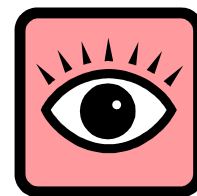




NETBALL NEW ZEALAND  
Poitara-whiti Aotearoa

# FOCUS



December 2011

on

## NETBALL UMPIRING



An Interview with.....

Marise Stuart, National Umpires A Squad

**On other pages:**

**Workshops coming up in 2012**

**National Squads**

**Rule Changes coming**

**Changes to Theory Exam format in 2012**

**Meet the Standards**



**What attracted you to umpiring and where were you when you started?**

My mum and older sister umpired and so it was natural for me to take it up, as we spent the whole Saturday at netball playing, coaching or watching our siblings play netball. I started umpiring in Masterton when I was in Year 8. We were allowed to do rules classes in Year 7 and so were very excited when we were finally allowed to put a whistle to our mouth and step out on court.

**Who influenced you in the early days of umpiring?**

A lady called Lorraine Varga set up a great development program back then and would always keep an eye on us young ones who were at the mercy of overbearing bystanders and players. This was fairly casual whilst I was still playing and then I came to Dunedin for University and in 2005 Jono Bredin took me under his reins (as an umpire at first!) and I haven't looked back.

**Do you have a role model now? If so who and why?**

The NZ IUA umpires and Sharon Kelly from Australia. They have proven there is so much more to umpiring than just staying fit and learning the rules. You have to understand the game, which includes the players' skills and intentions and know that the rule applications are not always so black and white. Having had the opportunity to umpire a couple of top level games I know how difficult it is (compared to club netball and NPC), so these

umpires that get out and do it every week are a huge inspiration.

**What are you studying and how do you manage to fit**

**everything in to your life?**

I am in the third year of a Bachelor of Medicine and Bachelor of Surgery at

Otago University. I have completed two previous degrees so am fairly accustomed to the university life and am lucky that my husband (Jono) also leads a very busy life so we appreciate each others' respective demands and support each other accordingly. I don't usually waste my spare time and I think this is important when you have several things that need to be accomplished within a certain time period whether it is study, assignments, cleaning the house or writing a post-match report.

You definitely appreciate your holidays at the end of the semester!

**What advice would you give to other students who want to umpire at a high level?**

Training is easily incorporated into university life as you need to do some sort of physical exercise to keep your mind thinking clearly, hence the phrase "Mens sana in corpore sano" (a sound mind in a sound body) is important to remember. One of the most difficult things in umpiring is mental strength to persevere through the highs and lows, when you don't get that ap-

pointment or when things just don't go as you had planned. It is important to have a life outside of netball otherwise it is easy to lose sight of the bigger picture and the role that you play in the game. You also need to surround yourself with people who have your best interests at heart, and this is sometimes difficult at University. Training buddies are great to have and it is good to have high-level players or coaches who you can learn from, remembering that you need to learn from a whole game perspective. Also, don't forget to have a laugh at the end of the day- if you aren't enjoying umpiring you need to check why you are doing it.

**What interests/hobbies do you have outside of netball?**

(Do you have time for any) I am involved with the New Zealand Medical Students' Association, which allows me to work with lots of people from various backgrounds, carry out health projects and events, and be active in health and education policy, which I enjoy. I do love gardening and travelling however time for that is limited to the holidays and offseason.

**What is the most important advice you have received as an umpire?**

"Position, vision and timing (PVT) are the key tools to umpiring and whenever you go out on court, whatever the level of game, these techniques will see you through"- Colleen Bond. Of course, the way you carry out your PVT improves with experience.



## What training do you do in an average week?

Two sprint training and weight sessions, a practice game of some sort and a game at the weekend. My sprint training incorporates movements around specific game scenarios as well as penalty setting, hand signals and vision drills.

## How do you prepare on match day?

Get my gear ready early and then relax doing whatever I need to do until it is time to leave for netball. If I have had a stressful week, I may do some relaxation and imagery work to get into the right frame of mind.

## Where to from here? Goals, dreams?

I would love to be able to umpire at the ANZ level, as I am sure most umpires would. I would also like to be involved with coaching elite level umpires as my career progresses and time allows.

## Your Chance to Rave

Claire Hendy is the umpire co-ordinator for Netball Auckland Waitakere. She is employed for 15 hours per week, although the amount of work she does exceeds these hours. Claire receives all requests for umpires to attend regional trainings/trials and these opportunities are spread around our NZ umpires.

All information from NNZ is forwarded to every NZ and Regional award holder.

Claire oversees the regional panels and every umpire who comes under the region's umbrella has two coaches who are responsible for coaching that umpire throughout the season. She also makes sure every umpire has received their 2 KPI's the region has undertaken to do. Every coach is provided with a grid sheet of who has who so people know who to contact if they have queries.

Three panel meetings are organised throughout the season, one at the beginning, in the middle and one to wrap up the season. Also, others as required/necessary to discuss important issues that may arise.

Claire sets the 3 fitness testing dates and every umpire in the region knows when these are and what is the required level (if applicable).

Thanks to Claire's planning at least one every time is held at an Auckland venue and a West Auckland venue to cater for everyone (sometimes having to supervise more than one running of the yo-yo each time depending on numbers).

Claire is also the umpire chairperson for Netball Waitakere where she has the responsibility of ensuring all junior and centre umpires have the same system as our regional and NZ umpires.

She runs workshops at beginning of season and through season if there is the need.

Claire is very efficient in sending out congratulation e-mails to everyone in

the region for every success that we have - whether it is theory or practical.

Netball Auckland Waitakere umpires can certainly say they are kept up to date with everything.

She does all this while holding down a teaching position at least once a week, bringing up a 6 year old son, tutoring NZ and regional theory classes and actively umpiring herself. *Since this was provided to Focus on Netball Umpiring Claire has resigned as Auckland Waitakere co-ordinator to take up more hours teaching.*

## Rule Changes

The IFNA Congress held at World Championships in Singapore in July agreed to some Rule Changes which come into effect from January 1, 2012.

These changes will be sent to all Regional Managers for distribution in this week's Weekly Update. If you are not on your region's mailing list you should contact them and ask to be on it or you may contact NNZ Umpire Development Manager

[diennem@netballnz.co.nz](mailto:diennem@netballnz.co.nz) to have them sent to you or go to the NNZ website and look in the Umpires section.

The changes, which are minor, will be covered in "The Game— where is it Going" workshops being held in early 2012.

A new Rule Book will be available in 2012.

## Theory Exams

The NZ and Regional Theory Exams will look slightly different from 2012.

The examiners are always working to make them as stress free as possible but at the same time making sure they test an umpire's knowledge of the rules.

Sample papers will be on the website from early January.

## The Game—Where is it Going

A series of workshops for all Regions focused on assisting umpires and panel members to understand The Game, where the ball might go next, what skills the player may use to achieve that.

Colleen Bond, a former IUA, and currently on NZUP, is preparing the workshop resource and will present most of them around the country in March and April. Kirsten Lloyd, the National Development Squad coach will also deliver the workshop in some places.

## Dates confirmed so far:

Otago	10 March
Auckland/Waitakere, Counties & North	1 April
Southland	22 April
Wellington	28 April
Western	29 April
Tasman	6 May

More details will be on Netball New Zealand website in January 2012.

## FACEBOOK

If you are not already a member of our Facebook page go there now and join us

**New Zealand Netball Umpires**

It is a place to chat and keep up to date with umpire achievements



After a week of hard work at tournament the Umpires at Under 17 Championships were looking quite different on court. However the Umpire Event Panel were looking amazingly different off court according to this poster which appeared in the umpires room in place of the original version.



### NZTD Programme successful

Netball New Zealand staff along with NZSS coaches and Under Umpires Squad Coach have recently completed 6 weekend workshops in regions for Talented Players and Umpires.

Umpire Panel members enjoyed the opportunity to join in discussion groups with the young umpires.

At left Western Panellists Anne Blomfield and Sandy Phear are down amongst it at the Western/Wellington workshop

### Do They Understand

Do They Understand is a nationally led workshop being taken to all regions in 2012 to assist in up skilling panel members.

Sheena Tyrrell from the NZ Umpire Panel will lead most of these workshops with assistance from Raewyn Ronaldson also from NZ Umpire Panel.

This workshop for Umpire Coaches and Panel members will focus on coaching techniques, identifying coaching points and ensuring the message given to umpires is received correctly.

All Panel members are expected to attend.

Dates confirmed so far:

Auckland Waitakere	February 18
Counties Manukau	February 19
North	February 18 or 19 at above locations
Western	March 17/18
Waikato	March 24/25
Tasman	April 14/15
Otago	April 29
Wellington	June 2-4

### National Under 19 Squad named.

The following umpires have been selected for the National Under 19 Umpire Squad of 12 following the NZTD weekends held by NNZ in the regions

In February eight of these umpires will be named to attend the NZSS camp in Auckland.

Christina Matthews - North, Callandra Field - North, Jennifer Hood -Waikato, Cayzia Mills- Waikato, Ken Metekingi - Western, Buddy Nuku - Wellington, Sarah Higgins - Canterbury, Anthony Bykerk - Canterbury, Jess Power - Canterbury, Georgia Robertson - Otago, Kirsty Thwaites - Otago, Anna Sanford - Southland.

### National A Squad is:

Angela Armstrong Lush, Danielle Maulder, Gareth Fowler, Marise Stuart, Anna Sheen, Tania Law.  
Coach: David Pala'amo

**National Development Squad is:** Lisa Paterson, Paula Wells, Joyce Andrew, Dwayne Paul, Michael Wyllie, Michelle Stagg, Matthew Davis.

Coach: Kirsten Lloyd

**ANZ Champs squad is:** Bronwyn Meek, Mandy Nottingham, Bobbi Brown, Faye Meiklejohn, Jono Bredin, Liz Boon.

**ANZ C Extended Squad:** Yvonne Morgan, Lisa McPhail, Kristie Simpson.

**ANZ Reserve Squad:** Gareth Fowler, Marise Stuart, Danielle Maulder. These umpires are also in the National A Squad

### Individual Development Plans (IDP)

If you are NZ B umpire and not in a National Squad expect a call or message from NZUP early in 2012 to work on your IDP.

They are doing these with you to see what it will take to get you to the next level and help you put strategies in place to work towards that.

The IDP makes you consider all aspects of your life and discuss these with NZUP while setting goals for the year.

There were good results for some who did this in 2011 so make the time to do it when they come calling!

I heard recently that International Volleyball Umpires have to have a BMI of less than 30. There could be a few netball umpires hoping we don't follow suit.



### New Zealand Umpire Panel for 2012

From left: Raewyn Ronaldson, Debbie Shoebridge, Jan Gallop, Sheena Tyrrell, Pam Clayton, Anne Marie Leech Colleen Bond (seated).

A huge thank you to these ladies for the time they give to umpiring in New Zealand.



*A HUGE thank you to all umpires and umpire Panel members for your contributions throughout 2011. Have a wonderful Christmas and enjoy some time off the court.*

## “Meet the Standard”

In order to make umpiring more attractive to students Netball New Zealand, in conjunction with the Waikato Institute of Leisure and Sports, has designed resources for the following NZQA unit standards:

Unit Standard	Title	Level	Credit
12537	Assist others to participate in physical activity	1	2
22769	Demonstrate knowledge of basic skills and rules at a beginner level for a sport	2	2
27629	Describe pre-competition preparations for umpiring/officiating at a junior or beginning level	2	3
20673	Demonstrate knowledge of injury prevention and risk and injury management in sport and recreation	3	4
21644	Review personal performance as an official in a competitive sports event	3	3

### Delivery in Regions

Meet the Standard programmes could be run  
during school holidays  
after school  
in schools  
evenings/weekends

At this stage Meet the Standards is not a complete Development Programme for young umpires. It should be used in conjunction with existing programmes to ensure young umpires get a strong grounding in the basics of umpiring

If you would like any more information please contact Umpire Development Manager, Dianne McTigue, [diannem@netballnz.co.nz](mailto:diannem@netballnz.co.nz) or 021 750 344.

### CUDS



Sixty five umpires and coaches attended the Digging Deep workshop held in Dunedin recently.

Opening Speaker, Nick Walls, a survivor of the PGC building in the February earthquake in Christchurch shared some key learnings from his experience.

New Coaching Director for NNZ, Ruth Aitken, crossed the line and presented a session on Digging out of Holes, along with Colleen Bond, which gave the umpires some coping strategies.

Colleen's session on contact was excellent and created lively discussion.

The combined coaches and umpires on court sessions were well led by David Pala'amo for the Umpires input..