

SMOG Snippets

Edition 5: 23 April 2009



The season is finally drawing near, with just over a week to go till the first official game. From what I've heard through the grapevine, teams are all training hard, and are keen to hit the courts while the sun still shines.

New sponsor bar – Establishment

The club are excited to announce our new sponsor bar/"clubrooms" for 2009 – The Establishment on the corner of Blair Street and Courtney Place, www.theestablishment.co.nz. The club has been offered a number of perks, which will be announced at the club evening.

CLUB EVENING

By now, you should have all received an invite and information from your manager about the Club evening on **Thursday 30 April, 6pm at The Establishment** (click here for details www.smognetball.org.nz/95-148.html).

This is a great chance to welcome in the 09 season, hear about the club's plans for the year, congratulate our scholarship winners and of course socialise.

It is essential that **at least 2 people** from each team attend – but of course we want all of you to come.

There will be **free nibbles**, a **free glass of wine on arrival** (first in, first served) and spot prizes for some lucky smoggies (sports gear and Lush products).

Make sure you RSVP on the Facebook site (see below) and I'll see you all there.

Facebook site

Our lovely Board chair, Kylie Bulling, has set up a new facebook site for our club – so make sure you become a fan! Look for us under '[SMOG Netball Club, Wellington](#)'.

www.smognetball.org.nz

New look NWC website

The Netball Wellington Centre have also introduced a new look website for 2009 – www.netballwellington.co.nz. Draws are up for the first round of the competition for all Prem and Prem Reserve grades, with Senior games soon to follow.

Chocolates

Please remember to get all your money from chocolate sales back to your team manager ASAP (was due on 20 April). A big thanks to you all for getting out there and selling them. We'll let you know the total fundraising amount soon.

Subs

Just a gentle reminder that subs are due by **1 May**. If you have any questions on subs, please don't hesitate to contact the Club Treasurer Jenny Smith, via email JSmith16@kpmg.co.nz.

Pulse games

The Pulse are playing at "home" on Sat 25th April vs Fever (Palmerston North) and again on Monday 4th May vs Mystics (TSB Arena). Check out their website for full details - www.pulse.org.nz.

Coaches Corner

There is a Player Centred Coaching module being run at NWC on Tuesday 28th April from 6pm - 9pm, this is a compulsory module for all coaches looking to progress through the NNZ coaching framework, \$20 and registrations need to be sent to Tania at tania@netballwellington.co.nz

On Sun 10th May there will be coaching modules taking place at NWC: Defence 1, Game Analysis & Tournament Planning. If any SMOG coaches want to register for these, then Lindsay Murdoch can do it for free again but they will need to

contact Lindsay direct at coachforce.nwr@paradise.net.nz

Free coaches shooting clinic with Jill McIntosh on 5th May at Te Rauparaha arena from 6pm - 9pm, also need to register with Lindsay - coachforce.nwr@paradise.net.nz

Volunteers needed

Netball Wellington Region is currently advertising for volunteers for the NNZ National Under 17 Netball tournament being held at Hataitai Netball courts, from Tuesday 14 July until Friday 17 July 2009.

If you feel you could assist them with administration, time-keeping, score-keeping, runners, team liaison or offer a general hand during the four day event, please contact Clare at Netball Wellington Region on netballwellingtonregion@paradise.net.nz or 04 389 0236 for a registration form

U21 Rep players

Congratulations to the following SMOGGIES for being selected into the Netball Wellington Region U21 team that will play at the NNZ National U21 Championships in Auckland 6th - 9th July:

- ❖ Jamie Sorenson,
- ❖ Sanita To'o
- ❖ Kelly Griffin
- ❖ Rose Paino
- ❖ Brooke Cutting
- ❖ Rosa Friend



Great to see SMOG players making up half the team!!! Another SMOGGIE, Marianne Delaney will be the head coach for this team (with Mary Smith assistant),

Senior grading tournament

The Senior Grading tournament was held on Saturday 18 April, with 3 SMOG teams taking part. The weather this year was far improved, with the sun shining all day. Two of the teams have given us a run down of the day.

SMOG 10 (nee SMOG 9)

Everyone enjoyed the day over all with the great weather, especially the last game where we came off thinking that we had lost again and to our surprise we had actually pulled off a win by 2 goals, "Can't ask for more than that (except for four wins)". I think that this was one of the highlights of the day.

Although we lost the remaining games, the team bonded well together. No one gave up and remained enthusiastic through the day. It was good to see that we were positive, both on and off the court. I would like to thank everyone for cheering and encouraging our team while they were having their time off court, along with our great coaches (Todd and Rani).

Karen & Bella

SMOG 8

SMOG 8 were winners off the court in the Senior Grading Tournament. Despite only managing 1 clear victory, the team managed to try out several combinations, air out their netball shoes, and most importantly introduce the new fines book. While maybe not cleaning up on the court, SMOG 8 has come together as a cohesive unit and are set for promising season.

Melanie McIntosh

Fundraising

Do you have some great fundraising ideas you'd like to share? Or are you keen to give the club a hand in a fundraising activity or social event? Drop us an email via smognetball@gmail.com or come chat to me at the Club evening on 30 April.

Key dates to note

- ❖ 2 May – Start of NWC competition

Karen

smogclubcaptain@gmail.com

Spot light on Charmaine Meredith

Originally From: Have lived all my life in Wellington, great city, great people, although admittedly I am not a Hurricanes fan - sorry!

About Me: My partner Rob and I have a home in Kilbirnie, along with our thoroughly spoilt cat called Woody who is the most famous ginger cat in Kilbirnie! I swear he's a direct descendant of Garfield! I work for Telecom NZ Ltd as a Practice Manager for the Solution Test & QA Team, managing testing staff across IT projects. Spare time is spent playing squash, running round after my "lil bro" or splitting my rugby allegiances between Poneke and Ories!



Netball Experience: I represented Wellington from Age Groups through to seniors and am a Netball NZ Level 2 Qualified Coach.

Joined SMOG: I joined SMOG in 1992, where I played in Prem 1 until retirement in 2001. Coached SMOG1 for 3 years, then took a break last year from coaching while my partner and I did some travelling in the USA. I am now assistant coach of a very cool SMOG 3 team, who are a wonderful unit to be involved with.

Role in SMOG: SMOG Board

Umpiring update

At Netball Wellington, Premier level games are controlled by the centres umpires, and players at every level are rostered to control games, generally in grades lower than the one they play in. Therefore, if you are playing club netball in Wellington you can expect to be called on to umpire during the season. In addition, Netball Wellington is requesting that all players sit the basic theory exam, which is a great way to brush up on the rules.

Umpiring can be a bit daunting for some, especially if you are just getting back into netball or have had no experience umpiring...but don't fret! This year we're providing support to Smoggies who would like a bit of help - if you have any questions, please email me (beckosh@gmail.com) and I'll do my best to help you out. I'm just a regular netballer who used to be genuinely terrified of umpiring, but through things I've learned I've actually grown to (kind of) enjoy it! Keep an eye on SMOG Snippets for my tips on getting through a game unscathed!

Beck O'Shaughnessy (SMOG 6)



Tip #1 - Fake It Til You Make It

You convey so much to the players you are umpiring before the game even starts and in the first few minutes on court. Even if you are shaking in your boots, act as confident and in charge as you possibly can. During the game, and especially in the beginning, blow your whistle - **LOUD!** Do this and the players are much more likely to assume you know what you're doing and respect you. If your partner/flatmates/children/pets can cope, practice blowing your whistle at home, you might feel silly...but it just might help!!