

Tauranga Netball Centre Representative Programme 2024

OUR VISION

To strengthen netball in Tauranga through having representative netballers who finish in top 8 placings in National Competitions.

To come together as a netball community where committed people are constant in learning about the game and growing through coaching, umpiring and playing at a representative level.

HOW WE MEET OUR VISION?

The Representative programme is Tauranga Netball Centre's (TNC) commitment to developing players, umpires and coaches ready to compete at National Tournaments for our netball centre. The programme will involve up to 110 players, umpires and coaches working through how we train, compete and learn to be better playing against other regional teams at the National Tournament. A big part of the programme is providing a quality experience with Representative netball through guiding coaches, umpires and players to equip them with the tools needed to achieve. We are improving as an area but we still have to be constant in building the capability of all involved. Six key pillars have been identified as crucial skills that netballers need to develop as they progress in their development. The points highlighted in blue are a focus point for the 2024 season, drawn from the review of the 2023 season. Debbie Fuller will lead the coaching staff to support implementation of the programme. Tracy Walters Tauranga Centre Manager will manage the programme to ensure the correct resourcing and support is provided. If you have any further questions please contact Tracy - manager@tauranganetballcentre.co.nz

WHO WILL BE INVOLVED ?

Coaching staff include

Opens - Helena Hoult

U18 Women - Shelley Norris **U18 Men** - Chloe Murray

U16 A - Rangi Ward **U16 B** - TBC

U14 A - TBC **U14 B** - TBC

Strength and Conditioning delivered by **the Athlete Factory**

WHAT WILL THE FOCUS BE?

Game skills

Can meet the physical fitness requirements for my team

Can cope with the intensity and loading of Representative netball

Can understand positional role and the skills it demands and works hard

Is constant in learning the game tactics and new ways to read the game

Team skills

Can turn up on time, communicate and keep up to date with team info.

Understands the movement in teams due to injury and illness means no place in a team is guaranteed

Understands that no single person is bigger than the team, and only teamwork, hardwork and fun can bring success.

Movement skills

Speed over 5M 10M is fast and powerful

Change of direction, jumping and agility is explosive

Vision with ball, timing of movement can gain intercepts and also place ball correctly on attack

Capacity to play at intensity over 6 days as is required at National Tournaments (refer to NNZ Zone Physical testing guidelines).

Progress skills

Aware of new learning opportunities and what to work on and why

Can take and give feedback and are clear on what my strengths are

More Tauranga Representative Coaches are on the Sport BOP or NNZ pathway

Own's ones progress and can have conversations with coaches and support staff about how this will happen

Leadership skills

Can lead and add value in teams

Understands that representing Tauranga, upholding the Mana of Tauranga Netball Centre, is a privilege afforded to a few.

Preparation skills

Understands the value of sleep, nutrition, Netball smart warm up and recovery.

Has strategies to deal with the impact of distraction, stress and hardship.

Can plan short and long term.

Open (18+) Representative Programme

The programme is an 10 week commitment and trainings will be up to a 3 hour duration on Saturdays.

This aim of this team is to support players who are wanting to transition to higher levels of competition e.g. NNL and ANZ Premiership, who are competing at that level and wish to explore their game further. This will require players who are dedicated, willing to work at a higher level and beat their own personal benchmarks to see how far they can extend themselves. Two areas to focus on this season for this team comes from the review that players require more preparation and training time and the game play timing and skillsets compared to the top 2 teams needs work. Players are encouraged to refer to the Zone player physical testing guidelines and the player descriptors on page 20 & 24 in *Netball New Zealand's Team Formation and Selection resource* players are also advised to match their physical capability against the Magic Netball conditioning benchmarks for each position. This gives players a clear understanding of where they are at and what is needed to be competitive.

A squad of up to 14 will be selected then a team of 12 players will travel to the National Tournament, where the team will stay together for the duration of the tournament. In addition, 3 players from each area of court will be named as non-travelling reserves and should keep the tournament dates clear if they are required to play. Players must be available for all events in the 10 week programme. Cost of the programme is TBC. TNC will endeavour to procure funding for travel, coaching and accommodation.

[Download the NNZ Zone Physical Testing Guidelines](#)

[https://www.netballwbop.co.nz/images/zones/wbop/community-netball/Team Formation and Selecting Resource.pdf](https://www.netballwbop.co.nz/images/zones/wbop/community-netball/Team%20Formation%20and%20Selecting%20Resource.pdf)

Players must be 18+ from the 1st of January 2024

Players must be registered or affiliated to play for a club in Tauranga Netball Centre

Head Coach: Helena Hoult

Assistant Coach: TBC

Manager: TBC **Open's National tournament** will be at Bruce Pullman Arena, Auckland September 9th-14th

Squad trials: 6 July Otumoetai College 9am -12pm

Trainings will be at Otumoetai College Gym Saturdays 9am -12pm

Under 18 Representative Programme

The programme is a 10 week commitment. This year we will have two U18 teams, U18 Mens and U18 Womens. Both Under 18 teams aim to finish in the top 8 placings at the National Tournament in 2024, therefore we require players who are committed to playing at a higher level, willing to extend themselves and work hard. Players are encouraged to refer to the Zone physical testing guidelines and the player descriptors on page 20&24 in *Netball New Zealand's Team Formation and Selection resource* to understand where they are at and to participate in pre-season training (which is optional) to prepare and strengthen for trials. Training will be up to a 2 hour duration twice a week. 12 players + 4 non-travelling reserves will be selected to travel to the National Tournament. Teams will be announced on 4th of May on the website at 4pm. The 4 non-travelling reserves should keep the tournament dates clear if they are required to play and are invited to the team camp on 5th of May. Players must be available for all events in the 10 week programme.

[Download the NNZ Zone Physical Testing Guidelines](#)

https://www.netballwbop.co.nz/images/zones/wbop/community-netball/Team_Formation_and_Selecting_Resource.pdf

Players must be Under 18 years from the 1st of January 2024

Players must be registered or affiliated to play for a club or school in Tauranga Netball Centre. Players may not trial for a higher age group unless dispensation has been granted by Tauranga Netball Centre. Trainings will be Saturday mornings Otumoetai College Gym 9am -12pm and Monday mornings at the Mount Sports gym (next to TNC) 6.15am -7.30am. It is anticipated that players will play College Netball on Friday nights and attend pre-tournaments on some Sundays. The recovery, nutrition protocols and S&C guidelines must be well understood and met. Player loading will be monitored and sessions planned in advance so parents and players know when high loading weeks are happening.

U18 Womens

Head Coach: Shelly Norris

Assistant Coach: (TBC) **Manager:** TBC

U18 Mens:

Head Coach: Chloe Murray

Assistant Coach: TBC

Manager: TBC

Trials: Saturdays 27th April & 4th May 9am -12pm Otumoetai College Gym

Selectors: Kyra Ormsby, Leon Tauariki, Shelley Norris, Chloe Murray. Debbie Fuller will attend Final trial.

Trainings: Saturdays 9am -12pm Otumoetai College Gym. Mondays 6am - 7.30am Mount Sports Centre. Camp day Sunday 5th of May 10am - 4pm (Parents meeting 3-4pm).

Estimated cost: Girls \$700 Mens \$550 (cost difference given the team is not attending all preseason tournaments) per player covers all pre-season and National tournament travel, accommodation, uniform, equipment, prizegiving and food expenses.

Under 16 Representative Programme

The programme is a 10 week commitment. The Under 16A team is aiming to finish in the top 8 in A grade and the U16 B team to finish top 2 in C grade. This is our most competitive age group and requires players who are not phased by pressure from opposition teams, who can commit to improving themselves first then contributing 100% to the team. This age group also has a tendency for disruption in teams due to injuries and withdrawals. Players are encouraged to refer to the player descriptors on page 20 & 24 in *Netball New Zealand's Team Formation and Selection resource* to understand where they are at and to participate in pre-season training (which is optional) to prepare and strengthen for trials. Training will be up to a 2 hour duration once a week. A&B team of 10 players + 4 non-travelling reserves will be selected to travel to the National Tournament. Teams will be announced on 1st of May on the website at 4pm. The 4 non-travelling reserves should keep the tournament dates clear if they are required to play and are invited to the team camp on 5th of May.

https://www.netballwbop.co.nz/images/zones/wbop/community-netball/Team_Formation_and_Selecting_Resource.pdf

Players must be Under 16 years from the 1st of January 2024

Players must be registered or affiliated to play for a club or school in Tauranga Netball Centre. Players may not trial for a higher age group unless dispensation has been granted by Tauranga Netball Centre.

U16 A

Head Coach: Rangī Ward

Assistant Coach: TBC **Manager:** TBC

U16 B

Head Coach: TBC

Assistant Coach: TBC **Manager:** TBC

Trials: Sunday 28th April 9am-12pm Trial 1 at Tauranga Netball Centre. Tuesday 30th April 6-8pm Trial 2 at Tauranga Netball Centre.

Selectors: Theresa Price, Hikitia Gallagher TBC

Trainings: Tuesday evenings 6-8pm starting 7th May. Tauranga Netball Centre. Camp day Sunday 5th of May 10am - 4pm (Parents meeting 3-4pm).

Estimate cost: \$600 covers all pre-season and National tournament travel, accommodation, uniform, equipment, prizegiving and food expenses.

Under 14 Representative Programme

The programme is a 10 week commitment. Players are also encouraged to participate in pre-season training which is optional. Training will be up to a 2.5 hour duration held on Tuesday evenings. A&B team of 10 players + 4 non-travelling reserves will be selected to travel to the National Tournament. Teams will be announced on 1st of May on the website at 4pm. The 4 non-travelling reserves should keep the tournament dates clear if they are required to play and are invited to the team camp on 5th of May. Players must be available for all events in the programme. Cost of the programme is TBC. TNC will cover travel, coaching and accommodation.

Players must be Under 14 years from the 1st of January 2024

Players must be registered or affiliated to play for a club or school in Tauranga Netball Centre

U14 A

Head Coach: TBC

Assistant Coach: TBC

Manager: TBC

U14 B

Head Coach: TBC

Assistant Coach: TBC

Manager: TBC

Trials: Sunday 28th April 9am-12pm Trial 1 at Tauranga Netball Centre. Tuesday 30th April 6-8pm Trial 2 at Tauranga Netball Centre.

Selectors: Tracy Walters, Helena Hoult TBC (Claire Kersten TBC)

Trainings: Tuesday evenings 6-8pm Tauranga Netball Centre starting 7th May. Camp day Sunday 5th of May 10am - 4pm (Parents meeting 3-4pm).

Estimate cost: \$600 covers all pre-season and National tournament travel, accommodation, uniform, equipment, prizegiving and food expenses.

Representative Umpiring Programme

The programme is a 10 week commitment. Umpires are also encouraged to participate in pre-season training which is optional. A squad of up to 10 umpires will be selected with the intent they are available and travel to Regional Representative Tournaments. They will train alongside the U16 and/or U18 teams for S&C and then work with their umpire coach.

Umpire fees for games will be determined by the Umpire Coach.

Umpires must be registered or affiliated to the Tauranga Netball Centre

Umpire Lead: Maree Body

Frequently asked questions about the Representative programme

What if I can't make trials?

If you can't make a trial date please register and let us know the reason you are unable to attend. Exemption will be considered and selectors will be made aware of your absence. If you cannot attend any of the trial dates, or you are returning from injury please provide an email to manager@tauranganetballcentre.co.nz outlining your playing history, coach contact details who can be your referee and if required a physio schedule of when you are able to return to full training.

How are the trials run?

Trials are held for each age group after which either teams or squads will be selected. The following testing will be required please note the Zone physical testing guidelines. This will be carried out by the S&C Leads from the Athlete factory - Yoyo, Bronco and vertical jump. Named players are then expected to commit to attend team camps, tournaments and trainings which are on the calendar provided. Players are encouraged to refer to the player descriptors on page 20&24 in *Netball New Zealand's Team Formation and Selection resource* to understand where they are at and to participate in pre-season training (which is optional) to prepare and strengthen for trials.

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What are the fees to play Representative netball?

The fees average around \$600 which can be paid off with full payment being due by the time of Nationals week. Fees cover transport, accommodation, food, equipment, uniform, prizegiving and other costs. Tauranga Netball Centre also has a **hardship grant** for those with circumstances that require support, parents are able to contact us to apply for this. manager@tauranganetballcentre.co.nz

Will I be considered for an older age group?

Tauranga Netball follow Netball New Zealand's guidelines for Player development. [Download the NNZ Player Development Guidelines](#)

You cannot trial up an age group. On occasion players are invited to move up an age group, usually only as a temporary option to cover a team due to player unavailability in a position or injuries etc. Dispensation may be granted after meeting with the player, parents and coaching staff however we encourage parents and players to understand the NNZ Player Development Guidelines .

Who are the coaches?

We sought 'expressions of interest' for our coaching roles at the end of 2023. We are currently in the process of appointing coaching staff. We require our coaching staff to be on the Waikato Bay of Plenty Coaching pathway and or have significant experience in coaching age group teams. Debbie Fuller will be the Coach Lead supporting the coaching staff for 2024. We hope to announce the coaching staff prior to the trials.

What opportunities are there for me after Reps?

Players that stand out in game play at tournaments are identified by the Zone selectors and they are invited to the Magic Zone 'Making Magic' Pathway camps (these take place in November/December) based in our Zone. Players are also selected from UNISS, so if you are not in a Rep team you can still be seen if you play for your school team that attends UNISS. Players from the Opens team are also scouted at the Opens tournament and invited to trial for the NNL team which is the feeder team for the Magic netball team.

Why are there not Y7&8 Representative programmes?

Tauranga Netball Centre has a Player Development Programme (PDP) set up for year 7&8 players this programme.

What if I need more information about communication once I make a squad?

Please note and follow our Communications Protocols.

Tauranga Netball Centre Representative Teams Communication Protocols 2024

The following chart identifies the process for ongoing communication and dialog between coaches, managers, players and parents.

Issue	Person who makes contact	Communication process	First point of contact	Copy in	Notes
Absences from training	Player	Call, text or email to team coach as early as possible no later than 24hours prior	Team Coach	Team Manager	Players are expected to be available for all fixtures, tournaments and trainings unless extremely extenuating circumstances. Holidays, family birthdays, medical appointments and clashes with other sporting codes should be planned around a Player's commitment to their team. We understand the challenges of juggling multiple competing pressures however it is important Representative Players learn to honour their commitments.
Injury/ illness	Player or Parent	Call, text or email to coach and Manager as soon as possible.	Team coach	Team Manager	Players are expected to attend all practices and matches if injured. Coaches will set modified programs (e.g. shooting practice, chair work/ stats or management tasks) to enable them to contribute to the team.
Selection into a squad or team	Player or Parent	Email to TNC Manager within 24 hours	Team Manager	Team Coach	Discussion around selection into a team or squad is to be made by emailing the TNC Manager to find a time mutually convenient to discuss concerns. Coaches must be given time to collate data and feedback.
Selection of playing team	Player	Request a 1 on 1 meeting with Coach through Team Manager.	Team Manager	Team Coach	A meeting with the Coach is organised by the Team manager at a time that is mutually convenient and within a 8 hour timeframe if the request is at National Tournament. If the request is not at Nationals a time can be made prior to the next training. Coaches must be given time to collate data and feedback. Team line ups will not be provided ahead of time. Coaches will make decisions on playing line ups based on training and playing performance and load management as outlined in Netball NZ's Player Development Guidelines.
Social media	Player, Parent or Coach	Closed social media groups to communicate team content and messages can be set up after full consent from parents and players.	Team Manager	Team Coach	The team coach or manager identifies a social media platform to communicate messages to players and parents. Content taken while in supervision of TNC and shared on social media links must first be approved by the people involved, the Team Manager and Team Coach. The content must be respectful and encouraging. Permission for images will be signed off by Parents.
Representative Programme feedback	Parent, player, coach, Manager	Email to Programme Director and TNC Centre Manager	TNC Centre Manager	Coach Lead	Feedback delivered in a respectful way is welcomed. The Representative programme is reviewed annually and coaches have planned reviews pre, mid and end of season.

Behaviour concerns or underperforming	Parent, player, coach, manager	Email to Team Manager and Coach	TNC Centre Manager	Coach Lead	A response will be given within 48 hours outlining the process to resolve or improve the situation. TNC staff will escalate issues to TNC board when communication is disrespectful and abusive.
Registration of interest to coach, manage, select, officiate or umpire	Person interested in a role for the following season.	Email to TNC Centre Manager	TNC Centre Manager	Coach Lead	Interest in coaching etc need to register interest with the TNC Centre Manager to allow ideal planning time and development time. TNC will support all coaches and umpires to gain their qualifications and will support Managers to work with teams.