



February 2012

This month...

# Train Well Play Well Stanwell Sports Forum

STANWELL  
Power Station | stanwell

WELCOME to *Cap Yap* for February.

Many of us are up and running again for another season and from all reports, netball continues to increase its popularity in the Capricorn region – so we must be doing something right!

February is a very busy month for netball – thank goodness the leap year gives us an extra day this year! At a regional level, we are not only taking on the enormous task of hosting the Train Well, Play Well, Stanwell Sports Forum on March 3 and 4 but are also getting ready for the Academy and Stanwell Development Squad trials.

Speaking of the sports forum, by now you have hopefully all had a look at the program and your only issue now is working out which of the terrific sessions to attend. Those who haven't seen the program, you can find it on the Capricorn website at [www.capricornnetball1.com](http://www.capricornnetball1.com). The organising committee has worked hard to secure fantastic presenters and we are now relying on you, our members, to support it. You will rarely get this kind of opportunity close to home so please make the most of it. We are hoping to make the forum an annual event and that will depend largely on the success of our first one. It is an expensive exercise for the Region but one we feel is more than worth it. Read more about the forum in this edition.

Also in this edition, we catch up with the Claws and find out how things are going with their preparations for this year's State League

Thank you to those associations who have contributed news for this edition – am looking forward to hearing from the rest of you next month.

See you at the forum!

*Debbie*

**Deadline for the February edition is Friday, March 9**

What's coming up...

March 3 & 4

**Train Well, Play Well, Stanwell Sports Forum**  
CQ Community Sports Centre, Rockhampton

March 17 & 18

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

March 18

**Gay Fraser Cup carnival – Biloela Netball Assoc**

**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' Sports Forum...

IF you want to become a better player, coach, umpire or committee member or want to run your association more efficiently, you cannot afford to miss the inaugural *Train Well, Play Well, Stanwell Sports Forum* next month.



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"
  
- **Stacey Campton**  
(International and All-Australia badged umpire)  
Her sessions will include:
  - "What's new in umpiring"
  - Rules in Action accreditation course
  - "How to develop an umpiring mentoring/development program"
  - "How do you get your badge?"
  - "Seeing is everything"
  - Mentoring on matchplay

There will also be a session on anti-discrimination and an interactive panel discussion on coaching children and the secrets to keeping them engaged.

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

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

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

**Register  
today!**

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The forum costs \$80 (GST incl) and is **open to participants aged 14 years and over**. The Rules in Action session will be an additional \$22 for those umpires requiring accreditation. The forum's sessions will involve some physical participation so please dress appropriately.

**Please note: attendance will be strictly by registration only, with registrations closing on February 25**. A full program, registration form and payment details can be found on the Capricorn website at [www.capricornnetball1.com](http://www.capricornnetball1.com).

Please register as soon as possible. Hope to see you all there!

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## **Regional Academy and SDS in 2012...**

CAPRICORN Regional Academy trials will be on Saturday and Sunday, March 17 and 18 (times and venue to be confirmed).

Netball Queensland (NQ) has extended the Academy age group this year to include players turning 14-18 by December 31, 2012.

As NQ has not called for applications for the Academy coach position to date, Capricorn Region has appointed Anna Young as the interim coach until those positions are finalised. Shannon Wegert will continue as the interim administrator.

The Academy nomination form can be found on the Netball Queensland website ([www.netballq.org.au](http://www.netballq.org.au)) or use the link below. Nomination forms and trial fees are to be sent directly to Netball Queensland. The closing date for nominations is Wednesday, March 14. <http://www.netballq.org.au/extra.asp?id=2347&OrgID=3&menu=3744>

The Stanwell Development Squad (SDS) will be selected on the Sunday of the trials, March 18. This year, the SDS will be opened up to 13-year-olds with those players talent identified as 12-year-olds at last year's *Stanwell 12-13 years Claws Junior Camp* in Emerald encouraged to nominate. Only players born in 1999 will need to complete a separate registration form for the SDS trials – for the older players, registration for the Academy trials will serve for both. SDS nomination forms will be circulated to associations to distribute at their discretion in the near future.

Former Capricorn Academy coach Lyn Jackson has taken on the SDS coach's position in 2012.



A reminder that Capricorn is looking at introducing 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.**

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## **2012 NQ Volunteer Recognition Program...**

A REMINDER to all associations that NQ is looking for nominations for its Volunteer Recognition Program.

This year's recognition honours include attending a Mission Queensland Firebirds home game in a corporate box, recognition at a State League competition game and recognition on the NQ website, in the media and during Volunteering Australia's Volunteer Recognition Week. For more information, see the NQ website.

### **Academy trial nominations:**

The 2012 Regional Academy nomination form can be found on the Netball Queensland website at <http://www.netballq.org.au/extra.asp?id=2347&OrgID=3&menu=3744>

## Capricorn Claws...

*Claws Barb Ahmat gets us up to date on what's been happening with the Claws...*

### **How did the trials go?**

The trials were very successful with around the same numbers as 2011. There were more players in the 16–17yrs bracket which is exciting as it marks the next generation for the Claws.



The selection process was also better this year with feedback being given to players in the initial match play in the morning session before their final trial in the afternoon. We selected nine players for the team, with eight “train-on” players.

### **What happens now to fill the extra position?**

The players in the train-on squad will continue to attend training and once their level of skill improves, additions will be made to the team. There will also be an EOI distributed to pick up new players that may be new to the region.

### **What does ‘train on’ squad mean?**

The “train-on” squad means that the players will be trained as per the Claws team players and will be expected to raise their skill level to be considered for team selection. Some players may not be selected in 2012 but would be encouraged to continue to train and be better prepared for 2013.

### **What were the benefits of the pre-season training squad?**

Thank goodness we did pre-season training! The competition timeline for the Netball Queensland State League changed suddenly in November 2011. The teams had to be selected by January 19 and the competition starts March 17!

The benefits of the training was apparent at trials with players displaying a higher level of fitness (especially for January!) and it was also not as daunting to new players that were part of the pre-season preparation.

Foremost, the Claws are better prepared for the early start to the competition. We have also added more pre-season matches for our preparation including a match against the North Queensland Men’s Netball team.

### **What is the format for this year’s competition?**

The draw for 2012 is as follows:

DATES	Event & Venue
17/03/2012	4.30pm - Game 1 vs Suncoast Lynx - Caloundra
18/03/2012	10.30am - Game 2 vs Bris North Cougars - Uni of Sunshine Coast
24/03/2012	5.00pm Game 3 vs Whitsunday Sharks - Mackay
14/04/2012	HOME GAME - ROCKY 7.00pm Game 4 vs Bris South Widcats - CQU
15/04/2012	HOME GAME - ROCKY 12.00pm Game 5 vs Golden South Jaguars - CQU
28/04/2012	HOME GAME - ROCKY 7.00pm Game 6 vs Darling Downs Panthers - CQU
29/04/2012	HOME GAME - ROCKY 12.00pm Game 7 vs Wide Bay Thundercats - CQU
19/05/2012	5.30pm - Game 8 vs Marlin Coast Marlins - Mackay
20/05/2012	10.30am - Game 9 vs Magnetic North Steelcats - Mackay
2/06/2012	3.30pm - Game 10 vs Bris West Lions - Brisbane
3/06/2012	10.00am - Game 11 vs Bris East Tigers - Brisbane

### **What’s next?**

The Claws have pre-season matches in Mackay on February 25 and 26 against Whitsunday, Magnetic North and the North Queensland Men’s team.

“The benefits of the (pre-season) training was apparent at trials with players displaying a higher level of fitness – especially for January!”

**Barb Ahman**  
2012 Capricorn  
Claws coach

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Then there is the big pre-season game that will be hosted during *the Train Well Play Well Stanwell Forum* on March 3. The Claws will be playing Wide Bay Thundercats.

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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, Rockhampton and Biloela NA's for returning the questionnaire this month.

### **Emerald NA**

EMERALD has again enjoyed an increase in our registrations in all divisions, which means our new courts and facilities can't come too soon! Weather permitting, we hope to be playing on our new courts in July.

The new 'volunteering' fee structure introduced this year has been well received and we are in the enviable position of making sure we have enough jobs for everyone to do!

Junior gradings have begun with fixtures set to start on February 27. This year we have introduced a new 'pre-season' competition to replace gradings in the seniors and this starts on March 6. We will also be holding a Level 1 umpiring course on Saturday, February 25.

Finally, our new junior uniforms will arrive in the next couple of weeks, with sponsorship from BMA subsidising the cost to players.

#### **Upcoming events:**

Saturday, February 25 – Level 1 umpiring course

Sunday, February 26 – Junior rep trials

Monday, February 27 – Junior fixtures start

Tuesday, March 6 – Senior pre-season comp starts

### **Biloela NA**

BILOELA Netball Association's AGM was held on February 2 with a new committee being elected.

The association held a sign-on at Biloela Shopping World on Saturday, February 11 and will hold another on Saturday, February 18 at the courts from 8.30am to 1pm. We are taking nominations for teams and individuals for Fun Net, Netta, junior, mixed and ladies competitions.

The association is also holding the 'Gay Fraser Cup' carnival on Sunday, March 18. Nominations will be accepted in the following divisions – 10/u, 12/u, 14/u, 16/u and open and close on March 9. For more information, contact Shari Hancox on 4992 4221.

#### **Upcoming events:**

March 13 - Season starts

March 18 – Biloela Carnival – Gay Fraser Cup

### **Rockhampton NA**

ROCKHAMPTON Netball, is again, very busy organising and planning the year ahead and looks forward to further success on and off the court.

RNA recently held its Annual General Meeting and general meeting and we are very pleased to announce the following appointments for the 2012:

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

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President: Barbara Ahmat  
Secretary: Lesley King  
Treasurer: Thalep Ahmat  
Management Committee: Anne Hinchliffe, Debbie Crane, Brett Toll, Tanya Flamank, Jean Dudley and Leesa Beatson

RNA has a number of positions that remain unfilled (a full list can be viewed on our website: [www.eteamz.com/rockynetball](http://www.eteamz.com/rockynetball)). The successful running of the association relies on volunteers to fill all available positions. We always welcome new faces to the team! If you or a member of your club is interested in helping out, please contact the association on 4922 1043

RNA has held several meetings with the Rockhampton Regional Council in past months regarding the relocation of netball to the Parkhurst precinct. YAY – a new bigger and better facility is a real possibility!! A concept plan is available from the RNA office, interested members are welcome to view this plan and provide comment.

**Upcoming events:**

February 12 - team nominations  
February 18 - Sports specific Foundation Coaching Course @ RNA 9am to 1pm  
February 19 - Level 1 Umpiring Course @ RNA 9am to 1pm  
February 20 - Grading games commence from 5.30pm  
February 25 - Development Coaching Course @ RNA 9am to 4pm

Don't forget that all coaching and umpiring courses are co-ordinated by Netball Qld so registrations are essential!

Finally, welcome to the 2012 Netball Season, not long to go now!! If you have any questions, please don't hesitate to ask.

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**Capricorn events calendar... (over page)**



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## Capricorn events calendar...

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

### February

- 13 RNA non-competitive netball orientation (Rocky)
- 16 RNA team manager orientation (Rocky)
- 18 Foundation coaching course (Rocky)  
CCNA sign-on (Yeppoon)
- 19 Level 1 umpiring course (Rocky)
- 20 CCNA AGM (Yeppoon)  
RNA gradings start (Rocky)
- 22 BNA AGM (Barcaldine)
- 25 Level 1 umpiring course (Emerald)  
Development coaching course (Rocky)
- 26 ENA rep trials
- 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)  
RNA Challenge selections (Rocky)
- 12 RNA fixtures commence (Rocky)
- 13 BiNA season starts
- 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)  
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)
- 10 BiNA charity golf day fundraiser
- 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)

- 28 BiNA semi finals

### 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)  
BiNA finals
- 10-12 RNA prelim finals (Rocky)
- 11 GNA senior grand finals (Gladstone)  
BiNA grand finals
- 15 RNA grand finals (Rocky)
- 16 CCNA grand finals (Yeppoon)
- 19 BiNA interschool carnival (Biloela)
- 21 BiNA presentation night (TBC)
- 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**