

SMOG Snippets

Edition 3: 19 February 2009



Trials are finally underway, with the first Premier trials taking place on Tuesday. It was great to see some familiar smoggies back, as well as some new faces. This year the committee have organised as many coaches as possible to attend the trials, as well as some independent selectors.

While the sun is holding out at the moment, we may not always be so lucky with the weather. In the chance that there is severe rain, please check our website – we will post cancellations up there around 4pm. We will also send an email to all those that have registered.

Configure corporate rate

SMOG Netball are proud to announce a new “Friends in Business” partnership with Configure Express Women’s Gym. For all those looking to join a gym to keep fit during the season, see the info on our website about a special smoggie corporate rate: <http://www.smognetball.org.nz/imgs/20090216-1271.pdf>. Not only will you not have to pay a joining fee, you’ll get a cheaper rate and a whole lot of free gifts.

Pre season fitness sessions

Keeping with the fitness theme, SMOG will be running 2 pre-season fitness sessions on March 19 and 26. These are open to all players and will be run by a Configure Express Instructor, focusing on netball-related fitness. Details and the process for registering are [here](http://www.smognetball.org.nz/imgs/20090218-1277.pdf): <http://www.smognetball.org.nz/imgs/20090218-1277.pdf>

Club AGM

The club’s AGM is scheduled for **Tuesday 31 March** at **6pm**, at Sport Wellington, 113 Adelaide Road,

Newtown. Make sure this date is in your diary. The AGM is a time to find out the club’s plans for the season, get an update from the Board and committee, and pay for uniforms and subs.

Coaching courses

For SMOG coaches, there are two courses coming up which you may be interested in:

- ❖ 14th March - Starting Out in Coaching module (St Orans 10am - 1:30pm)
- ❖ 15th March - Player Centred Coaching (St Orans - 1:30 - 4:30pm)

Both of these modules are compulsory for coaches before you can continue on the Netball NZ coach development framework. Each module costs \$20, however this cost can be covered by the club. Registration forms will be out soon, but you can register your interest with Lindsay Murdoch by email at coachforce.nwr@paradise.net.nz

Coaches Corner

Attention all Premier-level players – we are still looking for a co-coach for SMOG 6, one of our Premier Reserve teams (as the other coach will be away for part of the season). SMOG is able to provide you with a comprehensive coaching resource pack and can help you complete coaching courses, to improve your skills. If you are interested or want to find out more, contact Bex Leslie via email on Rebecca.Leslie002@msd.govt.nz.

We will also be organising a meeting in March, so all the coaches can meet each other and the club’s coaching coordinator will outline all the coaching opportunities in the season ahead.

Development weekend

On the weekend of the 21-22 March, there will be a development weekend taking place at Te Rauparaha Arena, Porirua. This will include a comprehensive programme for:

- ❖ Players aged 13 – 19
- ❖ Coaches – complete beginner and those that have been coaching for a short period of time
- ❖ Umpires – catered for centre level and also new regional umpires.

All sessions will be taken by qualified presenters such as Waimarama Taumaunu, Megan Crockett and the Netball Wellington Regional Umpires Panel. Fitness testing will also be done for players and umpires.

The cost for the full weekend is \$60. For registration forms and programme details, contact Lindsay Murdoch, coachforce.nwr@paradise.net.nz or Cathy Roa via email on, cathy@kapimananetball.org.nz.

Subs Payments

While the season is still a few months off, we thought we'd give players a heads up about subs, so you can put it

into your budget. Subs will remain at \$145 this year and can be paid by cash, cheque or direct credit into our club bank account. Subs can be paid at the AGM or at two special "Skirts and Subs" nights.

For those who would like to pay in instalments, we are offering the option of paying the \$145 spread across 4 dates:

- ❖ 24th April - \$36.25
- ❖ 1st May - \$36.25
- ❖ 8th May - \$36.25
- ❖ 15th May - \$36.25

If you have any questions on subs, please don't hesitate to contact the Club Treasurer Jenny Smith via email on JSmith16@kpmg.co.nz.

Key dates to note

- ❖ 24 Feb – Start of Prem Res trials
- ❖ 3 March – Start of Senior trials
- ❖ 12 March – Coaches meeting

Karen

smogclubcaptain@gmail.com

Spot light on Kylie Bulling

Role: Chair of the SMOG Board

Originally from: I'm a Southland girrrrl, moved to Wellington 5 years ago after 3 years at Otago University.

Netball experience: Played Southland age group reps starting at age 12. Played Prem 1 down in Dunedin while at University then moved to Wellington in 2004 just before the SMOG trials. I chose SMOG because they had the best uniform. Started off in SMOG 4, it was a fabulous team and we had a lot of fun. 2005 saw me picked for SMOG 3 where I captained the team for 3 years, under the fabulous coaching of Lauren Cournane. I started off 2008 playing in the Regional Super League for Kapiti and was picked for SMOG 2 in the NWC competition and thoroughly enjoyed my year.

2005: Trials Co-ordinator and coach

2006: Assistant Club Captain, Trials and Coaching Co-ordinator (Smoggie of the Year woohoo!), SMOG 6 co-coach

2007: SMOG 7 coach

2008: SMOG Board Member

2009: Chair of SMOG Board and Co-coach SMOG 4

