller regions have also had to travel to games in order to be observed by the panel.

All umpires have been advised of the proposed timeline and process for appointments which are now underway.

Pre-Season Umpire Conditioning

Pre-season conditioning is an important second stage of your conditioning, to follow on after your off-season conditioning.

So over the past couple of months NetballSmart has been out in your Regions doing umpire specific workshops for pre-season conditioning. For those of you that couldn't make the workshops, here is a brief overview.

Pre-Season Conditioning

This is the time to progress your conditioning into higher intensity workloads, but of course with a shorter duration. Now you should be aiming to train at approximately 80-90% of your maximum intensity, broken up with short duration rest periods.

Conditioning Focus:

Anaerobic endurance -aiming to tolerate higher intensity work for longer

Muscular strength - aiming to be stronger in all muscle groups

Speed and agility-aiming to be faster and to be able to change direction quickly and accurately.

Core strength and stability - aiming to strong through the core (inner muscles) and stable in unstable environments to minimize risk of injury.

Are You Doing Enough To Improve?

We all want to improve our fitness without the hassles of injury or overtraining. Therefore we need to be planned and prepared. We need to keep our training at the right intensity to get the best gains. Ask yourself some questions, the answers will highlight where you may need to focus your training;

What fitness training is your favourite?

What training do you dislike or struggle with?

What needs improving?

Injury Rehab:

The first step is to get all injuries or niggles diagnosed correctly by a medical professional.

Step two, obtain a progressive, return to sport rehabilitation plan from your medical professional.

Third step, have regular check-ups to monitor progress.

Training Guidelines:

Anaerobic Training

3-4x per week, including high intensity interval training and sprints.

Sprints should be short distances covered on the netball court; 5m, 10m, 15m, 20m and no more than 30m.

Can you other modes of training other than running if injured or for variety.

Muscular Strength

3x per week

Exercise performed should be at 8-12 repetitions and 3-4 sets with a weight that is slightly heavy but achievable.

Superset two or three exercise together with minimal rest to elevate the heart rate and stress the muscles.

Perform exercise that are challenging for the core musculature.

Muscular strength straining is great to precede or follow anaerobic work or sprints.

Core Strength and Stability

Include the majority of your core exercises into all your other exercises and conditioning, by doing unsupported exercises, using swiss balls, wobble boards or bosu balls.

Conditioning Recommendations:

Have one full days rest every six days/week.

Alternate easy and hard training days to give yourself a small break in between.

Use low or no impact training options for variety in conditioning and to assist any injuries you may have.

Have at least one cross training day per week, where you use other modes of training for variety, such as swimming, cardio gear in a gym or other sports.

... Be fit and ready, to have a great season ahead.

Sorry this is a little late, but may be of use to some umpires in areas just starting! Better late than never

Technology extends opportunities for umpire education

The first of two Video Conference sessions for umpires in smaller areas took place this week with Fay Meiklejohn presenting a session from Auckland on Preparation for Theory Exams and discussing protocols and procedures.

This will be followed a week later with Jono Bredin in Dunedin presenting a session on Minor Infringements. Umpires in Wanaka, Westport, Greymouth, Hokitika, Rotorua and

Ashburton are linking up through the assistance of schools in these areas.

Gen-i, Telecom New Zealand's corporate IT business, is providing the videoconferencing service to connect the participants. This included free communications links and the use of VC equipment and meeting rooms at Telecom's offices in Auckland and Dunedin for the presenters.

The video conferencing sessions were possible under the West Coast ICT Uptake Project which is a part-

nership between Development West Coast and the Government's Digital Strategy.

Jackie Gurden was the project coordinator and did many hours of work setting this up which is much appreciated by Netball New Zealand.

Theory Resource

The Theory Tutors Resource, which is also useful for candidates preparing for exams, is available on NNZ website. Check out Umpire/ Resources.

Kalesi Tabete is an umpire at North Harbour. She moved here from Fiji to continue her studies and has been umpiring at National events.

How did you start out umpiring and where?

I attended an umpiring workshop in Fiji in 1996 which ran in conjunction with our annual national tournament. This workshop was conducted by Netball Australia. At this clinic, we were given the opportunity to sit a basic theory test (can't remember the name, but I think it was the equivalent to the centre test bank theory). Upon passing this test, I then went on to do my practical assessment and gained the umpiring award for this level.

Who has been the greatest assistance to you with your umpiring?

Netball New Zealand and Netball North Harbour.

Netball New Zealand has played a pivotal role in my umpiring development since 2001. As part of their commitment to developing netball in countries within the Oceania region, NNZ has and continues to provide the necessary support in terms of financing travel and accommodation within NZ, opportunities to officiate and receive umpire

coaching and mentoring at national tournaments. Netball North Harbour has also con-

Moving to New Zealand to pursue further studies has had a huge impact on my umpiring career. I have personally seen a great improvement in my umpiring since arriving in NZ. I now view umpiring in a broader perspective. I've come to understand a lot more about a number of vital facets involved in netball umpiring such as nutrition, body conditioning, recovery and mental toughness, just to name a few, which can positively enhance your performance. In addition, I've mastered how to use the three techniques, vision, timing, positioning, to make the right calls during a game.

What advice do you have for other umpires from Oceania countries?

Set clear umpiring goals and work towards achieving them. There will be times when you will encounter obstacles and challenges. However, you will need to remain focused, have patience and perse-

vere, as in time, you will be rewarded for your hard work.

Are you in NZ permanently or to study? If you plan to return to Fiji when would that be and what do you hope to be able to do for umpiring there?

I am currently in NZ to study. I will return to Fiji and continue to develop and promote umpiring by sharing the knowledge and experience I have gained here in NZ. My goal is to raise a number of highly qualified and accredited umpires in the country.



Kalesi shares some umpiring tips with Raijieli, Mela and Moape all from Fiji.

tributed significantly to my development. The support that I have received from them has been outstanding. I am privileged to be coached by some of the best, knowledgeable and experienced umpires in the country. Their assistance and encouragement has been the major driving force behind my determination to proceed higher in my umpiring career and achieve the goals that I have set.

How has your move to NZ affected your umpiring?

Intensity of Fastnet main difference for umpire.

When Bobbi Brown umpires at the World Netball Series (Fastnet) the main difference for her is the intensity of the game. "Players go out there and want to play hard out for the seven minute quarter. Our 15 min quarters have more up and down play but each Fastnet quarter is full on.

The frantic nature of the game means there is a lot happening at one time with all players working to get the ball. Vision and position will affect advantage."

Position needs thought, according to Bobbi – same principles as longer form of game, let play dictate your movement. With players still adapting to this form of the game they still play like in a normal netball game. When you need to sprint – you sprint, cheating by getting to the goal line early doesn't work."

Shooters are able to score two pointers from outside the goal circle. Bobbi explains this makes a difference to umpires' decisions.

"The thing is to think of what advantages and disadvantages teams when they can take a two pointer shot. For example, an obstruction at the shot is still a shot outside in original position (not where offending player was) and we might advance closer to the pole for infringements but this might be a disadvantage if it means that the team can't take

the two pointer shot."

Another NZ Fastnet Umpire, Mandy Nottingham says "It is critical the umpire makes an immediate decision whether advantage is appropriate and this includes the signalling and calling of advantage so players can respond immediately. This will enhance the game flow and allow for less disruption. This is also applicable in the standard game".

Winning and losing of this game is to do with two pointers. Many believe that is why Malawi were successful. Their team tactic was to get the GA who was a willing shooter from long out in a position to shoot. Some of the other teams are remembering half way through that they can shoot and it doesn't appear to be the key goal.

Options for enhancement of the game are many and varied and as the game develops many options are being explored These may include:

- * No whistle at Throw In
- * Minimum numbers of substitutions per quarter per team – to force teams to use their bench and add to the intensity of the game
- * More shooting options including positions and areas of the court

It is a fun game and if embraced correctly makes for a great festival atmosphere for players, coaches, umpires and spectators.

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Registration forms and further information on the
Netball New Zealand website soon.

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