


Trust Power Maniapoto Netball Centre

NEWSLETTER 23 MAY 2022

Welcome to week 4 of winter competition. Again there is a lot happening within our Centre as well as within the Waikato. Grading is now complete and we have a new and exciting way of running our Senior Competition this year. Please check it out here 

Umpire Workshops

Our last umpire workshop is on tonight, Monday 23 May at 6.30pm. Nominated umpires MUST attend this workshop if they didn't attend the first one.

No Netball Thursday 23 June 2022 for Matariki Public Holiday (24 June)

Reminder: Please stay home if you feel unwell



Coach Connect

Netball WBOP (Waikato Bay of Plenty) are holding a Coach Connect day to coincide with a Magic game in Hamilton on Saturday 4th June.

Details are still being confirmed but approx timing and details will be meet about 2pm and discuss game analysis. Watch and observe coaching techniques at Magic game at 4.10pm then meet after the game.

Maniapoto Netball Centre and Netball WBOP will support our coaches, aspiring coaches and also umpires to attend the Coach Connect by funding tickets to the game and helping with transportation. Facebook or email sashai@hotmail.com to register interest. Spaces limited.

Key dates:

23 May – Last Umpire Workshop

25 May – Fees Due

26 May – Competition Round Starts

26 May – Walking Netball Starts

4 June – Coach Connect

23 June – No Netball (Matariki Weekend)

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Grades for Senior Competition

We are excited to try a new Competition layout for the Senior Competition in 2022.

We now have 3 grades which will be combined grades (see below).

There will be 7 rounds of competition, each team will play each other once. At the end of the competition round the grades will be split for the semi-finals with the top 4 playing off against each other and bottom 4 playing off against each other.

E.g in Premier Combined the teams that finish in 1, 2, 3 and 4 place will play off in Premier Grade Semi Finals, then Finals. The teams that finish 5, 6, 7 and 8 from the Premier Combined Grade will play off for Premier Reserve Semi Finals, then Finals.

The idea of doing it this way is to give teams different teams to play rather than the same ones over again and teams abilities vary so much throughout the grades this year that we feel this gives everyone the best competition for the season.

We are happy to discuss this if you have further questions but we do ask that you trust us as we try something different to add some variety to our competition.

Semi Finals are now Thursday 4 August, Finals Saturday 6 August

| Premier Combined (Prem and Prem Reserve) | A Grade Combined (A and A Reserve) | B Grade Combined |
|--|--|--|
| Waitete Prem Manu Korihi HSOG TKHS A Royalans Red RWS Aria Waitete Blue | Piopio RFC Otorohanga College A TKHS Yellow Benneydale Red PVH Royalans Blue Royalans Gold United Green | TKHS Junior A Otorohanga College Junior Development Benneydale Black Waitete Social TKHS Green TWOM Mataamua Pukenui Gold |

Future Ferns

Here is the link to the resource books for Years 1 & 2 and Years 3 & 4 where you will find week 4's drills (also available on our website):

<https://drive.google.com/drive/folders/1FWkFqrGgWgTzHWsOuriSekKt1jYhmFB4?usp=sharing>

*Poipoia te kakano kia puawai
– Nurture the seed and it will blossom*

Walking Netball

We are so excited to see Walking Netball start this week at Maniapoto Netball Centre. This will run for 5 weeks and the cost is \$10 per person to register for the 5 weeks. Please register up at control on Thursday night.

The game starts at 6.45pm and you will be put in to a team on the night.

Check out the benefits and the rules to playing.



Benefits of playing

Walking Netball provides a fun, safe environment and encourages adults to have a more gradual introduction to physical activity by regaining necessary motor skills, helping balance, coordination, and better footwork. Other benefits include improved strength, flexibility and circulation, along with long-term fitness and weight maintenance benefits.

Walking Netball is also a fabulous opportunity to develop team spirit and encourages social interaction – it's a great way to make friends or even spend time with old friends on a regular basis. Everyone is welcome to enjoy Walking Netball regardless of physical fitness, age or previous netball experience.

Walking Netball Rules

The Court & Team

Walking Netball uses the regular netball court and seven playing positions: · Goal Shooter (GS) · Goal Attack (GA) · Wing Attack (WA) · Centre (C) · Wing Defence (WD) · Goal Defence (GD) · Goal keeper (GK)

Recommended Timing

A warmup is taken, this needs to be included in your game time.

Each game of Walking Netball includes:

- Four quarters, six minutes each
 - One-minute break at quarter time and three-quarter time
 - Three-minute break at halftime
- *Can be shorter or longer games depending on the competition

No Running or Jumping

A player must never have both feet off the ground at once (i.e. no jumping, running).

1-2 Steps with Ball

When a player receives the ball, they can take 1-2 steps while in possession before they must pass or shoot.

Possession

A player may keep possession of the ball for up to 4 seconds before they must pass or shoot.

Rolling Substitutions

Substitutions may be made at intervals or during play. There is no limit to the number that can be made.

Distance

When defending, a player must be 3 feet (0.9 metres) away from the opposition player.