

SMOG Snippets

Edition 8: 12 June 2009



Hi all,

Only 2 weeks left till the end of Round 1 and the promotion/relegation of teams before Round 2 kicks off. Netball Wellington Centre has revised the rules and competition structure, due to the Regional Super League and club feedback, so make sure you check out the changes here: <http://www.smognetball.org.nz/95-147.html>

Results of the Regional Super League

The naming of the top five Premier 1 teams to qualify for the Regional Super League came right down to the wire, with the result of the final PIC 1 vs. PIC 2 match determining the results. Due to an upset win by PIC 2, SMOG 2 was robbed of the final RSL spot. For more details, check out the Dominion Post story - <http://www.stuff.co.nz/dominion-post/sport/local-sport/2481013/Upset-result-robs-SMOG-2-of-league-spot>

SMOG 1 now joins Wellington East 1, PIC 1, Wellington Girls, and PIC 2 in the Regional Super League, which starts this weekend. All RSL games will be played over Friday, Saturday or Sundays, in venues across the region. See the key date's section at the end of the newsletter for the times of SMOG 1's first two games.

Survey

A big thanks to the 66 smoggies who completed the club survey. Here's a quick summary of the results:

- ❖ SMOG 4 had the best response with 9 players responding
- ❖ 92% of you thought the communications you received from the club were good or excellent
- ❖ 86% of you are enjoying your SMOG season so far
- ❖ 86% are enjoying the team you are playing in

- ❖ 79% agree or strongly agree that they are receiving the necessary skills and drills coaching
- ❖ 74% agree or strongly agree that they are receiving the necessary tactical and technical coaching.

Thank you also for the detailed comments and feedback many of you provided. The Board will be reviewing the survey feedback at their next meeting on 18 June.

At least 28 SMOG Volunteers needed for the Wellington Marathon...

SMOG is providing 28 Course Marshalls for the Wellington Marathon on Sunday 28 June. This is a phenomenal opportunity for the club to raise over \$2,000, which is a massive chunk of our fundraising target for the season. And, if we do a great job this year, we are more likely to secure this great fundraising opportunity for future years as well.

We have been given the best section to look after: Westpac Stadium to Freyburg Pool (Section 1). Each SMOG team needs to provide at least 3 volunteers as Marshalls, who will be required from 6:30am till about 1pm. If your team has more than 3 keen volunteers, you can always split the shifts amongst your players.

Please let your Team Managers know if you are happy to help out by Friday 12th June, and watch this space for more info!

MSP night – 4 July

Building on the success of last year's function, smoggies will be heading up to Marist's St Pats clubrooms on Saturday 4th July, for another night of fun. Details will be sent out to all teams soon so watch this space.



Quiz Night

The much anticipated & inaugural SMOG Netball Club quiz took place at The Establishment on the Saturday 6th June. The free drinks on arrival kick started many of the 90 contestants' brains into gear. The cranial juices flowed early on with the selection of team names and continued late into the night with some amazingly clever and outrageously funny answers coming to the markers table, including one group who answered almost every unknown answer with some form of the Bain family.

The noise at times was deafening and our lovely little quiz master Sam commented on what a loud but lovely bunch SMOGGIES (+ parents / friends and family) were and the bar staff all wanted to be upstairs with the SMOG Girls. The overall winners were "Spew on three", who wiped the floor with everyone else, so hopefully that performance can now be translated onto the netball court J Special mention must go to SMOG 4 (and their awesome manager) for bringing along an entourage of 17 girls and organising BP vouchers. Also, for all those who brought along partners, friends & family ... love you work. Huge thanks must also go to The Establishment for all the help & support they provide to SMOG Netball Club and Pole Fitness New Zealand for supplying vouchers.

Final word of wisdom to all SMOGGIES
... too many cheap bubbles = a mighty sore head the next morning!

Click here for more photos:

<http://www.flickr.com/photos/smognetball/sets/72157619337335803/>



Upcoming Coaching Course:

- ❖ Wed June 17th - Planning Module @ NWC 6pm - 9pm. Cost is \$30; anyone interested needs to have completed both Starting Out in Coaching AND Player centred.

New Zealand National U17 Championships - Volunteers Required

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

If you feel you could assist us with administration, time-keeping, score-keeping, runners, team liaison or offer a general hand during the four day

event please contact Clare at NWR on netballwellingtonregion@paradise.net.nz or 04 389 0236 for a registration form.

Key dates to note

- ❖ SMOG 1 vs. Kapi Mana, 12.30pm Saturday 13 June, Court 1, Te Rauparaha Arena, Porirua
- ❖ SMOG 1 vs. PIC 1, 7.00pm Friday 19 June, Court 2, Te Rauparaha Arena, Porirua
- ❖ End of Round 1 – Saturday 20 June
- ❖ Wellington Marathon – Sunday 28 June
- ❖ 4 July – Function with Marist St Pats

Karen

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Spot light on Beck O'Shaughnessy

Where I'm From: I grew up on my family's dairy farm in Karaka, which is part of the Counties area, south of Auckland. Since I didn't want to be a farmer, I moved to Auckland and lived there for years, but when the opportunity arose to shift to Wellington for work in 2006, my (Wellington born) husband Quentin and I packed up our belongings and our spoilt cat Basil and made the move.

About Me: I love living in Wellington, but as an avid rugby fan, I am now torn between supporting my beloved Counties and the Chiefs or Wellington and the Hurricanes!! I am also obsessed with horse racing - and have been ever since I can remember - one of my favourite things to do in summer is to pack a chilly-bin and go over to the races in Tauherenikau. For work, I am the Store Manager at ECCO Shoes in Willis Street and I'm currently completing a Graduate Diploma in Marketing at Massey in my spare time. My favourite colours are green and yellow, my favourite drink is Monteiths Golden and my favourite place in the world is Tossa de Mar in Spain.



Netball Experience: I played netball for my local Karaka Club from the age of 10 until I finally got sick of commuting at 26, and joined the awesome Carlton Club in the Auckland competition. When I was leaving Auckland someone told me that SMOG was the "Carlton of Wellington" so that's how I ended up here! This is my third year at SMOG, my second year at GS for the fabulous SMOG 6, and my first year on the committee.

Role at SMOG: Assistant Treasurer, Co-Equipment Coordinator & Umpiring Advisor

Netball Umpiring 101

One of the most important things you can do when umpiring, is to give yourself the best opportunity to see what is happening on the court. Try these things next time you umpire:

- ❖ Keep up with, or slightly ahead of play if you can
- ❖ Use your netball skills and be ready to change your direction, pace or position quickly
- ❖ Use your peripheral vision to get a wide view of play and scan the court quickly and often
- ❖ When the ball is in the air, resist the temptation to follow it - you should be watching the players instead!
- ❖ When play is in the goal circle, get right round the goal line to get a clear view of all the players in the circle and on the circle edge (don't be afraid to go on the "other side" of the post)
- ❖ In the goal circle the further back you are from play, the more you can see, so resist the temptation to get in really close - take a step back and you'll see more
- ❖ Stay off the court as much as you can (this is your chance to tell spectators to get out of your way so you can!) When a goal is scored you can cut the corner and run straight from the goal post to your start position
- ❖ Don't forget to place yourself well so you can make good decisions at the other end of the court, if the other umpire asks

