



MESSAGE FROM THE NETBALL OTAGO

Happy New Year!

**2008
KEY DATES**

This is the first of our four editions of the Centre Circle Bulletin. We hope you find it informative and if there is anything else you would like included please let us know. This year we have some new Programmes running which will include the modules for the coaching framework, a change in our U15 and U17 Academy Structure and support for future ferns coaches to name a few.

17 Feb Netball Otago AGM

The next few months are busy with a Netball New Zealand Under 17 Talent ID day in Dunedin (open to spectators), The Netball Otago AGM in Alexandra, NNZ Council meeting in Christchurch and the start of the very successful Rebels Kids programme in Dunedin.

26 Feb Rebel Kids begins

2 Mar Talent ID Coaching Day—Dunedin

The ANZ Championship is just around the corner which will be a great showcase of our best Netballers in the country. We can look forward to two home games in Dunedin so get in quick for your tickets and support the team.

5 Mar 'Working on the Wing'—Dunedin

14-15 Mar NNZ Modules Dunedin

We are very proud to have Fresh Choice Supermarkets as a major Sponsor of Netball Otago this year so if you live in Dunedin please support Brent Chirnside and his team up in Roslyn.

29 Mar LMC Competition Begins

We hope to see some of you in Dunedin for the Masters Games in February to relive some of your Netball memories.

5 Apr Dunedin Premier Club Comp begins

Have a great year!
Nicki Paterson
Regional Manager

7 Apr ANZ Champs Begins



ANZ CHAMPIONSHIPS

10 Apr 'Talking Tactics' Invercargill

20-23 Apr NO Dev Camp Alexandra

The ANZ Championships commences in April, with teams to be confirmed by the end of the month, the first ever Trans-Tasman league will be hugely competitive and exciting viewing. All games will be televised on SKY Sport. The competition is made up of five NZ teams and five Australian teams. The Southern Steel kick into action with four away games, which will be a tough ask of any team. Come along and support our team. The Steel's draw is as follows:

28-30 Apr Holiday Prog. Dunedin

26-27 Apr LMC Finals weekend - Rotorua

7 Apr	Swifts	v Steel	Sydney
14 Apr	Pulse	v Steel	Wellington
21 Apr	Flames	v Steel	Christchurch
27 Apr	Thunderbirds	v Steel	Adelaide
5 May	Steel	v Mystics	Invercargill
10 May	Steel	v Flames	Invercargill
19 May	Magic	v Steel	Hamilton
31 May	Steel	v Pulse	Invercargill
7 Jun	Steel	v Vixens	Invercargill
16 Jun	Steel	v Fever	Dunedin
23 Jun	Mystics	v Steel	Auckland
30 Jun	Steel	v Magic	Invercargill
6 Jul	Steel	v Firebirds	Dunedin



COACHES APPOINTED FOR 2008

Netball Otago is delighted to announce the appointment of the following coaches to their Representative Teams for 2008.

Otago A - Nicola Jones
Otago Under 21 – Helen Bryant
Otago Under 19 – Lauren Piebenga
Otago Premier – Janine Southby
(Formally Development Team)

We wish them every success for the season ahead.

NEW GAME DEVELOPMENT OFFICER

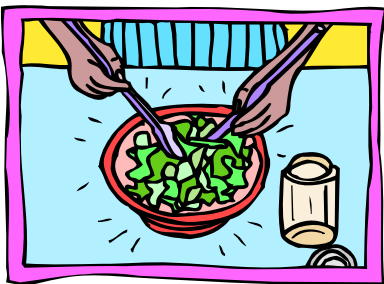
Netball Otago welcomes former Rebels and Otago representative Jo Morrison (nee Steed) to the position of Game Development Officer. Jo was a member of the Otago Rebels and Otago NPC teams from 1996-1999 during which time she was the top percentage shooter in the country, in two consecutive seasons. Jo is also a dual international; she was a part of the NZ Silver Ferns team from 1997 – 1999 and the England Netball team from 2000-2002.

Along with her netball experience Jo is a qualified teacher and has worked in a number of schools both in New Zealand and abroad, most recently she was Director of Sport at Auckland Girls' Grammar School. She has also coached a variety of teams, from grassroots through to elite level. She is excited about her new role and looks forward to having an input into the development of netball in Otago.



RECIPE FOR THE SUMMER

Packed with plenty of carbohydrates, perfect for training netballers!



Orzo Salad

- 3 cloves of garlic—finely chopped
- 1 medium eggplant (or kumara/pumpkin)
- 3 T olive oil
- 280g sun dried tomatoes in oil—drain and chop, keep oil.
- 2 smoked chorizo sausages—chop
- 1/4 cup parsley
- 1 cup risoni pasta
- 10 fresh basil leaves

Brush eggplant with olive oil, sprinkle with garlic and bake at 220 degrees, turn after 10 mins, remove and cool. Mix eggplant, sun dried tomatoes, sausage, parsley together. Cook risoni. Gently combine.

Dressing: (Combine in a screw top jar)

- 1/4 cup reserved sun dried tomato oil
- 1/4 cup balsamic vinegar
- 1/2 t salt and pepper

NETBALL OTAGO AGM

Notice is hereby given that the 8th Annual General Meeting of Netball Otago Inc. will be held at 11am, Central Otago Netball Pavilion, Dunstan Road Alexandra on Sunday, 17th February, 2008

1. Agenda
2. Opening
3. Roll Call
4. Apologies
5. Minutes of 7th AGM
6. To receive Annual Reports & Financial Statements
7. Election of elected Board Members
8. General Business

NETBALL OTAGO DEVELOPMENT CAMP

We have had many requests to hold another Development Camp and due to the success of previous camps we are delighted to confirm the camp for 2008. The camp is open to players, coaches and umpires aged 13-18 years.

The camp programme includes:

- Netball Skills
- Game plans / Tactics
- Sport Massage
- Nutrition
- Fitness
- Sport Psychology
- Lots of fun team building activities too



When is it?

The camp commences Sunday 20 April 2008 at 1pm and concludes at 1pm on Wednesday 23 April 2008. Write it in your 2008 diary now.

Where is it?

How does a netball holiday in Central Otago sound?

The live in camp will be held in Alexandra with accommodation and meals at the Dunstan High School Hostel and lodge and we will utilise the netball courts and the gym at Dunstan High School. Also to ensure that your body does survive the camp the Aquatic Centre is used to aid recovery.

What does it cost?

The \$250 registration fee covers your accommodation and meals, camp t-shirt, a bag, a netball, all organised activities and presenters.

Who should attend?

Any player, coach or umpire aged 13-18 years who loves netball and wants to improve their knowledge and skills of the game.

It is great for teams to get the edge on their opposition – start the season in style and have fun along the way. Or for those players who feel a bit rusty after the summer break and want to hit the courts running, rolling, propping, dodging, passing, defending....

How do you apply?

Contact the Netball Otago Office for a registration form.

If you require any further information please contact Jo Morrison on admin@netballotago.co.nz or (03) 455 1702

MANAGERS NEEDED...

We require three managers to work at the camp, remuneration \$50 a day. This is a fantastic opportunity to work with some of the netball players of the future. If you are interested in working as a manager please contact Trish at the Netball Otago Office (03) 455 1702

PRE SEASON TRAINING PROGRAMMES

To create your own personalized training programme to get yourself in shape for the up coming season, visit the Netball Smart website. All you need to do is enter your own login details and answer a few health questionnaires, and a customized programme is available for you to print out. If you have any difficulties please contact Jo Morrison at Netball Otago



COACHFORCE

Netball NZ is now able to offer the next series of coaching modules in the new Coaching Framework. For those of you who have already completed the 'Starting out in Coaching' module, or are looking to add to your existing NNZ coaching qualifications, the following modules are available for you:

- Understanding the Player (to be completed online, available at www.netballnz.co.nz)
- Player Centered Coaching
- Planning 1
- Attack 1
- Skill Analysis

These modules will be lead by Robyn Broughton on 14-15 March in Dunedin (venue tbc) If you are interested in registering, please contact the Netball Otago Office on (03) 455 1702

'Starting out in Coaching' sessions will be held in all Netball Centres in the coming months, if you are interested in attending a session please contact your nearest Netball Centre or alternatively contact Jo Morrison at the Netball Otago office.



LOIS MUIR CHALLENGE



This season a new competition has been formed called the Lois Muir Challenge. This comprises of 6 regional teams, competing in a five week competition.

The Otago Premier team is being coached by former Rebels coach Janine Southby and will be playing a number of home games here in Dunedin. Check the Netball Otago website for the draw.

This is an exciting new competition which will endeavor to develop the tier of players below the ANZ Championship franchise teams.

The team will be named in at the end of February, with the first games being played in Christchurch on 29-30 March.

PROGRAMMES FOR THE KIDS IN 2008

Netball Otago will again be offering a wide range of programmes for budding netballers.

REBEL KIDS:

Rebel Kids starts on Tuesday 26 February, 4.00—5.30pm. This programme will run for seven weeks at the Edgar Centre, Dunedin. It is available to 7-12 yr olds.

APRIL HOLIDAY PROGRAMME:

The April Holiday Programme will run from 28-30 April, 9am—1pm at the Edgar Centre, Dunedin. It is available to 7-12yr olds

FUN FERNS:

The Fun Ferns Programme starts on Sunday 11 May, 10.00-11.30am at the Edgar Centre Dunedin. It is available to 5-7 yr olds.

For any further information or to register a player, please contact the Netball Otago office on (03) 455 1702

A huge thank you to our sponsors:



RICOH

MITCHELL MACKERS LAWYERS



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