



October 2011



Members of the Ergon Energy Regional Academy with coach Yvonne Willering during their trip to New Zealand in September.

## This month...

WELCOME to *Cap Yap* for October.

Firstly, congratulations to Poppy Larson and Claudia Jones, who have been selected to progress to Phase Two of the Queensland 19/U years team following trials held in September. The duo will now attend the Phase Two Camp on December 3-4 at the State Netball Centre, followed by the selection weekend on January 21 and 22.

September was a big month for the members of the Regional Academy and in this edition we find out about their trip to New Zealand as well how they went at the Phase One weekend. We also catch up on the Claws' plans for the off-season as well as what's happening with our two Stanwell talent camps being held in the next few weeks.

Associations are also reminded that the Region's annual planning meeting and AGM will be held in Emerald on **November 12 and 13**. I cannot stress enough the importance of ALL associations being represented at the meetings. It is at the planning meeting that, amongst other things, we look at volunteer training and accreditation opportunities (and locations) for 2012 – so the best way to ensure your association's needs are covered is to attend. There are nine associations in our region and every year it is the same few who attend, often making it difficult to form a quorum. The regions are being given more and more responsibility by Netball Queensland but we are struggling to help those associations who fail to participate in regional activities and planning – so help us help you by making every effort to attend.

Finally, thank you to Rockhampton and Emerald netball associations for your contributions to this month's newsletter. It seems my plea in the last edition for more input from other member associations unfortunately fell on deaf ears, which is extremely disappointing. It is a real shame that we do all this good work but fail to acknowledge and share it.

**Debbie**

**Deadline for the November edition is Friday, November 18**

**Associations:**  
Have you sent your updated contact details to the Branch Secretary? If not, please ensure you do so as soon as possible

Details can be sent to;  
**capricornnetball@hotmail.com**

## What's coming up...

<b>October 22 &amp; 23</b>	<b>Stanwell 12&amp;13 years Claws Junior Talent Camp</b> Emerald – includes coach and umpire education
<b>October 30</b>	<b>2012 Claws squad trials</b> Rockhampton (Venue TBC) – 9.30am-11.30am
<b>November 5 &amp; 6</b>	<b>Stanwell 14-17 years Talent Camp</b> CQU Rockhampton – includes coach education
<b>November 12 &amp; 13</b>	<b>Capricorn planning weekend and AGM</b> Emerald
<b>February 18 &amp; 19</b>	<b>Train Well, Play Well, Stanwell education and training w'end</b> Rockhampton

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## Stanwell 12&13 years Claws Junior Talent Camp...

RESPONSE to the Stanwell 12&13 years Claws Junior Talent Camp has been overwhelming and we are all looking forward to a fantastic weekend.



The camp reached full capacity over a month ago, with 65 of the region's most talented 12 and 13-year-olds registering to participate in the two-day program. The camp numbers are capped to not only allow the best possible player/coach ratio but to also make it possible for each player to receive detailed individual assessment and feedback.

Most pleasing is the fact that the camp has attracted nominations from every association in the region. Well done and thank you to the associations for identifying potential participants from within your junior ranks and encouraging them to nominate.

The camp this year also includes Foundation coaching and Level 1 umpiring accreditation courses, presented by Lisa McConchie and Lauren Dowdell respectively, as well as coach and umpire education in conjunction with the player program. The umpiring program will be conducted by Regional Umpire Coordinator, Amanda Goody.

The two day program for players, led by Claws coach Barb Ahmat and members of the 2011 Claws squad, includes skills and drills sessions, specialist position sessions, a water session, morning Tai Chi, a classroom session on nutrition and recovery and matchplay.



Each player will receive a camp shirt and, following the camp, an evaluation and feedback form on their performance during the weekend plus a home program.

As part of Capricorn's player development pathway, talent identified 13-year-olds from this camp will be invited to participate in the Stanwell 14-17 years Talent Camp in Rockhampton on November 5 and 6.

Arrangements have been made to cater for bad weather if necessary, so the camp will go ahead – rain, hail or shine!

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## Stanwell 14-17 years Talent Camp...

REGISTRATION forms for the Stanwell 14-17 years Talent Camp were sent to our member associations last week.

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### **Capricorn website:**

Capricorn Region has a new website - [www.eteamz.com/capricornnetball1](http://www.eteamz.com/capricornnetball1)  
Check it out for all your event information and registration forms.

### ***From previous page...***

Unlike previous years, this camp is not an open invitation event. The registration forms will be distributed by the association to talent-identified players only. **Registrations close on Friday, October 21.**

The camp will be held over two days – November 5 and 6 – at the CQU in Rockhampton. It is the ideal opportunity for players considering trialling for the Academy in 2012 to gain individual feedback on areas they may need to work on during the off-season. It is also a chance for them to be seen by the selectors in a training environment. Even if players are not intending to trial for the Academy, the camp will provide some great off-season fitness ideas plus the chance to develop skills to enhance their own games.

The camp will be led by guest coach Melissa O'Brien, 2004-2009 coach of the Brisbane South Wildcats in the former Tier 1 competition and coach of the Brisbane East Tigers in 2010. She will be assisted by Claws coach, Barb Ahmat.

It will include general and position-specific skill development plus nutrition and strength and recovery sessions as well as matchplay and a pool recovery session.

There will also be a coach education component to the camp – registration forms have been circulated to the associations.

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## **Train Well, Play Well, Stanwell Education Weekend...**

DON'T forget the fantastic weekend of player, coach, umpire and administration development the region has planned for Rockhampton on February 18 and 19 next year.



We are looking at using the talents and experience of a cross-section of presenters to run the workshops and are excited about bringing this calibre of presenter to our region. It won't just be about netball, with a number of the sessions being relevant to coaches, players and committees across the board.

The weekend will be perfectly placed at the beginning of our season to inspire, enthuse and get us ready for the year ahead. But as many of us will only just be getting underway by then, it is important that associations promote the event to your members and volunteers now.

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## **Capricorn Region AGM and planning weekend...**

THIS will be held in Emerald on November 12 and 13.

**ALL** member associations are reminded it is very important to the running of your own 2012 season that you attend.

Agendas and further information will be forwarded to all associations in coming weeks.

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## **Early start for Claws squad...**

THE Capricorn Claws are calling for players who are interested in trialling for the 2012 Claws team.

The Claws will form a pre-season training squad of up to 25 players who will be involved in fitness, strength and conditioning and specialist netball training. Players will be given home programs over the Christmas/New Year break.

**Train Well, Play Well, Stanwell Education Weekend:**

We are looking at using the talents and experience of a cross-section of presenters to run the workshops and are excited about bringing this calibre of presenter to our region.

**Mark the date in your diary – Feb 18 and 19, 2012**

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Trials will be held at Rockhampton (venue TBC) on October 30 from 9.30 to 11.30am.

Please complete the EOI form and submit by Wednesday, October 26 to [capricornnetball@hotmail.com](mailto:capricornnetball@hotmail.com). There is a trial fee of \$25 that is payable on the trial day.

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## **Sport and Recreation Active Inclusion Program funding...**

FUNDING is currently available under the Department of Communities' *Sport and Recreation Active Inclusion Program*.

The program provides funding for activities that encourage greater **participation, education and training, and volunteer development and recruitment.**

There are three categories – Club Support Projects (up to \$5,000), Community Projects (up to \$40,000) and Healthy Eating and Physical Activity (up to \$40,000), with the last two focused on delivering projects to specific target groups.

Perhaps of most interest to associations would be the Club Support category, particularly if you have projects in mind to increase your number of participants or upskill/train/accredit your volunteers.

The Program guidelines and application forms can be found at:  
<http://www.communities.qld.gov.au/sportrec/funding/overview-of-all-funding-programs/now-open>

**But be quick - applications close on Friday, October 28.**

For more information, contact your closest Sport and Recreation Services office – Rockhampton 4938 4805 or Emerald 4982 1510.

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## **2011/12 Capricorn Claws...**

*Claws Barb Ahmat tells us what's ahead for the Claws...*

### **What have the Claws got planned for the upcoming Stanwell 12&13 years Claws Junior Talent Camp?**

The camp has got some great sessions with nutrition, recovery, Tai Chi and a pool activity component. Skills and drills will be conducted by the Claws players with a focus on core techniques and some new drills for participating coaches.



### **What do the Claws players get out of being involved in the region's junior development?**

After a busy season, it is great for the Claws to be able to spend some time with our up and coming regional players and to also get a boost for next year. The Claws take pride in their regional representation and being able to do the camp gives the players an opportunity to say thanks for all the support that they receive. The players also get experience that will hopefully encourage them to become coaches in the future and to see why it is important to be a good role model.

### **What can the juniors learn from them?**

Besides the skills and experience that the players have, the camp participants can also learn that all the Claws players basically started from the same place as the 12 and 13-year-olds attending the camp. Training, attitude and commitment are essential for achievement.

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## **Umpires' Corner:**

During the game the goal shooter has left the court to gain a better position.... the ball goes off the court... a throw-in to the opposing team is awarded... the Goal Keeper will take the throw in. Does the Goal Keeper have to wait for the goal shooter to be back on the court before executing the throw in?

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### **Have there been any changes put forward for next year's State League competition?**

The format of the competition will remain the same, however, the season will start earlier - possibly in March. Last year the competition started in May. The earlier start will mean that off-season training will be very important.



### **Has the off-season training started yet?**

The off-season training has not started as yet. First there will be a squad trial inviting up to 25 players to be a part of the pre-season training squad. The trials will be held in Rockhampton on October 30. Players who are unable to attend the trial can submit a letter with a request for consideration for the squad. Training will commence the week following the trials and players will receive home programs as well as strength and conditioning and fitness training. Final trials for the team will be in February 2012.

### **How do potential trialists become involved?**

Players complete the Expression of Interest form for the pre-season training squad and submit the form with payment of the training fee. This information is available on the Claws website or by emailing [clawscscoach@hotmail.com](mailto:clawscscoach@hotmail.com)

### **If someone is considering trialling for the Claws in 2012, what should they be doing now?**

Players should be looking at their commitments for 2012 to ensure that they are ready for the commitment that will be required for Claws and submitting an EOI form. Any enquiries can be sent to [clawscscoach@hotmail.com](mailto:clawscscoach@hotmail.com)

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## **2011 Regional Umpiring Coordinator...**

*CAPRICORN'S Regional Umpiring Coordinator Amanda Goody updates us on the umpiring front...*

### **What has been happening with umpiring in the region over the past month?**

Probably not a lot at association levels now that everyone is finished but I travelled to NZ with Academy girls and got to play against some great girls. Shannon and I got to umpire with Bronwyn, who is an NZ international umpire! I also got to umpire some games at Phase One!



**Barb Ahman**  
2012 Capricorn  
Claws coach

### **What were your thoughts on the standard of umpiring (and play) in the finals you saw over the past month?**

I think our players and umpires really stood up and did a great job!!

### **What was the biggest challenge for umpires in 2011?**

I think finding someone that you are happy to have help coach and mentor you.

### **What was the biggest achievement/improvement you noticed in umpires during the 2011 season?**

I think confidence was really shown by a lot of umpires this season which is great - hopefully more will follow next season!

### **Now we are in the 'off-season', what should associations be considering when planning their umpiring programs for 2012?**

Look back this year and see who their association's potential upcoming umpires are and hold the appropriate courses. If they have some great umpires that they think are ready for badging or development, organise for them to be seen.

### **Is there anything umpires can be doing or working on themselves during the off-season?**

"The format of the competition will remain the same, however, the season will start earlier - possibly in March... The earlier start will mean that off-season training will be very important."

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Fitness is a must, even for umpires. We must be able to keep up with the game! Revise the rule book even if you think you know the rules!!

### **What have you got planned for umpires participating in the Stanwell 12&13 years Claws Junior Talent Camp?**

I will be coaching the participating umpires, helping them with confidence, timing, vision and positioning.

### **What's coming up?**

RNA's Premier League starts next week, any interested umpires let me know!!

**For more information contact:** Amanda Goody capricornumpire@hotmail.com

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The Academy players at the Rotorua Hot Springs in New Zealand.

## **2011 Ergon Energy Netball Academy...**

*Academy coach Tracey Davis updates us on the exciting Academy activities...*

### **How did the cluster weekend in Brisbane go?**

The Cluster weekend was amazing. All the athletes had a fantastic time and really enjoyed the experience. The opportunity to work with other coaches from different regions as well as the guest coaches this year was great for our athletes. All of the comments from the girls were very positive.



### **How did our Academy players perform?**

Our athletes were definite shiners in all of their teams. I had quite a few coaches come and offer congratulations. They felt that the athletes were very confident in wanting to try new ways and on court gave 100%. They were very impressed. It is disappointing for our athletes not to have made it to the next level but I know that they all were extremely proud of their efforts and so were we as officials.

### **In what areas did they do well?**

Passing and footwork. The coaches also commented on their court awareness and confidence, which is what we were hoping to develop in the athletes. They also liked how our girls switched on quickly into defence mode when the ball was turned over.

### **Were there any areas you thought we need to improve on in the future?**

I have asked a couple of the athletes this just to get feedback. A lot of them want core work and muscle strength. This is something we will need to look into further for next year.

"I think confidence was really shown by a lot of umpires this season which is great - hopefully more will follow next season!"

**Amanda Goody**  
Capricorn  
Regional  
Umpiring  
Coordinator  
2011

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**Clockwise, from above: The travellers; after the EGGS game; Ange, Annie and Madi on the Skyring; and with the EGGS players.**



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**Were there any outstanding individual performances that you would like to acknowledge?**

To be honest I would find that extremely hard as all of these athletes put in a lot of hard work to get where they did. That effort flowed over in Phase and really made them stand out as great team players. They all worked hard on developing their basic skills, court awareness and fitness. I could really only say that every single athlete stood out.

**How was the team you personally coached?**

They were amazing. As a coach it is always a little daunting to take on a new squad having not known most of the girls. Bianca was in the team I coached and was amazing as usual. The team really bonded well. They were very into being part of the team and working hard to overcome not having played together before. Actually, four of the athletes in the team I coached made it through to Phase 2.

**Anything noteworthy/funny happen off the court?**

THIS is a funny question. I can honestly say our athletes just love a laugh. We decided, based on a few comments previously made, that we would start a 'funny comment book'. It was a great way for our girls to relax and enjoy each other's company. I won't mention names but let's just say one of our youngest members, whilst in NZ, pointed to a clock on the wall and asked why the time was different to her watch! Mind you this was just after getting off the plane and the hostesses telling us to set our watches to NZ time. BUT then we heard this story from one of our older athletes (who shall remain nameless). Asked if anyone had heard about how NZ are genetically making sheep with longer back legs to make it easier for them to get up the hills. Well, this had us in hysterics and the question was asked how would they then get down? So, of course her funny comment was rewarded by a stuffed toy sheep with its front legs sewn smaller than the back ones.

**How did the New Zealand trip go?**

The New Zealand trip was definitely a highlight of the year. The athletes really enjoyed the experience. As a coach, you couldn't put a price on the experience for my own development. What we all learnt really gave the girls the edge at Phase. A coach from one of the Brisbane regions said that they would love for their squad to have an opportunity like we did. They had a couple of our athletes and they were amazed at their confidence. They reckon they're coming with us if their Academy can't do it.

**"The New Zealand trip was definitely a highlight of the year. The athletes really enjoyed the experience. As a coach, you couldn't put a price on the experience for my own development."**

**Tracey Davis  
Capricorn  
Regional  
Academy coach  
2011**

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A huge thank-you to Yvonne Willering for helping Shannon organise this opportunity. Yvonne was brilliant. We all learnt so much from her. The girls played some really tough games against the NZ 1 Mount Albert Grammar School and NZ 4 Eaton Girls Grammar School teams. They were very tough but really well skilled and just lovely to play. Our athletes have made some amazing friends and I think many of our athletes have the NZ girls on their Facebook and keep in touch with them. We also played a regional school team Rotorua Heights High - they were a fantastic bunch of girls. They really enjoyed playing our Academy and the umpires commented on what well skilled athletes they were.

### **What was the highlight?**

For the athletes, I think besides going down the luge at Rotorua it was working with Yvonne Willering. What an amazing coach, she taught our girls a great way to defend and really pushed them to understand this very new concept. It was difficult at first as Australian netballers we are taught at a very young age to man on man defence and get three feet and defend the pass. NZ defence, taught by Yvonne, was a very new way and was hard for the athletes to let go of the way they have been taught throughout their netball careers. But they did it and Yvonne was impressed with how quick they picked it up. She would have loved to have another training session with our girls but we were only in NZ for a short while.

### **What did you do/see/get up to off the court in New Zealand?**

We did get to go to Rotorua and play the Heights Team as well as have fun on the luge. All of the girls (except the older ones) had a go on the swing as well - very scary ride that one.

### **Meet any famous people this year?**

Yes, the girls did meet a few famous people - netballers of course - but we also stayed at the Millennium Institute in New Zealand which is like our Australian Institute. There were a few NZ athletes who train there and we met Tracey Lambrechts, who competes in the Women's 75kg+ weightlifting for NZ. She actually works at the lodge where we were staying.

### **If anyone is thinking about trialling for the Academy next year, is there anything they should be doing during the off-season?**

Athletes who are turning 14 next year should be practicing their passing not just to pass strongly but accurately and be able to catch quickly and with strength. If they are shooters, they should be practicing their shots. Also, if the 13s were able to attend the Stanwell 12 and 13 years Claws Junior Talent Camp in Emerald that would be great – same for the 14 and overs attending the Stanwell 14-17 years Talent Camp held in Rocky.



**The Stanwell Development Squad (SDS) members at their final get-together in Emerald.**

**“She (Yvonne) taught our girls a great way to defend and really pushed them to understand this very new concept.”**

**Tracey Davis  
Capricorn  
Regional  
Academy coach  
2011**

## **2011 Stanwell Development Squad...**

*Stanwell Development Squad coach Anna Young provides a program update...*

### **Where are we at with the 2011 SDS program?**

The final camp for 2011 was held in Emerald on Saturday, October 15. The girls are now attending the Stanwell 14 – 17 Talent Camp in Rockhampton at the start of November.



### **How did the last camp go?**

The girls at the camp performed extremely well. They brought new skills into their game play, with success. The girls were also treated to a stretching session that identified the areas of their bodies that they were not stretching appropriately and were shown ways to increase their flexibility.

### **What has been the biggest improvement in the players during the program?**

Body control, elevation and decision making.

### **Have you been happy with the way the inaugural SDS program has gone?**

Yes, the commitment and improvement of the girls shows that it is an integral part of the development pathway.



### **What do you think could be added/changed to improve the program next year?**

More game opportunities to use their improving skills.

### **Do you think the players have made the most of this opportunity?**

The majority of players have made the most of the opportunity. Those who really want to develop their skills have done so through their hard work and persistence. This is a good way for the players to see if representative netball is something they want to commit to.

### **Are they ready for the next step?**

Yes, the players are more than ready to step up to the next level. They are eager to show what they have done this year.

### **General comments:**

Thank you to Stanwell for supporting junior sport and assisting in the development of young netballers in Capricorn.

**“The players are more than ready to step up to the next level. They are eager to show what they have done this year.”**

**Anna Young  
Stanwell  
Development  
Squad coach  
2011**

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## **Around the Region...**

THIS monthly section of the *Cap Yap* provides member associations with the opportunity to share what's happening in their organisations. Thanks to Emerald and Rockhampton NAs for returning the questionnaire this month.

### **Emerald NA**

EVEN though it is officially the 'off-season', ENA is still managing to keep its committee and volunteers busy. We are taking advantage of the 'downtime' to redo our constitution and by-laws as well as update our policies and procedures. We will also be organising a new junior association uniform for 2012.

ENA is looking forward to again hosting the regional 12&13s camp on October 22 and 23 and welcomes the addition of coach and umpire accreditation this year. Our volunteer umpires are also helping out with the inter-school competition running on Thursday afternoons in Term 4. In addition, we are continuing to work with the Central Highlands Regional Council on the development of our new facility at Rundle Park. Fingers crossed the summer won't be too wet and hold up construction.

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## Rockhampton NA

THE conclusion of our major season was celebrated with the holding of our Grand Finals on Saturday, September 10. It was a great night and the large supporter crowd watched finals in five senior grades and 10 junior grades.

Awards of special note were:

- Liz Zammit Memorial Trophy (most promising junior playing in Senior "A" grade) – Claudia Jones
- Irene Hutcheon Trophy - Outstanding Volunteer Award – Barb and Thalep Ahmat
- Mavis Seery Junior Representative Player of the Year – Angela Banks
- Christensen Senior Umpire Trophy – Sue Misselbrook
- Merle Horan Junior Umpire Trophy – Sarah Walsh

A special mention also for newly badged umpires Emma Walsh, Sarah Walsh, Lesley King, Olivia Mackenzie, Tanya Banks and Stephanie Ruddick who all received their Nation Umpiring "C" Badge and Emily Seymour a Regional Umpiring Badge. The association also had five members who conducted training and accreditation for Scoring and Timekeeping. Rocky Netball continued its program of volunteer recognition by handing out 12 more "Appreciated Volunteer Shirts" on the night.

Our major season may be over but netballers are still busy in Rocky with the start of our Premier League, mixed competition and the San Remo NetSetGO! Program. These all run from October to December inclusive.

The **Ladies Premier League** is held on Tuesday nights at the Central Queensland Community Sports Centre on the sprung-wood surface. Our clubs are encouraged to use this competition as a pathway for potential "A" Grade players and teams for next year's season. Thirteen teams have nominated this year. This competition is also used to help umpires and scorers who wish to obtain national standards to hone their skills.

The **Social Mixed Competition** is held on Wednesday nights at the RNA courts. This season there has been an increase of nominations with 24 senior teams and 4 junior teams registered. All teams are having a lot of fun (especially the team from Woorabinda), and the Runaways NC ladies who man the office for this competition tell me there is lots of laughter out on the courts and the sidelines.

The **San Remo NetSetGO! Program** is conducted on Thursday afternoons and the association is very lucky in that the program is being conducted by a student from the CQ University. She has several young enthusiastic helpers and these are being mentored by one of our representative coaches.

**Laura Geitz is coming to Rockhampton!** Laura and her clinic team will be conducting junior clinics in Rockhampton, Yeppoon, Biloela, Gladstone, Bundaberg, Hervey Bay and Gympie over one week in December. Clinics are open to players aged 8 to 16 years. Laura will be in Rockhampton on Saturday, December 17 from 9:00am to 11:30am. Cost is \$45.00 per participant. Nomination forms are on the Rocky and Netball Queensland websites.

To include your association's information in the 'Around the Region' section, please complete the questionnaire emailed with the newsletter each month.

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## Capricorn events calendar...

	<u>October</u>	<u>November</u>	<u>2012</u>
22 & 23	Stanwell 12&13 years Claws Junior Talent Camp (Emerald)	5 & 6 Stanwell 14-17 talent camp (Rocky)	
30	Claws trials (Rocky)	12 Cap planning meeting (Em) 13 Cap AGM (Emerald)	18 & 19 Train Well, Play Well, Stanwell education weekend (Rocky)