



January 2012

This month...

WELCOME to *Cap Yap* for another month and another year.

I trust you all enjoyed a happy and relaxing Christmas and New Year. It's a great relief not to be having to write about floods in this first newsletter and hopefully the weather will stay kind to us as we kick off our 2012 seasons.

It seems there is no easing into the season this year... whilst most of our member associations are no doubt gearing up for sign-on, the Capricorn Region also has a jam-packed program for the next couple of months. We've already started, in fact, with the Claws selections held in Rockhampton on January 14. Read more about the selections in this edition.

Coming up, Capricorn has organised to host an *Intermediate Coaching General Principles* course in Rockhampton on February 4 and 5 in Rockhampton for those coaches looking at taking the next step in their accreditation.

But the big event is our fantastic '*Train Well, Play Well, Stanwell*' education weekend in Rocky on March 3 and 4. We have secured some terrific presenters and have designed the weekend to have something for everyone. The registration forms should be out in the next week or so but for now make sure you set that weekend aside. More about the weekend later in the newsletter.

On a down note, the Region will this year be losing the services of Tracey Davis (for a while at least) whilst she concentrates on her studies to become a teacher. Netball's loss is teaching's gain and we wish her all the best with her studies. Tracey has given years to netball in Capricorn and her passion and commitment to our sport, particularly in the development of young players, has been fantastic and very much appreciated. We'll catch up with Tracey for a chat in next month's newsletter.

Finally, a new year's reminder to associations regarding contributing to the newsletter. We have nine member associations in Capricorn so there should be plenty happening – we'd like to hear about it.

Happy netballing in 2012.

Debbie

Deadline for the February edition is Friday, February 10

What's coming up...

February 4&5

NCAS Intermediate Coaching General Principles course
Rockhampton Leagues Club – 8.30am-5pm (both days)

March 3 & 4

Train Well, Play Well, Stanwell education weekend
CQ Community Sports Centre, Rockhampton

March 17 & 18

Regional Academy and Stanwell Development Squad trials
Rockhampton (Venue TBC)

Associations:

Does the Region have your current contact details?

There are a lot of great things happening for netball in 2012 so to make sure your members don't miss out, send us your current contacts as soon as possible

Details can be sent to:
capricornnetball@hotmail.com

'Train Well, Play Well, Stanwell' education weekend...

THE 'Train Well, Play Well, Stanwell' education weekend will be two days of hearing from some of the best netball and sports brains in the business – so you can't afford to miss it!



The forum will be held at the CQ Community Sports Centre in Rockhampton on March 3 and 4, starting at 8.30am on the Saturday and concluding at 1pm on Sunday.

The speakers and their topics include:

- **Yvonne Willering**

(Former New Zealand Silver Ferns coach and representative player)

Her topics will include:

- "So you think you can defend?" – including combating a tall shooter and defending as a unit
- "Team Talk" – game day organisation, player motivation, what to say during breaks
- "Game Analysis" – how to use statistics
- "Centre Court Specialists" – does your team link effectively and player movement strategies
- "Mastering Movement in the Circle" – especially for developing shooters.

- **Gillian Lee**

(High level coach and author of netball coaching resources)

Her topics will include:

- "It's not the drill – it's what you do with it" – teaching coaches how to really teach a drill rather than going through the motions
- "Court play" – teaching patterns of play during a training session
- "Planning appropriate training from last week's game"

- **James Hood**

(Highly accredited strength and conditioning expert and former Firebirds strength and conditioning coach)

His topics will include:

- Strength and conditioning for children
- Effective warm-ups and cool downs
- Aerobic and anaerobic fitness
- Core strength
- How to create an individual training program

- **Leisa Donlan**

(Popular club governance guru)

Her topics will include:

- Volunteer management
- Financial management
- "Meeting Motions" – do you really make things happen; and taking minutes
- "Successful Planning"

Other sessions include:

- Anti- Discrimination – do you really know what it means
- Facility planning and project management
- Coaching kids – the secret to keeping them engaged
- Umpiring education and development

Our key note speaker for the weekend is Dr Peter Reaburn from CQU.

The forum has been developed to provide our region's associations and members with access to top quality education and training in the one place, at the one time and at a fraction of what it would cost if we had to travel away.

The weekend has been timed to coincide with the start of the 2012 season, taking the place of our usual 'Get Ready for Netball' weekend, so that information you learn can be put into practice straight away.

Continued...

**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:
March 3 & 4
2012**

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We plan to make the forum an annual event but its success will depend on the support it receives. So please, make every effort to attend – you won't be disappointed.

Attendance will be by registration only – a full program, registration form and payment details will be circulated in the near future.

So remember the date – March 3 and 4.

NCAS Intermediate Coaching General Principles course...

CAPRICORN Branch will host a NCAS Intermediate Coaching General Principles course at the Rockhampton Leagues Club on February 4 and 5.

The NCAS Intermediate Coaching General Principles Course, to be presented by SEAL, was developed by the Australian Sports Commission and is a pre-requisite for the Intermediate level netball accreditation.

Capricorn encourages all Development level coaches who are considering pursuing further accreditation to take up this opportunity as the course is not often available in our region. The Region is intending to apply to Netball Queensland to host an Intermediate accreditation course later in the year.

The GP course content includes: the essence of coaching, program management, planning, sport safety, coaching processes, inclusive coaching, skill acquisition, introduction to physiology, basic anatomy and biomechanics, development and maturation, nutrition for sport, sport psychology and anti-doping in sport.

To complete the Intermediate Coaching General Principles participants must be a minimum age of 18 years and hold a current Level 1 NCAS (or equivalent) accreditation (Development level in netball).

Cost of the course is \$197 per person. To register, go to www.sealglobal.net.

Capricorn Claws...

DUE to the early start to the State League season, the trials for our Capricorn Claws team had to be brought forward and were held at the CQU in Rocky on Saturday, January 14.



Thankful of the air-conditioned venue, there were 23 trialists – almost two-thirds of whom were aged 17 years or younger. This interest from the younger players and their commitment to the pre-season training program is a great sign for Capricorn netball in the future.

Trials consisted of drills and match-play as selectors Lyn Jackson, Debbie Hall and Claws coach Barb Ahmat set about the difficult task of selecting the squad.

In the end, the selectors chose nine players for the team, opting also to name a train-on squad of players capable of pushing their way into the side with continued training.

The 2012 Claws players are – Lizzy Egerton (Rockhampton/Barcaldine), Amanda Goody (Rockhampton), Shanita Smith (Rockhampton), Keanna Hopkins (Rockhampton), Carmen Anderson (Rockhampton), Pearl Hood (Cap Coast), Kirra Lee Leo (Cap Coast) and newcomers Ella Lawrie (Rockhampton/Gladstone) and Brooke Mann (Longreach).

Both former Academy players, Ella and Brooke impressed selectors with their on-court maturity and skills. Brooke is the first player from Longreach to make the side and is facing a hectic schedule and many hours on the highway to participate.

Continued...

**Capricorn
website:**

Capricorn Region has a new website - www.eteamz.com/capricornnetball Check it out for all your event information and registration forms.

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Eager to earn their spot in the Claws will be those selected for the train-on squad: Kiriana Allen (Emerald and Blackwater), Bianca Butler (Emerald), Tia Konui (Rockhampton), Rebecca Thompson (Rockhampton), Georgia Staal (Emerald), Sharna Parter (Gladstone), Sarah Brennan (Rockhampton), Maddy Ryan (Yeppoon) and veteran Claws mid-court player, Anna Young (Emerald), who was unable to attend the trial due to medical reasons.

At this stage, Ahmat is still to fill the important GA position and will be looking to the shooters in the train-on squad to step up to the task over the next few weeks.

The squad held its first training session on Sunday, February 15, and will have its first hit-out against Whitsunday in coming weeks. Competition matches start at the end of March.

Regional Academy and SDS in 2012...

NETBALL Queensland is still to announce the structure for the Regional Academies in 2012 so no further information is available to players as yet.



Capricorn has set March 17 and 18 as the dates for our Academy and Stanwell Development Squad trials, with the details to be confirmed once more information has been received from Netball Queensland.

A reminder, though, that Capricorn will be looking to introduce a new clause to the Academy Player Agreements in 2012. This clause will state that all Academy players **must trial** for their own association rep teams in their relevant age group (if a team is proposed by their association). Further, if selected, if the player withdraws from the rep team for any reason (other than illness or injury), her Academy position will be forfeited. The same clause will apply to players in the SDS.

Players considering trialling for the Academy and SDS in 2012 should keep this in mind as association rep trials are likely to be held before the Academy/SDS trials weekend.

Another change for the SDS in 2012 is that the eligibility age group will be expanded to include players turning 13 in 2012 (born 1999).

Rule changes in 2012...

AT the IFNA Congress held at World Netball Championships in July 2011, the IFNA membership passed a number of changes to the Official Rules of Netball.

The changes may be implemented by associations and clubs at the start of the 2012 season. A summary of the changes as provided by IFNA can be found at: http://66.29.206.247/uploads/res/1_182218.pdf

Expressions of interest...

PRIOR to Christmas, Capricorn called for expressions of interest for a number of positions available in regional squads/activities. Thank you to those people who responded – you will be contacted in due course.

In the meantime, we would still like to hear from people who might be interested in the following:

- **Stanwell Development Squad coach** – role is to run the SDS program, including ***Continued...***

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providing home programs for the athletes, conduct at least two camps (in conjunction with the Academy coach), monitor and mentor SDS athletes' progress.

- **Regional Academy and SDS network coaches** – role is to work with SDS and Academy athletes on their home programs (weekly sessions). The locations/associations requiring network coaches will be determined by which athletes are selected for the Academy and SDS.
- **Regional Umpiring and Coaching Subcommittees** – the region is looking for people interested in being part of the subcommittees tasked with implementing and progressing the region's umpiring and coaching development pathway policy.

EOI's for the above positions should be sent to the Capricorn secretary at capricornnetball@hotmail.com.

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 NA for returning the questionnaire this month.

Emerald NA

IT is all go at Emerald Netball currently – and the season hasn't even started. Our new uniforms have been ordered and planning for sign-on is well underway. Best of all, work has started on our new facilities at Rundle Park so hopefully we should be playing on our new courts by mid-way through the season.

The ENA committee is introducing a few changes in 2012 to both recognise the efforts of our volunteers and to alleviate some of their workload pressures. These include the introduction of a compulsory 'volunteering fee' to all members, which has been designed to encourage more members to volunteer their time and to reward those who do. ENA will also be introducing a new program of umpire development and a pre-season 'competition' for seniors this season.

Upcoming events:

Monday, January 30 – Junior sign-on – Emerald PCYC
4.30pm – Netta and Fun Net
5.30pm – Intermediates
6.30pm - Cadets

Tuesday, February 7 – Senior sign-on – Netball clubhouse – 6pm

Saturday, February 25 – Level 1 umpiring course

Capricorn events calendar... (over page)

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

Capricorn events calendar...

Please be aware that dates for accreditation courses listed below are tentative at this stage and still to be confirmed.

January

- 25 CCNA Australia Day Stall (Yeppoon)
- 29 RNA sign-on (Rocky)
- 30 ENA junior sign-on (Emerald)

February

- 4 GNA sign-on (Gladstone)
- 4&5 NCAS Intermediate GP course (Rocky)
- 6 ENA junior gradings start (Emerald)
- 7 ENA senior sign-on (Emerald)
- 9 RNA club orientation night (Rocky)
- 11 CCNA sign-on (Yeppoon)
- 12 RNA team nominations (Rocky)
- 13 RNA non-competitive netball orientation (Rocky)
- 16 RNA team manager orientation (Rocky)
- 18 Foundation coaching course (Rocky)
- 18 CCNA sign-on (Yeppoon)
- 19 Level 1 umpiring course (Rocky)
- 20 CCNA AGM (Yeppoon)
- 20 RNA gradings start (Rocky)
- 22 BNA AGM (Barcaldine)
- 25 Level 1 umpiring course (Emerald)
- 25 Development coaching course (Rocky)
- 27 ENA junior fixtures commence (Emerald)
- 29 GNA AGM (Gladstone)

March

- 3 & 4 **Train Well, Play Well Stanwell education weekend (Rocky)**
- 4 RNA State Age selections (Rocky)
- 6 ENA seniors pre-season comp starts (Emerald)
- 10 Netball Qld AGM
- 11 Foundation coaching course TBC (Emerald)
- 11 RNA Challenge selections (Rocky)
- 12 RNA fixtures commence (Rocky)
- 17&18 Regional Academy and SDS selections (Rocky)

- 18 BiNA carnival (Biloela)
- 24 Level 1 umpiring course (Gladstone)
- 25 Level 1 umpiring course (Rocky)

April

- 14&15 Capricorn Academy camp 1 (TBC)
- 17 ENA senior comp starts (Emerald)
- 19 RNA senior rep selections (Rocky)
- 21 Level 1 umpiring course (Barcaldine)
- 22 Level 1 umpiring course (Longreach)
- 22 Level 1 umpiring course (Gladstone)
- 29 Level 1 umpiring course (Yeppoon)

May

- 5-7 Challenge Carnival (Pine Rivers)
- 13 Netta Fun Day (Emerald)
- Foundation coaching course (Gladstone)
- 20 Pam Moore carnival (Gladstone)
- 26&27 Capricorn Academy camp 2 (TBC)
- 27 Level 1 umpiring course (Rocky)

June

- 2&3 Sullivans Carnival (Rocky)
- 9-11 NQ State Age Championships (S'shine Coast)
- 20 ENA AGM (Emerald)
- 20 Pam Moore carnival (Gladstone)

July

- 15 Foundation coaching course (Cap Coast)
- 21 Development coaching course (Emerald)
- 28&29 Country Carnival (Rocky)

August

- 4&5 ENA junior carnival (Emerald)
- Capricorn Academy camp 3 (TBC)
- 11&12 CCNA Cap Coast Cup (Yeppoon)
- 20 ENA junior semis (Emerald)
- 21 ENA senior semis (Emerald)
- 27 ENA junior prelim finals (Emerald)
- 28 ENA senior prelim finals (Emerald)

September

- 1&2 Capricorn Academy camp 4 (TBC)
- 3-5 RNA semis (Rocky)
- 3 ENA junior grand finals (Emerald)
- 4 ENA senior grand finals (Emerald)
- GNA junior grand finals (Gladstone)
- 10-12 RNA prelim finals (Rocky)
- 11 GNA senior grand finals (Gladstone)
- 15 RNA grand finals (Rocky)
- 16 CCNA grand finals (Yeppoon)
- 28-30 Academy screening weekend (Brisbane)
- 29&30 NQ regional forum (Brisbane)

October

- 9 RNA Premier League starts (Rocky)
- GNA summer comp starts (Gladstone)
- 10 RNA mixed comp starts (Rocky)
- 20&21 Stanwell 12&13 years Claws Talent Camp (Emerald)
- 27&28 Capricorn Claws State League trials (Rocky)

November

- 3&4 Stanwell 14-17 years Netball Talent Camp (Rocky)
- 10 Capricorn planning meeting (Emerald)
- 1 Capricorn AGM (Emerald)
- 30-1 Capricorn Mixed - Fast Net Carnival

Legend:

RNA – Rockhampton NA,
GNA – Gladstone NA, ENA – Emerald NA, CCNA – Capricorn Coast NA, LNA – Longreach NA,
BNA – Barcaldine NA, BiNA – Biloela NA

Send us your calendar:
Make sure the region knows what's happening in your association by sending us your dates for the *Cap Yap* events calendar.

Email your calendar to:
capricornnetball@hotmail.com