



NSA Directors Reports

BGM October 2013

Index

Coaches Report. Section 1

- Pages 1 -8

Demarcation and Structures report. Section 2

- Pages 1 – 12

Selections Report. Section 3

- Pages S1 – S25

Umpires Report. Section 4

- Pages 1-6
-



NSA

Section 1
Coaches Report.

NATIONAL COACHES ASSOCIATION



REPORT OCTOBER 2013

"Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else can. Sport can awaken hope where there was previously only despair."

(Nelson Mandela, Laureus World Sports Awards Ceremony: 2000)

2011/2013 was a journey of exciting netball growth and opportunities and it is with great respect for all the coaches, administrators, technical officials, players, supporters and other stakeholders such as SRSA, SASCOC, CATHSSETA, DSR in the Provinces and the Provincial Sports Confederations, other SPORT CODES, and our ever loyal sponsors such as SPAR, LOTTO, Super Sport, Mitre, Asics and Tsogo Sun, that we are in a position to give feedback to Council.

We live in the most exciting era of sporting development. It is a time when full contact sport no longer holds centre stage. It is a passage of time when the art of sport is appreciated over the physicality of competition. Today, latent skills and blossoming talent have a place amongst our youth and the generations to come. It is now the subtle brilliance of deftness, the art of touch, mastery of stroke and pure strategic guile that has turned netball into the sport of the future.

Today netball is the stage for mental agility and peak physical condition. It is purity of both mind and spirit that produces champions. The re-invention of netball globally has rejuvenated a desire to master the ultimate game and brought a sense of camaraderie pursued by both women and men alike. It is now a passion for gamesmanship, integrity, honesty and fair play. It is a game that can be embraced and played or supported by everyone.

We cannot undo the past, but we can shape the future. We do what we do today in netball, for what will happen TOMORROW.

THRUSTS INTENDED OUTCOMES

The Role of NSA

NSA is the custodian of the sport and is responsible for the control and enhancement of human assets and strategic opportunities. In this regard the National Coaches portfolio has complied during the past two years.

Democratisation

This is the process through which human assets of the organisation are unlocked by allowing all legitimate stakeholders to be heard, encouraging local ownership and ensuring accountability and participation in all of its structures. All regions were given the opportunity to benefit from coaches training and education. Not all regions took the opportunities and engaged with coaches training and education.

Redress and Representivity

NSA has a moral duty to ensure that netball grows and flourishes amongst the disadvantaged who come from Black African communities. This involves a commitment to the development of potential amongst black African people at all levels of the game. This programme reaffirms its mission to bring netball to all the people of South Africa and to facilitate a culture of non-racialism. When considering the involvement and education of black African people, the coaches association ensured that opportunities were given to black people to flourish.

In the Eastern Cape and KZN this has been reflected in the coaching courses and clinics that were presented by the Director, the SPAR Protea coach, and members of the Board of coaches and accredited facilitators ensuring that people from disadvantaged areas were reached. In KZN we have reached at least 177 coaches in courses and workshops of who 176 were black coaches and in the Eastern Cape 620 of who 502 were black. In Northern Cape in co-operation with the DSR we reached out to areas in Siyanda, Frances Baard and Namaqualand and conducted courses for 111 people of who 60 were black. In Limpopo courses were conducted in Mopani, Sekhukhune and Capricorn for 97 people of who 62 were black. In Mpumalanga we reached 84 coaches of who 73 black. In North West, the President's tournament was held in Potchefstroom, also a coaches and selection workshop, the Roadshow and coach education of coaches and 491 people were reached and of who 62 were black. In Western Cape 941 coaches had been introduced to the coach education programs with 249 black coaches and positive outcomes. Gauteng in co-operation with the Sports Confederation and schools has reached 1348 coaches of who 562 black coaches.

Constitution

The Constitution of NSA should be a unifying force, reflecting the sentiments of a modern organisation, promoting sound governance, facilitating strategic guidance, encapsulating their executive powers and accountabilities and protecting codes of conduct. Administrators need to ensure that coaches' convenors get information from Council and cooperate with Sport Confederations and the NSA executive in order for coaches to benefit from the various projects and programs.

Competitiveness and Revenue

To ensure the sustainability of netball in South Africa through its ability to compete effectively in the entertainment and sport industry and to maintain and grow its market share, Super Sport and our media liaison officer has been vital to showcase netball. Many requests from people were received by NSA office to be involved in playing, coaching, umpiring in netball. Our National Teams have performed well during the past two years and ensured with coaches and selection working together the growth of players and coaches.

Development

This programme must assist in establishing netball as a people's game which integrates all communities into netball activities, thereby contributing to the shaping of a future netball culture. The Roadshows and regional development of coaches as well as club development projects of the DSR contributed to communities engaging in netball. With SuperSport being our sponsor, more people are contacting NSA and regions in order to be involved and play or coach netball. Our vibrant communications

(social media) initiatives monitored by Trevor Neethling are also yielding results as more people get their queries addressed immediately.

Closing the Gap

We need to bridge the existing gaps between schools netball, club netball, provincial netball and international netball in order to minimise loss of human potential and optimise the return on netball, human and financial investments. Cooperation between the coaches association and schools and regions and clubs is certainly ensuring that we maximise the involvement of human potential.

Funding and distribution

The objective is to assist in supporting a financially and operationally viable and stable affiliate/provincial base. This will be achieved by establishing a fair, equitable policy for the distribution of funds that is accepted and supported by affiliates and rewards affiliates for their contribution to netball. Assistance to regions, provinces and schools in the form of funding from DSR, Sport Confederations and development projects ensured a good regional and provincial base for coaching.

Accountability and monitoring

It is imperative that we establish a mechanism for the monitoring and implementation of the Transformation Charter and Scorecard; and to establish joint accountability amongst NSA and its affiliates, during this process. In some Provinces and Regions there is still a lack of monitoring and ensuring that coaches are accredited after being educated. This needs to be addressed in future.

The South Africa Sports Confederation and Olympic Committee (SASCOC) intensified its focus on coaching in the country during the period in review when its President, Mr Gideon Sam and Sports Minister Fikile Mbalula, signed off and launched the coaching framework initiative that is set to revolutionise South African sport. “We believe this coaching framework is the way forward as it will create an effective sport system, especially at school level. Racism and gender racism is a big problem that is overlooked, and this can also be resolved with this coaching intervention. We strive for optimal performance and want to be successful in International competitions. This is the process needed to achieve that Minister Mbalula remarked at the time.

The coaching framework plan is thus a development scheme aimed at strengthening sport programmes by educating and training coaches and setting up proper structures across all codes of sport, and Netball South Africa is at the forefront of the programme, responsible for putting the SA Coaching Framework into practice.

SASCOC Sport Specific LTAD/LTPD project & SA Coaching Framework

NSA was also one of 14 National Federations involved in the first wave of SASCOC’s Long Term Participant Development project. The LTPD model delivers on the strategic objectives of the NSA plan and the National Championships in Cape Town in 2011, our publication titled “Long Term Participant Development Programme – from Playground to Proteas” was launched.

It was thus a natural extension of this initial step, for NSA to align itself with the SASCOC LTPD procedure and develop a more comprehensive development

framework that has been adapted from the Canadian Sport for Life Long-Term Athlete Development model. Essentially, LTPD is a philosophy; a paradigm shift in sport and coaching and it is based on the concept of *Physical Literacy*, which is one of its key goals.

Physical Literacy can be defined as the mastery of fundamental movement and fundamental sport skills, and provides the foundation for Life-long Physical Activity and High Performance Sports. "A physically literate person moves with poise, economy and confidence in a wide variety of physically challenging situations, and is perceptive in reading all aspects of the physical environment. He/she anticipates the movement needs or possibilities, and responds appropriately with intelligence and imagination" (Whitehead, 2001).

Another significant factor of LTPD is that it exploits the sensitive periods of accelerated adaptation to training during pre-puberty, puberty and early post-puberty; it is a tool for change, a culture change in sport. The Canadian-based Long Term Athlete Development model is based on the theory that coaches and parents should identify and consider each participant's stage of physiological, mental/cognitive and emotional development when developing his/her optimal training,

"One of the greatest gifts we can give to another generation is our experience, our wisdom".
Archbishop Desmond Tutu.

It is fully inclusive in that the principles which underpin LTPD are equally applicable to people of all ages and abilities, whether they are participating in elite sport or recreational physical activity.

The belief behind Long Term Athlete Development is that it takes 8-12 years of training and practice for a player to reach elite levels and that success comes from training, practising and competing well over the long term rather than focusing on winning in the short term. There is no short cut to success in player preparation!

The LTPD model provides the rational justification for enhancing our current structure but it can also provide some solutions to any weaknesses in the system that may be identified. Development of talent must always look beyond the short-term and plan for the future.

Sports can be classified as either early or late specialisation and netball falls into the latter category. Late specialisation consists of 7 stages, the first 3 of which encourages physical literacy and sport for all:

1. Active Start
2. FUNdamentals
3. Learning to Train

The next 3 focus on excellence, namely:

4. Training to Train
5. Training to Compete
6. Training to Win

The final stage encourages life-long physical activity:

7. Active for life

Netball South Africa recognises these stages of LTPD and applies the guiding principles and disciplines to its various training, competition and recovery programmes.

The challenge for NSA is to ensure that the coaches, teachers, officials and administrators at the respective affiliates and associates, implement these LTPD principles and continuously monitor our participant development programmes.

The coaching department is essentially responsible for:

The NSA Coaches Association, the main objective of which is to coordinate and control the training, qualification, certification and continued development of netball coaches in the country.

The specific activities of the 'Association' impact directly on aspects of the strategic plan such as:

- winning teams;
- capacity building and skills development through the High Performance **Programme**;
- becoming leaders in scientific and sports research;
- making netball accessible to all;
- ongoing skills development through comprehensive training programmes (players & coaches);
- helping provide a clear path from playground to Proteas;
- holistic coaching programmes;
- uniformity and standardised training across the country;
- creating windows of opportunity for players and coaches alike;
- to ensure retention of players and administrators in the system;
- making use of all available human and material resources and ensuring equity in employment;
- unified messages and monitoring transformation in the game;
- special focus on the advancement of Black Africans;
- building and promoting sound stakeholder relations;
- promoting heroes and developing role models;
- making netball the sport of choice.

Coaches Association

Coach Education is a critical aspect of Game Development and it is therefore regarded as one of the priority areas/issues of South African Netball. Some of the aims of the Association are to:

- keep abreast with the latest technical developments taking place in other netballing countries in order to update South Africa's coaching system;
- monitor the criteria of the various coaching course levels in order to maintain uniformity;

Train to Win

Sport for Life

Train to Compete

Train to Train

Learn to Train

FUNDamentals

Active start

- broaden the base by coaching new coaches; and
- supply quality coaches to the system.

This Association is managed in consultation with the Provincial and Regional Coaching Convenors who are elected by the respective affiliates/associates. The Coaching Board should convene at least twice a year to discuss and report on the various coaching programmes and initiatives that have been introduced and that support the key cornerstones of the NSA Strategy. This was not possible due to financial challenges. In addition to conducting the regional coaching courses, the coaching convenors are expected to implement and steer the following aspects in their provinces/regions, namely:

- provincial coaching associations;
- provincial coaching commissions;
- monthly/regular regional coaching forums;
- creation and maintenance of a provincial coaching database;
- an annual coaching calendar.

Formal Training/Coaching Courses

During the 2011/13 period, the NSA office received results for Pre-level, Level 1 and Level II coaching courses conducted by the affiliates/associates

A total of 2685 candidates attended the Level 1 regional courses representing a pass/success rate of $\pm 92.17\%$. The Level II courses had 71 candidates and the Pre-level courses had 785 attendees. Of real significance was that there were 47 Black African coaches amongst the Level II group – and that is an extremely pleasing and encouraging sign.

Continued Development

The Coaches Association however, should also focus on the continued development of qualified, certified coaches with the emphasis on improving the ‘soft skills’ of coaches. Quite simply, quality coaches will produce quality netballers and it is imperative that the standard of coaches and coaching in general is constantly improved.

This is a need that was identified to be implemented in future.

National Programmes: Practical Training Opportunities for Developing Coaches
Netball South Africa should utilise its various Elite Player Development programmes to assist with the personal growth and development of identified provincial coaches. The SA U19, the SA U21 and the High Performance programmes are considered to be ideal opportunities to appoint regional coaches to work extensively with more senior, experienced professional coaches and expose the younger coaches to international competition. This obviously includes accompanying such representative national teams or squads on overseas tours that in turn introduce them to foreign playing styles and conditions.

The SA U19 international programme comprises of the Zone VI games, and the relatively new U17 & U19 Talent Identification Programme has provided additional

opportunities for the appointment of Martha Mosoahle-Samm as the coach. The team won Gold at the championship.

Furthermore NSA attempts to promote progression along the international participation levels too and the coaches who assist the National Fast5 Coach assisted the National Protea coach in the capacity of Technical adviser.

The Protea coach also assisted the SA U21 coaching staff in their preparation for the Youth Netball World championships. Congratulations to Dorette Badenhorst and Charlotte Scholtz for preparing the players and being able to lead the team to a fifth place on the world ranking.

CHALLENGES

It is a challenge for NSA to ensure that coaches take responsibility to attend training, clinics and courses. Coaches need to ensure that they acquire a growth mindset and that understand that to coach is to give towards the development of the athlete. The satisfaction is gained when the athlete performs well.

We would be a winning sport once all our coaches start completing the compulsory coaching sessions and be accredited and move forward in completing the next available level.

GENERAL

We trust that the LTCD will have a positive effect on the challenges of our coaching portfolio. Even though we are volunteers, we need to ensure that we are part of the solution of coaching for excellence.

We would like to thank every coach, administrator and technical official for their time and efforts to make netball so successful. With support and a positive attitude, we can address the challenges of the future and be assured of netball being recognised in this country.

I want to thank the President of NSA and the other members of the executive, the office staff and all Council members for their continuous support and understanding for me and the Coaches portfolio.

This particular overview started with a most appropriate quote from our very own Nelson Mandela, whose words of wisdom provide an extremely simple description of the gift and role of coaching. To conclude the 2011/13 coaching report, I would like to quote the following few paragraphs from a book by the world-renowned former athletics coach, motivational speaker and President of the European Athletics Coaches Association, Dr Frank Dick OBE:

“To achieve beyond our individual isolated capabilities we need others – we all know this but it is difficult and complex to achieve in reality. It is as if each of us is like a player-coach. One moment we are coachable, soaking up the lessons of our life experiences and coached by those who will make sure the lessons are not only learned but translated into action. The next moment we are passing on what we have learned and coaching those who need our help to be different, to be better, to win. Sometimes coaching is about learning how to exercise good judgement to be most effective in our decision making, to add quality to our life and to the community to which we belong within the framework of rules that shape our behaviour and culture.

Sometimes coaching is learning skills, being fit and tactically wise; or about competing within the accepted rules. Coaching is of course a learning conduit, so it is important to prepare to learn fast through regular review and monitoring. A critical aspect of planning and preparation concerns creating the environment that makes it possible for us to perform at our best.

Just as our coaches built roads and bridges through what was for them uncharted wilderness so that we would have a better life than they, so must we for the next generations. That means not only making a winning difference for the moments around us now, but having the courage to face major issues like culture change when we know that having started the process of change we may not see it completed in our time. We must therefore develop and apply our leadership skills to greater effect and grow to be the leaders we must be to create change. Making the right decisions is the hallmark of quality leaders”.

From “Winning Matters” by Frank Dick

May you all be blessed and experience the love and nurturing of our Lord in the Festive Season and Forever!

Thank you,

**ANNELINE LEWIES
DIRECTOR: COACHES**



NSA

Section 2

Demarcation and
Structures report.
Section.

DEMARCATIION AND STRUCTURES

REPORT OCTOBER 2013

Prepared by: MAMI DIALE

DEMARICATION AND STRUCTURES

1. ESTABLISHMENT OF STRUCTURES

It is a compliance requirement that all federations operate according to the National Municipal Geographical demarcations as discussed and confirmed during the national sport indaba in 2011. To date we currently stand at 47 (Buffalo City latest addition) regions, with 5 outstanding regions that still need to be constituted and formalized as members of NSA.

- Pixley ka Seme – Northern Cape
- Namakwa – Northern Cape
- Kgalagadi (John Taolo Gaetsewe) Northern Cape
- Xhariep – FS
- Central Karoo (Beaufort West) from Western Cape

We are in the process of establishing other structures in the Northern Cape. That is, Pixley ka Seme and Namakwa. We are communicating with the relevant people there and have requested the President of NC/Francis Baard Ms Magda Myburgh to assist us to coordinate this process.

We also need to ensure that all regions that need to change their names do so, luckily we are working closely with the provincial confederations and they are willing to assist with facilitation of name changes of regions.

PROVINCES	TOTAL NUMBER AS PER NATIONAL DERMACATION REGULATION	TOTAL NUMBER OF NSA REGIONS	STATUS
KWA ZULU NATAL	11	11	DONE
EATERN CAPE	8	8	DONE
FREE STATE	5	4	1 OUTSTANDING
GAUTENG	5	5	NAME CHANGES
NORTH WEST	4	4	DONE
NOTHERN CAPE	5	2	3 OUTSTANDING

WESTERN CAPE	6	5	1 OUTSTANDING NAME CHANGES
LIMPOPO	5	5	DONE
MPUMALANGA	3	3	DONE
TOTAL NUMBER	52	47	

We have forty-seven (47) regions and six (6) active associate members as members of NSA. To this date thirty six (36) regions and four (4) associate members are full members. Eleven (11) regions and two (2) associate members did not meet the requirements for full membership for 2013.

2. DEVELOPMENT PROGRAMS – President Tournament and workshop

NSA conducted the President Tournament and Development program at the North West province in Potchefstroom on the 19 and 20 April for coaches, selectors and umpires. This was followed up with a tournament for players on the 20th April 2013. All regions were well represented, including officials from schools. The project was funded by the Department of Sport and Recreation. Thirty eight (38) umpires attended the umpires' clinic and wrote level 1 and level 2 examinations. 28 umpires were graded on the 20th during the tournament. Out of the 28 umpires, eleven achieved the next level of grading. Out of this tournament, four umpires were identified to umpire at the U19 and U21 Championships for further grading and fast-tracking.

The coaching workshop was facilitated by the National Coach Ms Elize Kotze; coaches from schools as well as from clubs attended the workshop. All officials were provided with netball technical equipment such as stop-watch, note-board and Mitre Ball as a token of appreciation to participate at the workshops. All four North West regions participated at the President Tournament including the hosting school's netball team (Potchefstroom Girls High).

3. TRANSFORMATION

Transformation is one of the key issues discussed at the National Sport Indaba in 2011 and all federations are now required to comply with the national sport plan that dictates the Transformation Charter and the implementation of the Transformation Score Card. Regions and provinces are expected to provide NSA with information that is required on the score card. Information required for the national sport plan is needed from the schools, clubs, regions as well as provinces. As much as we are being praised for being transformed the reality is that we are still far from achieving the required objectives.

Records show that we have not been complying to our own transformation policy as far as our structures and team management are concerned; we have allowed teams to attend national

championships with teams and management personnel that would not reflect the demographics of the country. We have also ignored our role as custodians of netball, to ensure that our affiliate members also comply to transformation requirements, as all should ensure that all South Africans in their institutions are given equal opportunity to participate in netball and compete at all highest levels. NSA and all its affiliates must comply and implement the Transformation Score Card. Based on the above point it is imperative that moving forward we address the mentioned challenges. It is therefore recommended that all what we require to comply with the Score Card be included in the by-laws; all regions and associate members must align their constitutions and by-laws to those of NSA. This will enable NSA to play the monitoring and oversight role effectively. **Below is what is currently required in compliance with NSA transformation policy; (it is imperative that this is reviewed to ensure that NSA meets transformation targets indicated in the Transformation Score Card):**

Team management officials should be 50/50

National teams' composition should be 7/5 and always present a minimum 5/2 on court

Regional teams participating at national competitions should reflect transformation as prescribed on the transformation rules, and must also present a minimum of 5/2 on court.

Suggestions:

Male teams should present a minimum of 2/5 on court, failing which a target rule of 6 goals deducted will apply.

Associate members should adopt a rule of 2/5 on court all the time in accordance with NSA policy.

Teams that do not comply with target, taking into consideration all factors presented as reasons for non-compliance and finding them invalid, should play at section C and D until they address development issues in the region/province concerned.

It is important to note that the transformation policy should be amended to ensure compliance with the transformation score card. We have taken for granted that the 2/5 ratio, for example, means 2 players of colour and 5 white players; this is to be reviewed because it does not really address transformation. Primarily, the group of colour that was the previously disadvantaged still is. Our policy was only addressing the issue of access into playing netball. We are now at the point where more people of colour play netball. We need to address the issue of these people of colour getting more representation as elite athletes. This requires a more focused development and fast-tracking of players of colour into elite player-status, more administrators of colour being fast-tracked into being competent administrators and more technical people of colour being fast-tracked to getting top accreditation and grading as coaches and umpires. Currently our ratio of 5/7 for national teams is also not helping in advancing players of colour and the reverse would be

more effective; this puts pressure on our development programs and asks a big question on whether we have really used leagues as the primary tool for development?

We have also identified the need to focus our interventions and support towards addressing specific social factors that delay the progression into national teams and getting more court-time, of previously disadvantaged players.

4. NETBALL COMPETITIONS

4.1 International Competitions:

Events	dates	Team Composition	Comments
Spar Challenge	9-11 July 2012	5Blacks 7 Whites	Spar Protea Team played a test series against Northern Ireland in Cape Town and won the test series
SA U21 V/S ENGLAND SQUAD	9-14 JULY 2012	5 Blacks 7 Whites	SA u21 baby Proteas played against the England squad team in preparation of the world championships that was played in July. Won 1 out of three games.
Quad series and Fast 5 World Netball Series	14 October -10 November 2012	4 Blacks 7 Whites FAST FIVE 5 Blacks 5 Whites	SPAR Protea Team toured between New Zealand and Australia to participate at the quad series. Lost all matches. They played and won the bronze in the fast 5 World Series.
Diamond Challenge	14-18 August 2012	5 Black 7 Whites	The first ever diamond challenge initiated by the Minister of Sport and Recreation was played by SA SPAR PROTEAS Between Malawi, Uganda and Botswana. Won Gold.
Singapore Tour	28 January -7 February 2013	6/6	The SPAR Baby Proteas played a test series between Singapore in preparation for the world series and they won the test series.
Tri-Nations	18-20 May 2013	6 Blacks 6 Whites	SPAR Baby Proteas played against Botswana and Zimbabwe in preparation of the world Championships and they won the Series

Africa Championships	21-29 June 2013	6 Blacks (I got injured and could not travel with team) 6 Whites	The SPAR Proteas participated at the Africa championships and won gold and become the Netball Africa championship.
World Youth Championships	19 August – 2 September 2013	8 Whites 4 Blacks	The SPAR Baby Proteas participated at the Youth World Championships in Glasgow and managed, improved from 9 th to 5 in the world.
England Test Series	18-28 September 2013	6 Whites 6 Blacks	SPAR Protea Players played against England and they lost the test series.

4.2. CHAMPIONSHIPS

U19 and u21 Championships

The U19 and U21 championships were hosted by Nkangala region from the 7th to the 13th July 2013. Thirty Five (35) U19 and Thirty Three (33) U21 Regional teams registered to participate, respectively. Nine-hundred-ninety-five (995) players and sixty seven (67) Umpires and twenty seven (27) officials participated at the championships. The championships was well organized and well supported by government. Their LOC comprised of government officials as well as provincial sport confederation members. A few challenges were encountered during the championships. Almost all regions had players who were U16 participating at the championships, school players formed part of the regional teams, some regions registered late on Monday and some did not pitch at all while they indicated that they would participate at the championships.

MALES CHAMPIONSHIPS

The first ever Male Championships we held from the 31 July to the 4th August 2013 at Royal Bafokeng. Twenty Two (22) Regions registered to participate but in the end Twenty Four (24) Regional Teams participated at the Male Championships. We had three hundred and forty five (345) players, eighteen (18) umpires and twenty three officials (23) - The National U21 formed part of the male Championships for training in preparation of the Junior World Championships.

We identified a serious concern that most male players and officials are not registered in their regions; it would therefore have been proper for NSA not to allow them to participate. We therefore have to ensure that male players become part of the regions and that they also play in leagues monitored by the netball structure in a region. (the only or rather major concern that we

have with participation of males is to ensure that they form part of their regions and that they are registered and play regional leagues).

SPAR CHAMPIONSHIPS

After the Male Championships we hosted the SPAR Championships also in Rustenburg from 4th to 10th August 2013 in Phokeng, the host being Royal Bafokeng Netball Association. Forty-three (43) regions registered to participate, but in the end forty eight (48) regional teams participated. Five hundred and eighteen (518) players and seventy six (76) umpires and fifty five (55) officials. The tournament was well organized. We have realized that for all championships regions no longer adhere to NSA transformation rules, especially on management teams; the bench is either all white or all black, more especially on regional teams that are able to present well-balanced officials demographically. We also experience a challenge of a few regions that have one manager for both teams and we have to ensure that we design the programme to suit the regional team irrespective of how difficult this is.

As much as we acknowledge that we are at fault with a number of operations in running the championships, for example:

- sending the playing programme late to the regions,
- changing the playing program during the championships,
- providing regions with unfinished program,
- registering players late and during the championships,
- allowing regions to continue to play with underage players,
- accepting late registration of regions,
- allowing un-cleared players to play for other regions without ensuring that proper process and procedure was followed and bending many other rules.

This has not been a simple case of ignoring rules and going against Council resolutions. We have always considered the option of ensuring that we go strictly according to the rules and risk having less than ten (ten) teams for national championships. There is no excuse valid enough to break the rules and harsh experiences require that from next year onwards, the Executive should apply the rules to the letter and only have the regions that fully comply with all requirements for eligibility to participate. In this way the integrity of the Executive and the regions that always comply would be restored.

Below are examples of what transpires towards championships:

Challenges

Resolution

- | | |
|---------------------------------------|---|
| • Late entry and registration of team | Stick to deadline for team entry and registration |
| • Under age players | player not allowed to play, no replacement |
| • School players | Team will be disqualified |
| • Unregistered officials and players | Team will be disqualified |
| • Uncleared players | Team will be disqualified |
| • Late affiliation and registration | Team will not be allowed to participate |

Recommendation

It is recommended that the number of days for championships be reduced as more regions struggle to cover costs for travel and accommodation; this should be discussed and resolved at the next Council meeting.

Past experience of hosting the Championships has taught us that it should be the province that should bid to host and then identify a region that would be ready to host the tournament so that provincial government could give support and play the oversight role on the planning and coordination of the championship. Council should therefore consider if a province as opposed to a region, should not bid on behalf of the region for hosting NSA events. This does not imply that the region would be sidelined; both the province and region would then work together to form all the necessary committees that would present the event.

5. RELEGATION OF TEAMS

It was agreed and resolved at the council meeting that teams need to be relegated according to their performance and that relegation teams need to play the relegation matches at a current tournament to determine the movement of teams to different sections. However, for the 2013 championships it was resolved at the March Council meeting that relegation of teams would be automatic as no relegation matches had been played in 2012. This was done.

7. GAUTENG NETBALL STUCTURE

We have been attending meeting at the Gauteng Sport Confederation offices since the beginning of July, with the Gauteng Sport Confederation and Gauteng Department of Sport, regarding the Gauteng Netball as well as the regional netball structures. There are a number of concerns that they had around the Gauteng Netball structure, as a result the decision was to put them under administration. Gauteng Central was found to be dysfunctional. An interim structure has

consequentially been established; NSA has been requested to assist the structure to conduct constitutional elections. It has been found that Gauteng West also operates within the jurisdiction of Gauteng Central, which poses challenges and has to be addressed. Gauteng Vaal is weak in terms of administration. Ekurhuleni's and Gauteng North's development initiatives came under question as it is not evident whether it is proper development. These findings have prompted the urgent need to hold Indabas with all the Gauteng regions and the proposed dates for these are listed below. The regions in question have been furnished with guidelines in the form of points to discuss at the Indabas. The Indabas will culminate in the Gauteng Provincial Netball Indaba.

Below is the Gauteng Sport Confederation's presentation on the investigations conducted in Gauteng, the challenges as well as NSA's input and proposals:

- Provincial Coordinating Structure
- Central Gauteng Netball (*Johannesburg*)
- Ekurhuleni Netball
- West Rand Netball
- Sedibeng Netball
- Gauteng North Netball (*Tshwane*)
- Some structures constitutions not easily available or accessible
- Compliance and governance challenges and Lack of clear Calendar of Events
- Lack of capacity building (Coaching/Technical/Admin)
- Clubs not structured as clubs but as teams
- Regions operating outside of their geo-political boundaries
- Disability Sports not visible
- Access to proper facilities and Shortage of graded technical officials at high levels
- Affiliated and Non-Affiliated Clubs/Teams alignment
- Teams from disadvantaged areas struggling to commit to league fixtures;
- Transport challenges for teams from disadvantaged areas;
- Paying of affiliation fees for disadvantaged teams/clubs
- No clear or easily accessible databases (membership, coaching and technical)
- Lack of clear defined roles and responsibilities of the Provincial Coordinating structure.
- Women development programmes (transformation, leadership).

REGIONAL INDABA'S			
Date	Region	Venue	Time
12 Oct 2013	Johannesburg	JHB Stadium	09h00 – 14h00
02 Nov 2013	Ekurhuleni	Germinston	09h00 – 14h00
02 Nov 2013	Sedibeng	Vereeniging	09h00 – 14h00
02 Nov 2013	Tshwane	Pretoria	09h00 – 14h00
09 Nov 2013	Westrand	Randfontein	09h00 – 14h00

NETBALL SOUTH AFRICA / SA SCHOOLS DEVELOPMENT PLAN
BUDGET PLAN SPORTS AND RECREATION 2013-2014



ADMINISTRATION NSA/SCHOOLS	2013-2014		Amount NSA-R200 000.00 SCHOOLS- R120 000.00
STATIONERY Telephone ,fax and postage expenses Traveling expense to meetings and meeting venues Hiring and purchasing of office equipment Affiliation to recognized international bodies Audit fees Media and internet			
TOTAL			R 320 000
QUARTERS	DATE	EVENT	AMOUNT
FIRST QUARTER			
APRIL 2013	19-27 APRIL 2013	U21 TRI NATIONS SA,BOTSWANA,ZIMBABWE	R 100 000.00
TOTAL			R 100 000.00
SECOND QUARTER			
June	19-30 June 2013	Africa Championships & International Grading	R 90 000
July/August	30 July 2013 4 August 2013 Nov to March	Umpire s Workshop SPAR and Male championships (NW) Limpopo and FS	R 100 000
August	4-10 August NOV/March	SPAR Championships-coaches level 2-NW Coaches level 2-limpopo /FS	R 150 000

September	SPAR Protea England Test Series	England	R 100 000
TOTAL			R 440 000 000
THIRD QUARTER			
November	8-10 November	Fast Net Player s workshop and international fast 5 World Series	R 120 000
December	6-7 December 2013	President Development Tournament Umpire Clinic and Test, Grading and Players Coaching Clinics	R 140 000
TOTAL			R 260 000
FOURTH QUARTER			
January	January to March 2014	Player Development Talent Identification (Position Specific)	R120 000.00
February	February	FS – Netball Indaba	R 80 000.00
November to March	TBC	Development of schools structures and administration workshop/meetings Schools International Participation u17/u18	R 240 000 R 220 000.00
March		Training Camp for players and clinics for coaches and umpires	R 220 000.00
TOTAL			R 880 000.00
GRAND TOTAL			R 2 000 000.00

Mami Diale

Director: Demarcation and Structures



NSA

Section 3
Selections Report.
Section.



REPORT Director of Selections

26 October
2013

A massive effort from everyone ensured that our national teams brought back medals across the various age groups

Christine
du Preez

Index (S=Selection)

Highlights	S3
Introduction	S4
Information of Athletes at National Championships	S5
Athletes per Provinces	S10
Height of Athletes	S12
<ul style="list-style-type: none">• <i>USSA</i>• <i>SA U19 & U21 CHAMPIONSHIP</i>• <i>SPAR LADIES CHAMPIONSHIP</i>	
Training Camps	S18
Selection Policy and Workshops	S20
National Squads	S21
National Teams	S21
International Matches	S22
<ul style="list-style-type: none">• <i>U19</i>• <i>U21</i>• <i>PROTEAS</i>	
Wins vs. Losses	S23
Selectors	S23
Selection Workshops	S23
Road Shows	S23
Challenges	S24
Vote of Thanks	S26
Closing	S26
Annexure	S27

Highlights

South Africa beat Jamaica for the first time in 28 years

Abstract from the article posted on <http://www.bizcommunity.com>

“The Spar South Africa netball team beat Jamaica in an international netball test match for the first time in 28 years earlier this week, by 56-49 in the third and final test played in Kingston, Jamaica. Jamaica, however, won the test series 2-1.

Inspired by the late Whitney Houston hit The Greatest Love of All, the Spar Proteas walked onto court with a greater belief in themselves and gained immediate respect from not only their opponents but also the crowd”

South Africa outclassed Northern Ireland

Abstract for the article posted on <http://www.sabc.co.za/news/>

“South Africa outclassed Northern Ireland 66-42 in the second Netball Challenge Test Series at the Good Hope Centre in Cape Town to clinch the series.

The hosts dominated in all areas, but were particularly successful in defence. At no stage did the visitors look like they were posing a threat, and South Africa succeeded in turning over the ball on a regular basis.”

First Netball Diamond Challenge a huge success! SA won the Challenge

Abstract from the article posted on <http://www.srsa.gov.za>

“The image of Netball has been given a huge boost with the successful staging of the first Netball Diamond Challenge between South Africa, Zambia, Botswana and Malawi in Pretoria recently.

South Africa won the Challenge after winning all their matches.

The completion of the series comes shortly after the announcement of the formation of a professional netball league next year, a development that will further boost netball - the most popular women's sport in the country.”

SA U21 took on the challenge against England

Abstract from the article posted on <http://www.netballsouthwest.co.uk/news>

“Jess Garland (England Co Coach) had marked South Africa U21 out as possibly the best team outside the established top 4 at this event”

South Africa's Protea's a hard-fought bronze medal at the Fast5 World Netball Series.

Abstract from the article posted on <http://nz.sportyyahoo.com/netball>

“Going back to basics has brought South Africa's Proteas a hard-fought bronze medal at the Fast5 World Netball Series tonight.”

Zone 6- “South Africa Crowned Netball Queens”

Abstract from the article posted on <http://www.scsazonevi.co.zm>

U21 Netball Squad Home after Singapore Clean Sweep

Abstract from the article posted on <http://www.gsport.co.za>

The SPAR Baby Proteas marched to an easy win

Abstract from the article posted on <http://www.gsport.co.za>

“The SPAR Baby Proteas marched to an easy win in the final test of the U21 test series, played at the LC De Villiers Sports Centre in Pretoria on Monday evening, when they beat Zimbabwe 53-27.”

South Africa wins the African Netball Championship

Abstract from the article posted on <http://www.nyasatimes.com/2013/06/28/malawi-queens-go-down-fighting-sa-wins-africa-netball-championship/>

“Malawi Queens go down fighting, South Africa wins the African Netball Championship”

South Africa win 54 - 48 to take 5th place

Abstract from the article posted on <https://www.facebook.com/WorldYouthNetball2013>

“At the end of another great game South Africa win 54 - 48 to take 5th place followed by Wales in 6th. Well done to both teams!”

Introduction

Passion backed by immense effort from everyone involved is ensuring ongoing success on the international arena. South Africa Netball is making headlines in the news.

A massive effort from everyone ensured that our national teams brought back medals across the various age groups for the first time since 1995:

- GOLD -DIAMOND CHALLENGE
- GOLD - AFRICAN CHAMPIONSHIP,
- GOLD - ZONE VI CHAMPIONSHIP,
- BRONZE - FAST5
- U21 Ranking from 9th to 5th.

Goals have been made a reality.

Last year we started with the initiative to have a more detailed look at athletes participating at the National level in South Africa. Transformation of South African Netball is reasonably successful at Provincial level (although not in all regions) but the question still remains “Why is this not reflected on-court in our National Teams?”

In searching for answers we looked at the physique of netball athletes competing at various age levels at the National Championships, keeping in mind that international netball athletes are generally above-average height. Australia, NZ and England’s average height of athletes are over 1.80m.

At the elite level, shorter athletes (<1.70m) are unable to compete against the taller athletes and this is also evident at our National Championships.

Internationally we have to be able to compete against the best of the best and thus as South Africans we owe it to our country and people to select National Teams that are able to make us proud.

Transformation of Athletes at National Championships

At Provincial level the image projected on transformation (with reference only to colour) is as illustrated below:

- Information of 466 athletes from the 2013 SANS
- Information of 289 athletes from the 2013 USSA
- Information of 573 athletes from the 2013 SA U19 and U21 Championship
- Information of 495 athletes from the 2013 Spar National Netball Championships

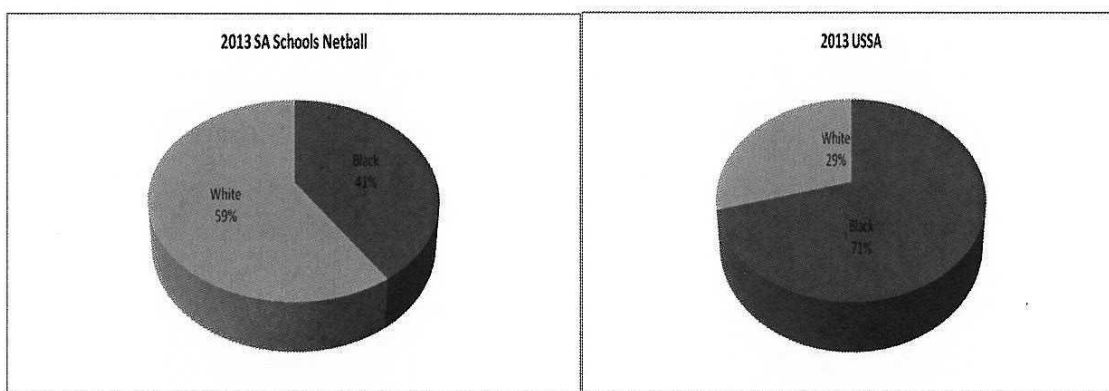


Figure 1: 2013 SASN Athletes

Figure 2: 2013 USSA Athletes

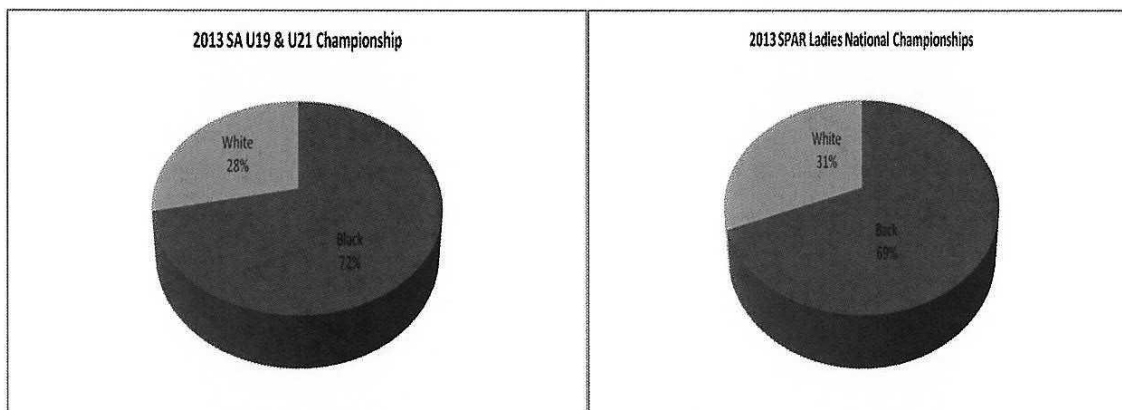
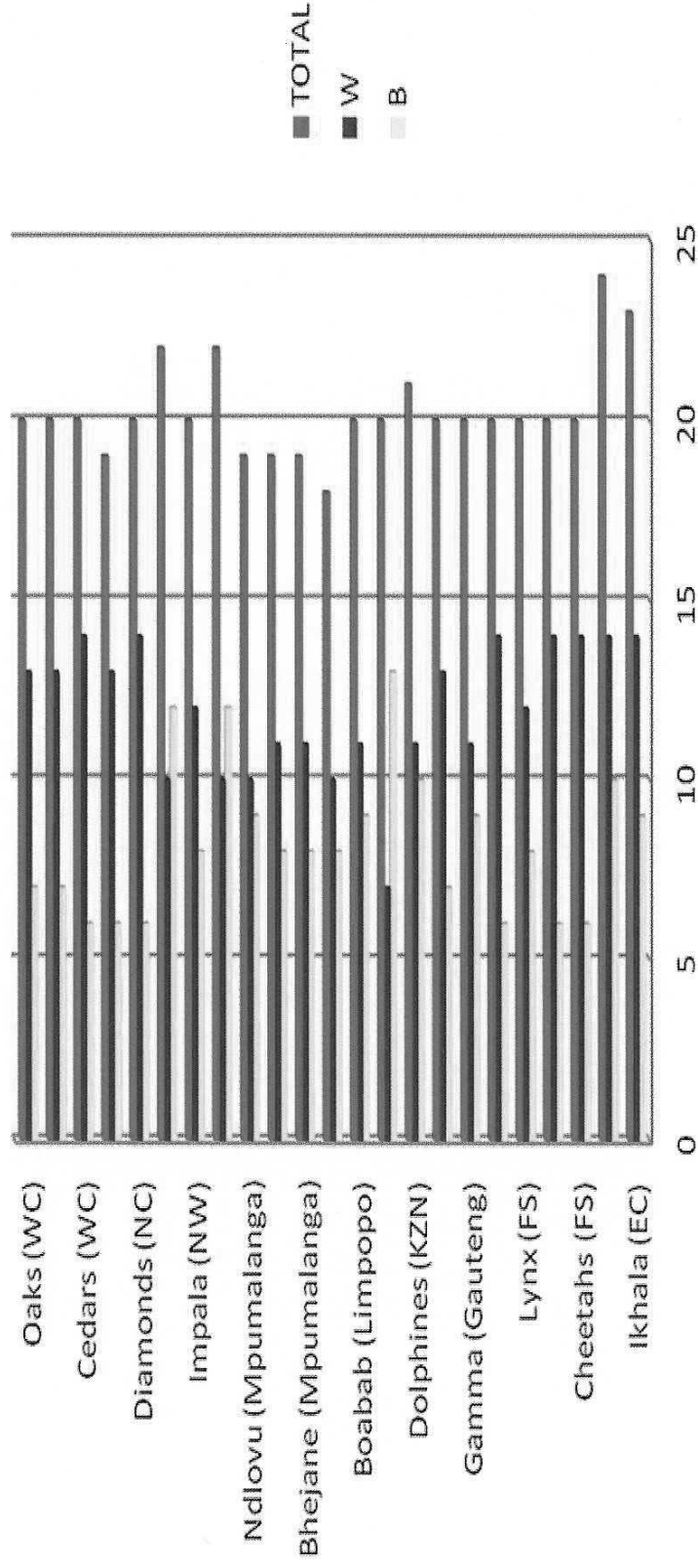


Figure 3: 2013 SA U19 & U21 Athletes

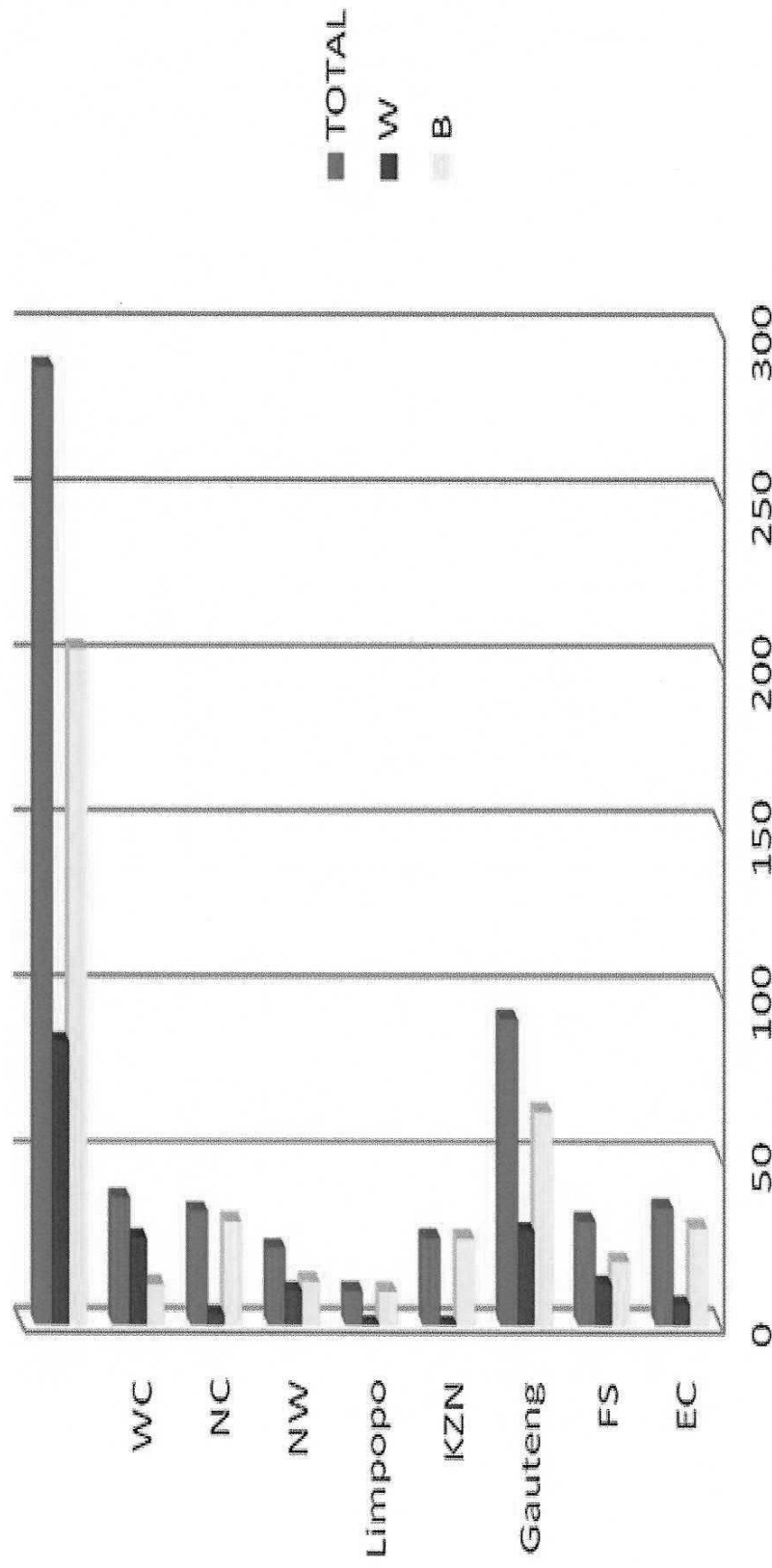
Figure 4: 2013 SPAR Ladies Athletes

2013 SASN Athlete Information

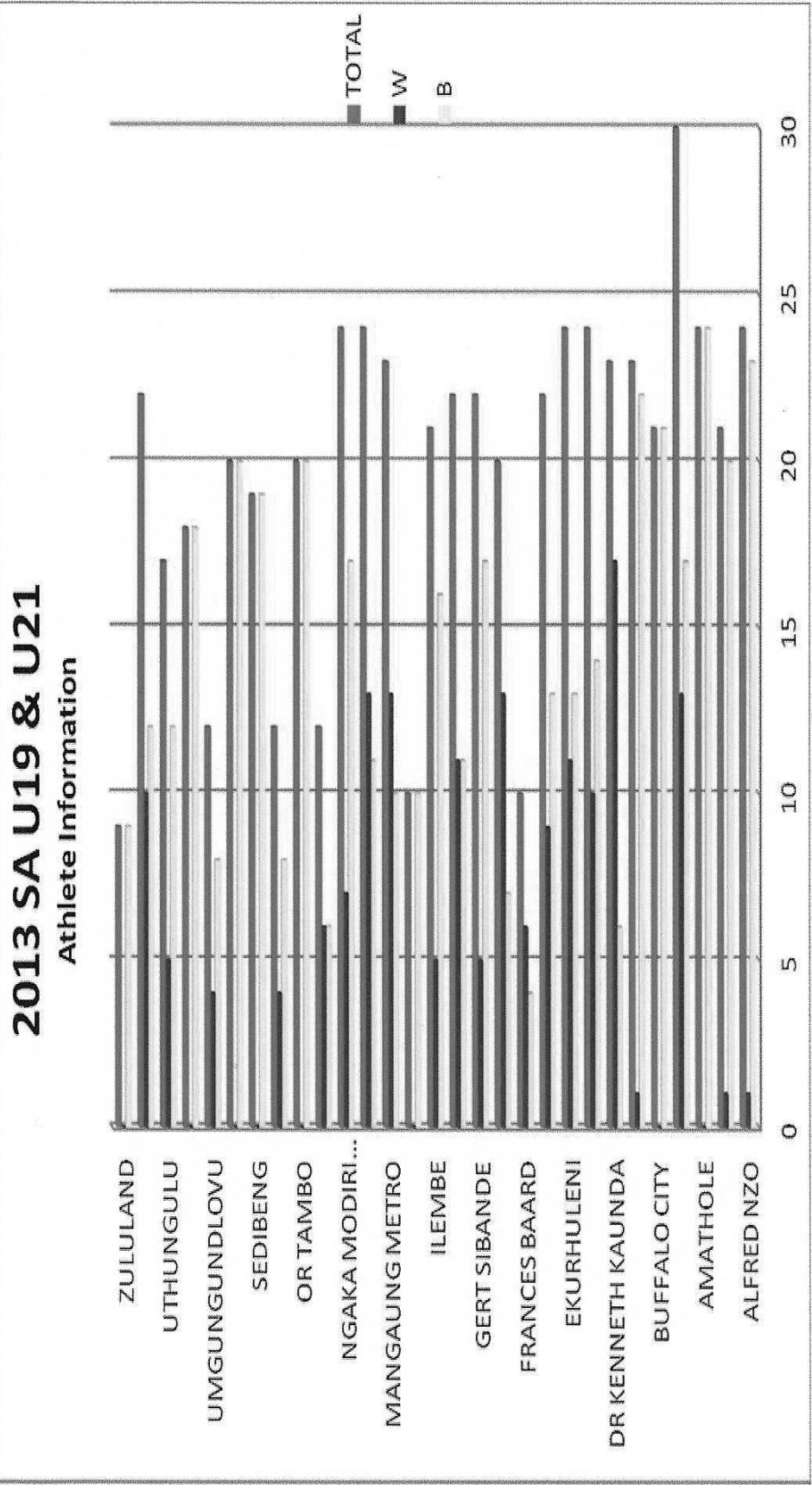


Graph 1: 2013 SASN Athletes Information

2013 USSA Athlete Information



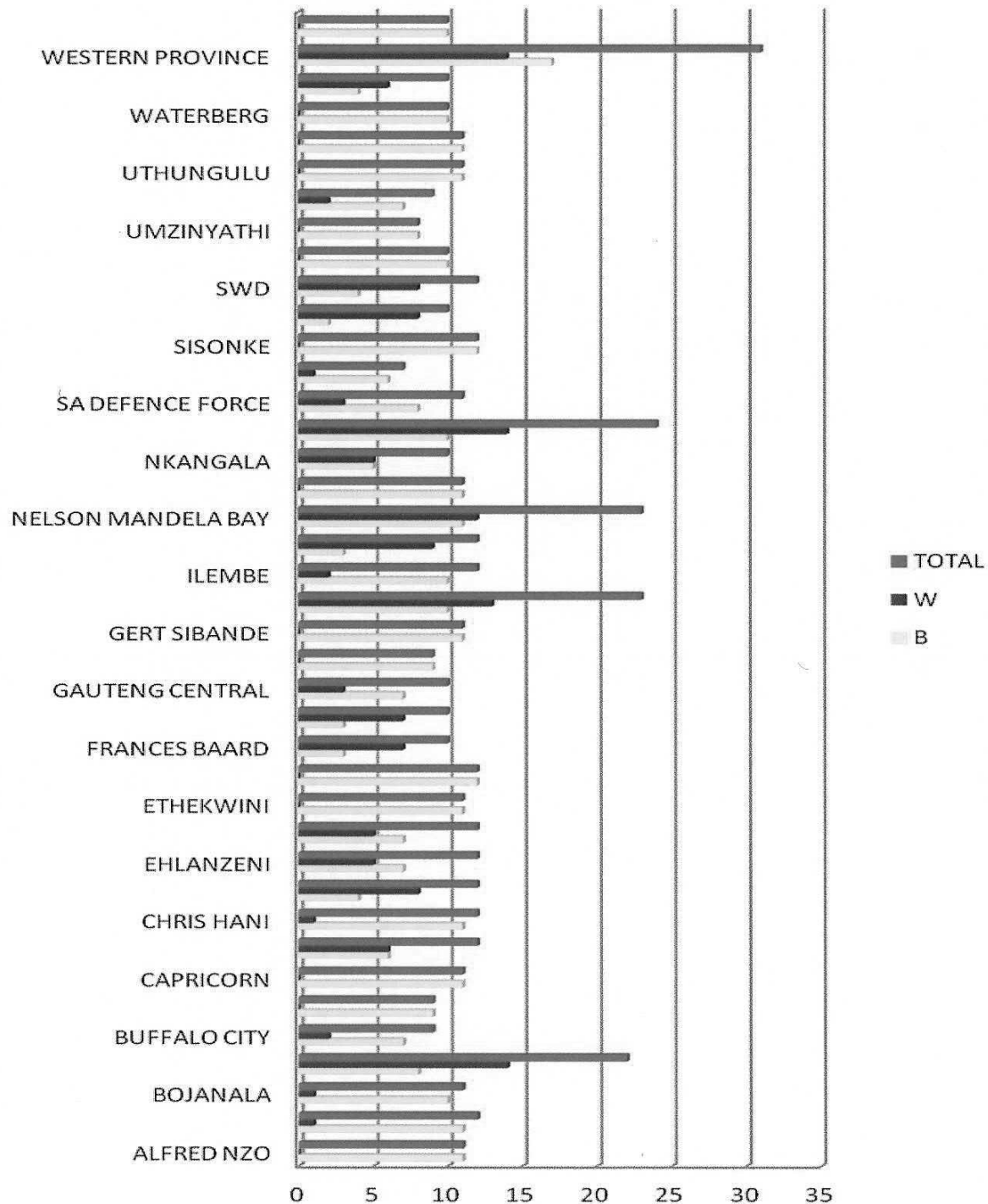
Graph 2: 2013 USSA Athletes Information



Graph 3: 2013 SA U19 & U21 Athletes Information

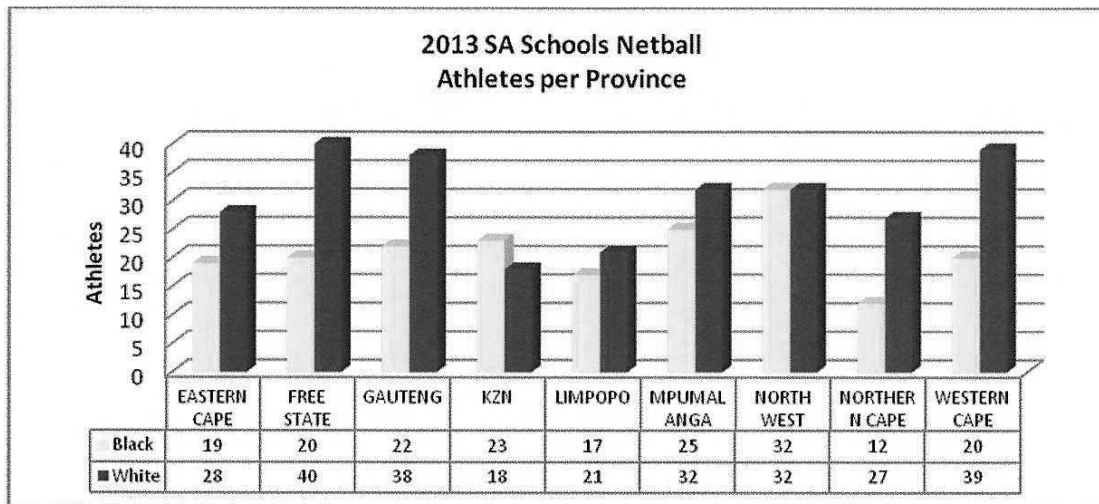
2013 SPAR National Championships

Ladies Athlete Information

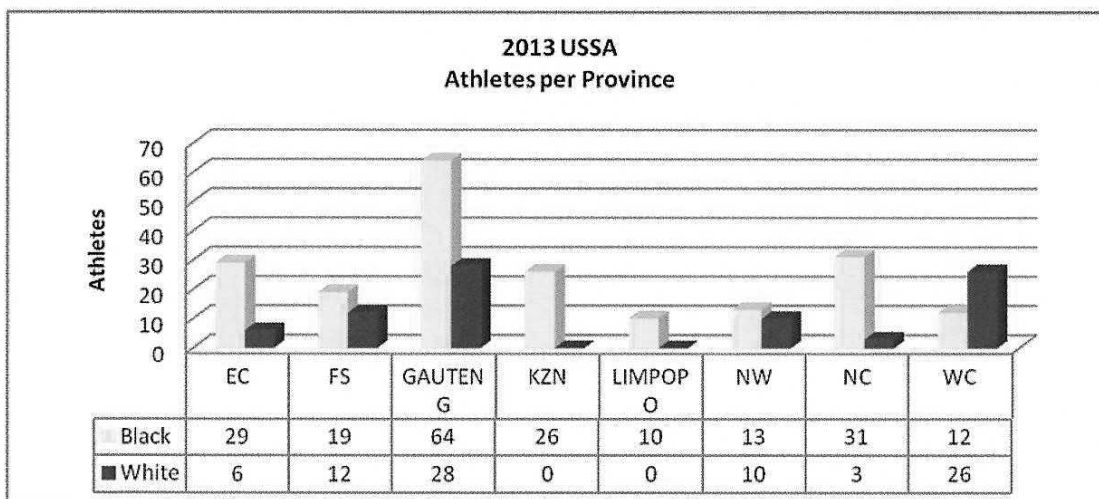


Graph 4: 2013 SPAR Ladies Athletes Information

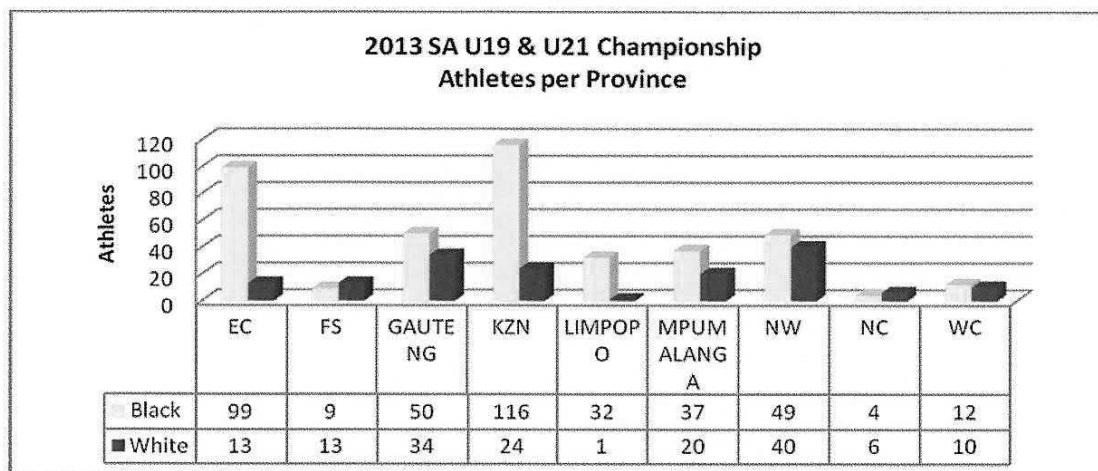
Athletes per Provinces (Projected image)



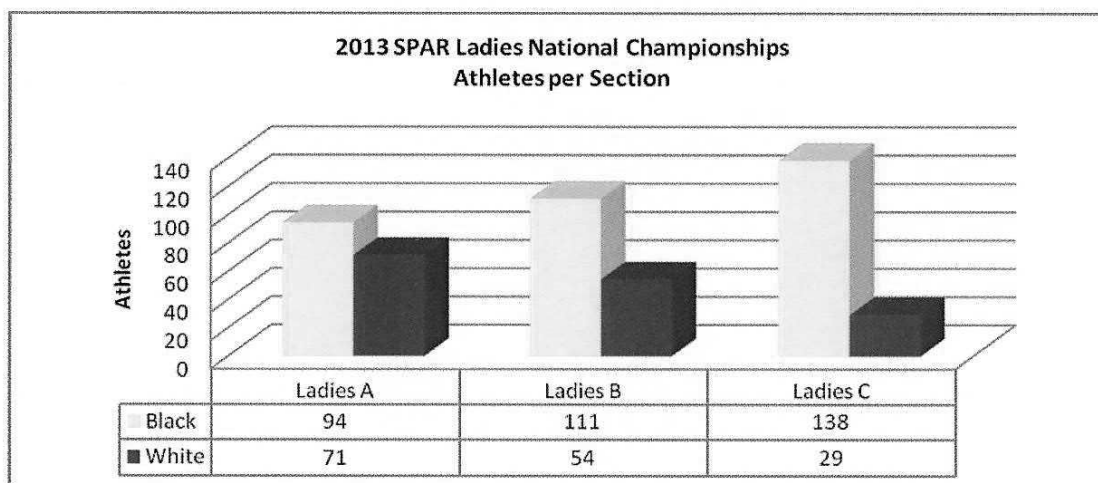
Graph 5: 2013 SASN Athletes per Province



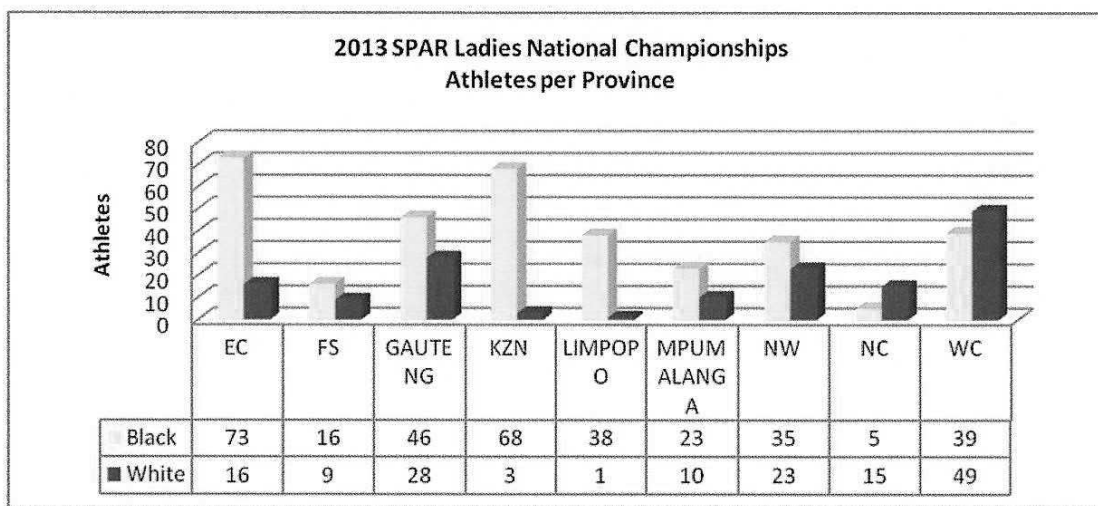
Graph 6: 2013 USSA Athletes per Province



Graph 7: 2013 SA U19 & U21 Athletes per Province



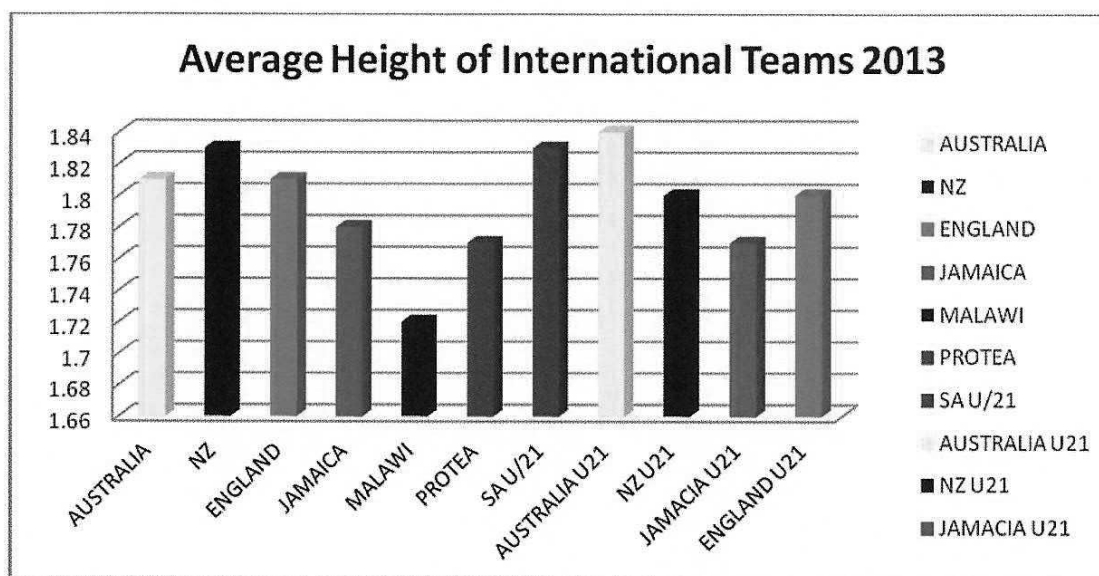
Graph 8: 2013 SPAR Ladies Athletes per section



Graph 9: 2013 SPAR Ladies Athletes per Province

Height of Athletes

The average height of international teams is as follows:



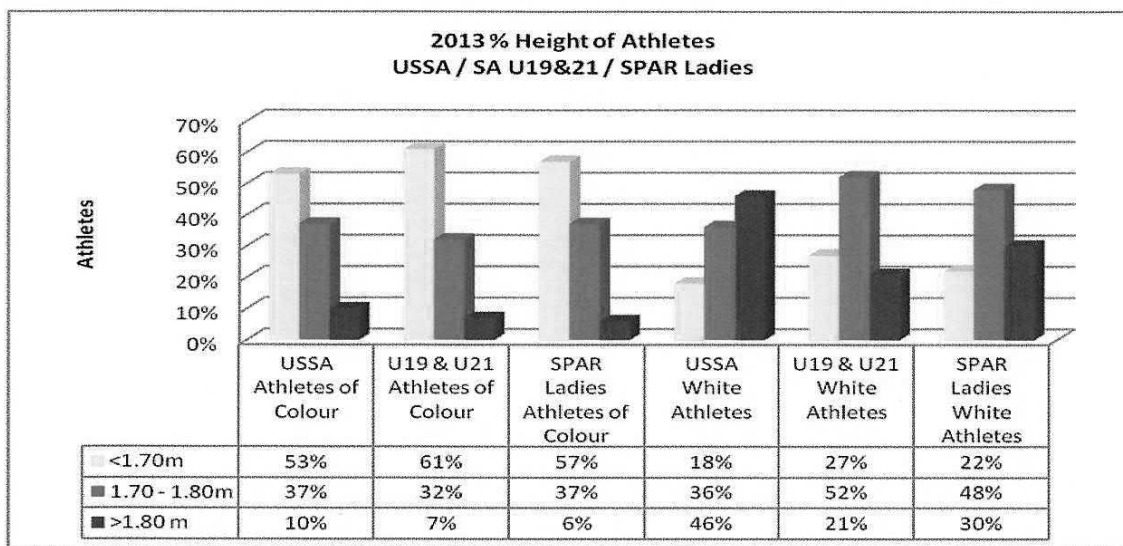
Graph 10: 2013 Average Height of International Teams

Internationally the top teams in the world's court specific average height are listed below.

	AUSTRALIA	NZ	ENGLAND
Circle	1.83m	1.86m	1.82m
Mid Court	1.75m	1.75m	1.75m

Table 1: 2013 Average Height of Court Specific Positions of the top 3 countries in the world

Height differences among athletes from different backgrounds in the various age groups were compared.



Graph 11: 2013 Average Height of Athletes at National Championships

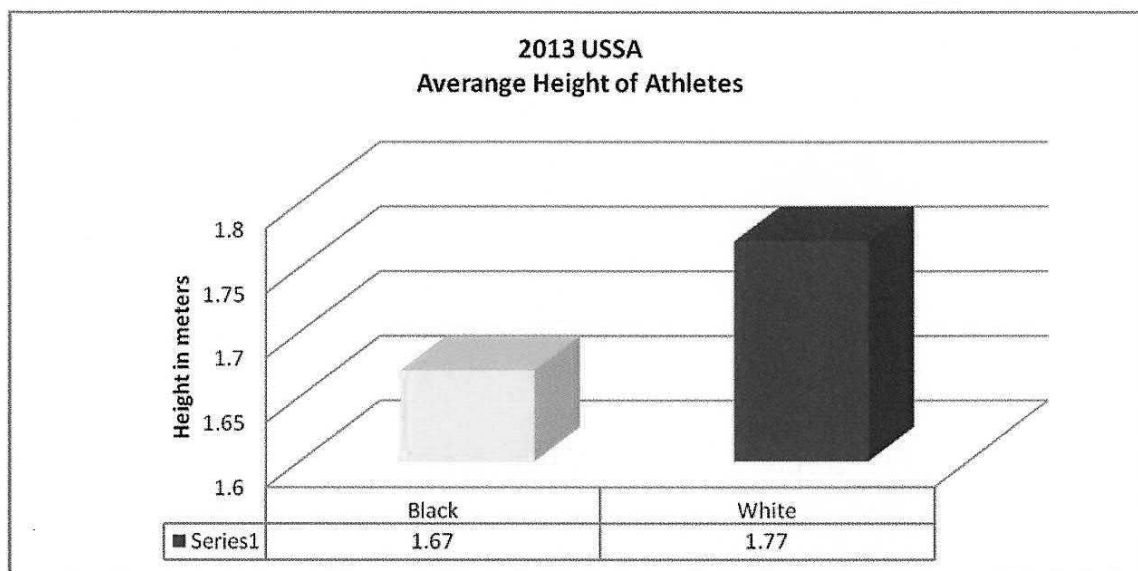
In 2013 the athletes selected to represent their Province, Region and University at the National Championships of USSA and NSA to following conclusion could be made from the data provided. (Data from SASN was insufficient to made a conclusion)

57% Athletes of colour that participated in the various championships are shorter than 1.70m. The only positions on court that provides opportunity for quality performance for athletes less than 1.70m is WA and C and then it is only absolute brilliant athletes.

35% Athletes of colour are between 1.70m and 1.79m. The top three teams in the world's average midcourt athletes are 1.75m tall.

7.6% Athletes of colour are over 1.80m tall compared to 33% of W athletes. The top three teams in the world's average circle athletes are 1.85m (Shooters 1.84m and Defence 1.86m)

Information collected at USSA (1st – 6th of July 2013 Tshwane)



Graph 12: 2013 USSA Average Heights of Athletes

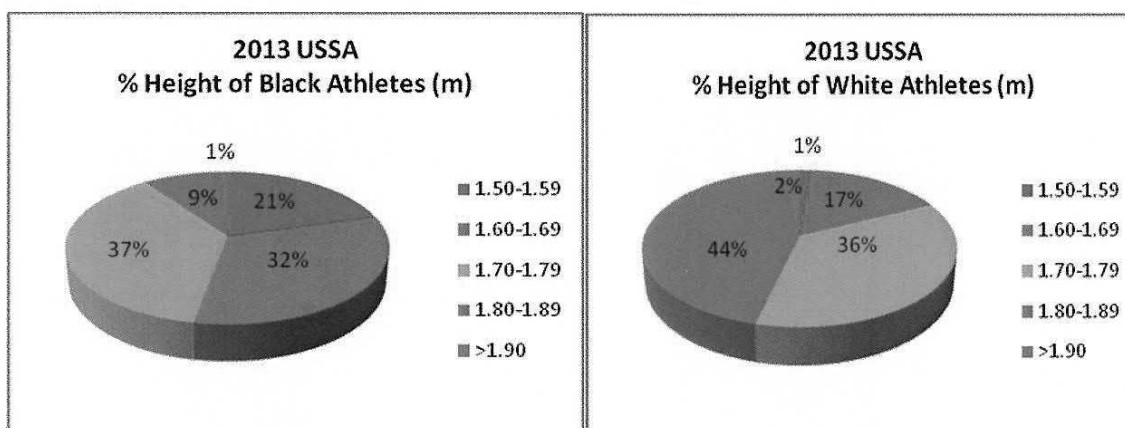


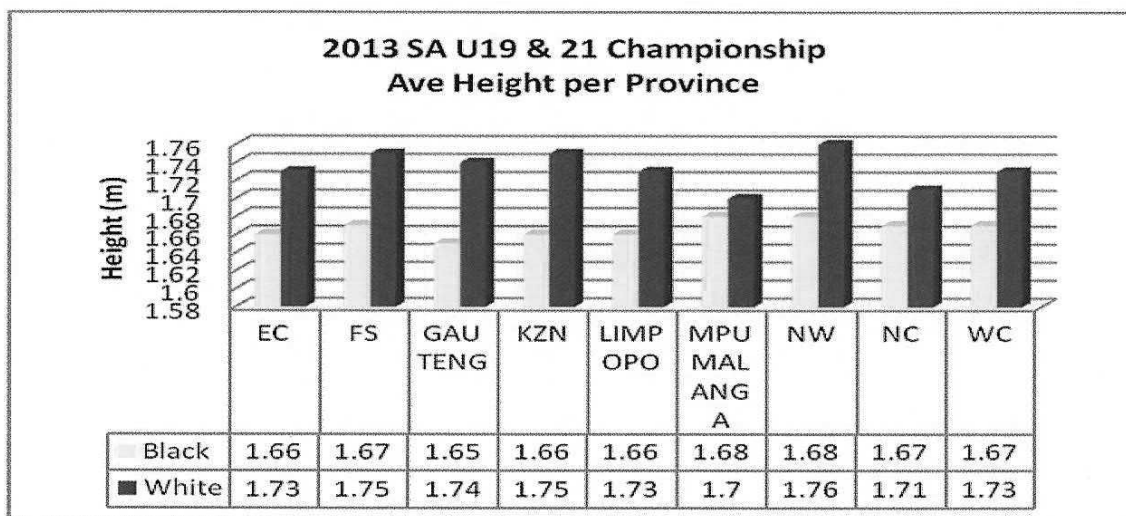
Figure 5: 2013 USSA % Height of B Athletes

Figure 6: 2013 USSA % Height of W Athletes

From the data collected at USSA it is evident that more than 53% of athletes of colour are shorter than 1.70m and only 18% of W athletes are less than 1.70m tall, 47% of athletes of colour are taller than 1.70m and 82% of W athletes are taller than 1.70m. W athletes are on average 10cm taller than athletes of colour.

South African U19 & U21 Championships (7-13th July 2013 in Ehlanzeni)

Height was calculated on 253 athletes of colour and 154 White athletes.



Graph 13: 2013 SA U19 & U21 Average Height per Province

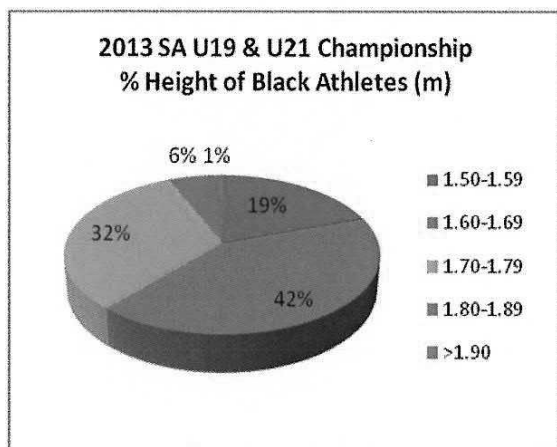


Figure 7: 2013 SA U19 & U21 % Height of Black Athletes

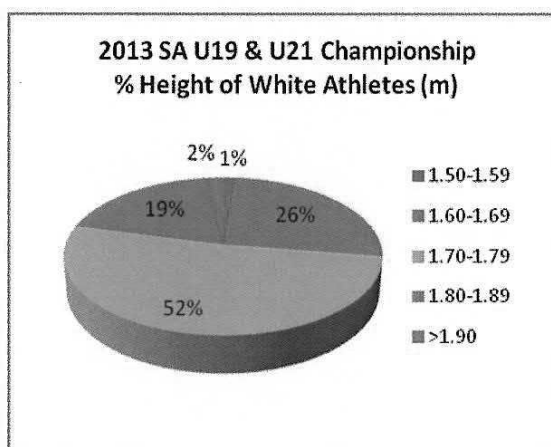
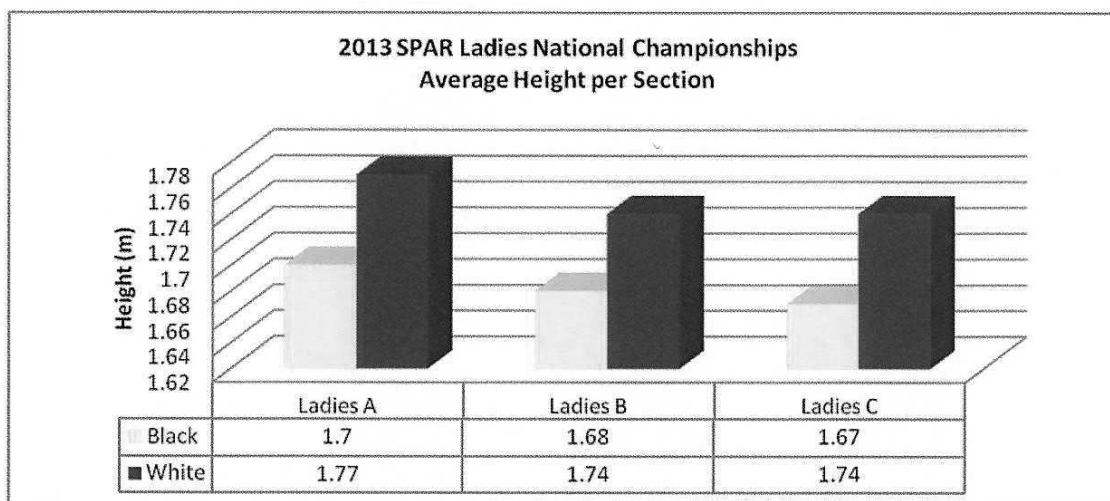


Figure 8: 2013 SA U19 & U21 % Height of White Athletes

From the data collected 62% athletes of colour is shorter than 1.70m and only 27% of white athletes, 38% athletes of colour is taller than 1.70m and 73% of white athletes are taller than 1.70m

Spar Ladies National Championship (4-10th August 2013 RBF)

Height was calculated 343 athletes of colour and 154 white athletes.



Graph 14: 2013 SA SPAR Ladies Average Height per Section

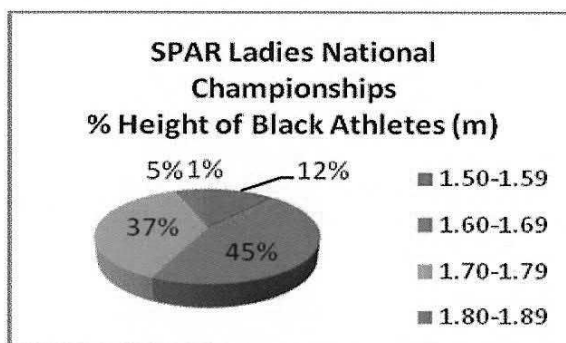


Figure 9: 2013 SPAR Ladies % Height of B Athletes

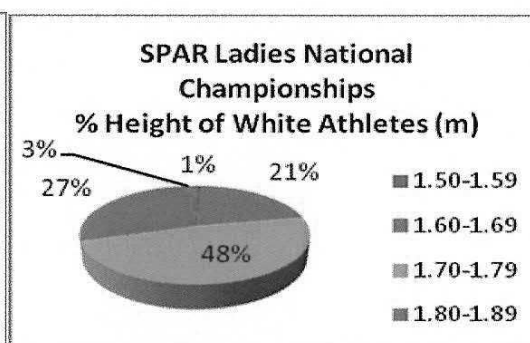


Figure 10: 2013 SPAR Ladies % Height of W Athletes

From the data collected 57% athletes of colour is shorter than 1.70m and only 22% of white athletes, 43% athletes of colour is taller than 1.70m and 78% of white athletes are taller than 1.70m.

It is evident that even though more players of colour entered the competition stage/platform the majority of athletes of colour that are presented by their Regions already start at a height disadvantage and have to be superior in other aspects of the game to compete at international level due to their height. Theoretically over 50% of these athletes don't have the correct netball physique. Taking the composition of a netball squad into consideration (8 circle athletes and 4 midcourt athletes), 92% of all athletes of colour compete for 4 positions on court and less than 8% for 8 positions on court. This implies that players of colour require more attention and support to make up for their physique and be brought on par with the white players.

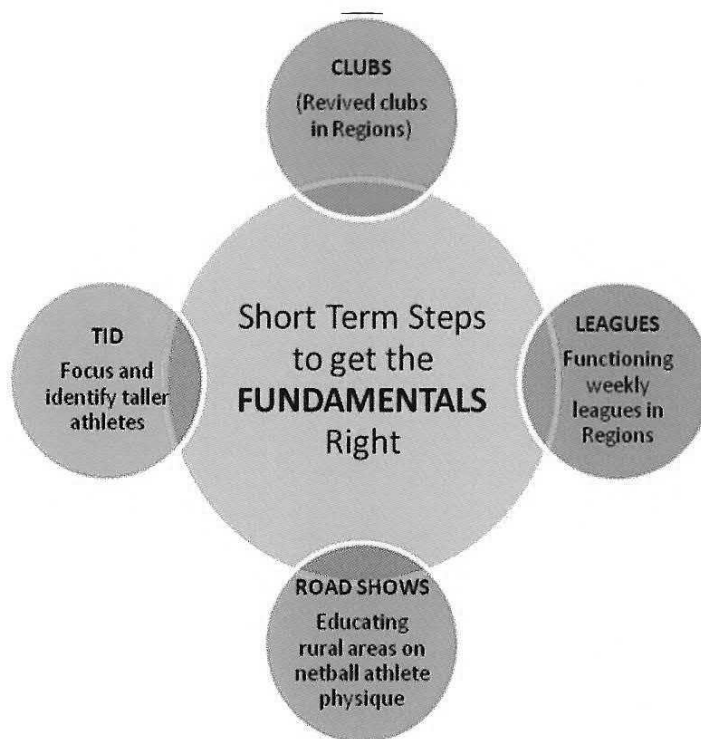
Athletes selected by their Regions to participate at the SPAR National Championship Ladies A Section the following conclusion can be made when selecting a team of 12 athletes.

94 athletes of colour and 71 white athletes participated in the A Section. If we take into consideration the average height of international teams and court specific positions, 7 athletes of colour and 22 white athletes will compete for 8 positions (circle). 31 Athletes of colour and 35 white athletes will compete for 4 positions (mid-court) thus explaining the reason why our current representation of our South African teams are dominant white athletes in the circles and the black athletes dominate the mid-court.

Above was calculated on height of athletes not taking into consideration the skill and availability of athletes.

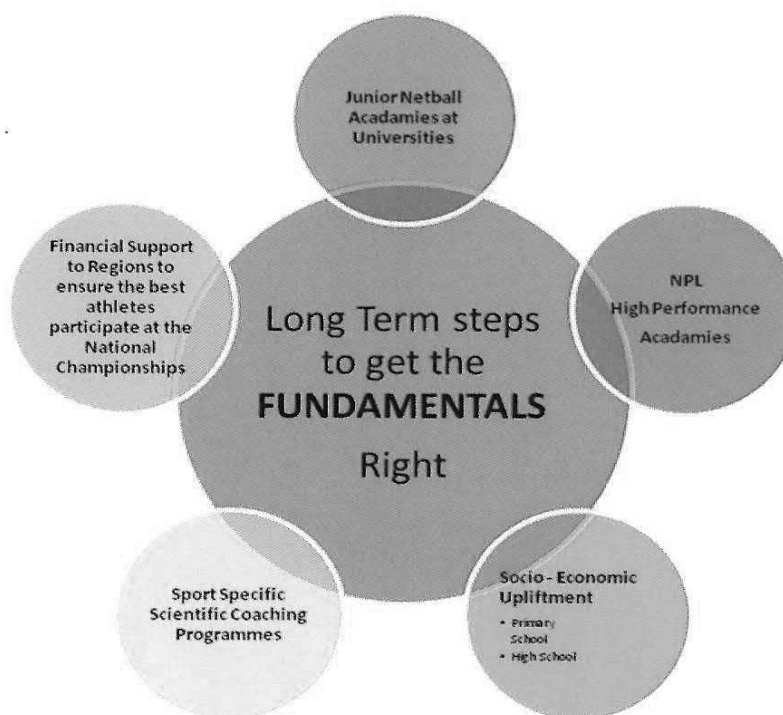
The short comings of athletes presented by their Regions for selection of national teams need to addressed in the following manor.

Short term steps:



Picture 1: Short Term Step

Long Term terms steps will require support from local and provincial government, universities and schools.



Picture 2: Long Term Step

Training Camps

Training camps are essential for preparation of teams. Commitment and discipline of athletes improved immensely due to regular testing at the training camps. Past histories of unfit, unconditioned athletes were improved. Coaches of athletes were invited to training camps to observe and to assist athletes. The goal was for coaches to understand the intensity and commitment required. This positively affected Regions and more athletes benefitted in the process. The feedback from the coaches was that we were on the right track. Some of them had no idea what really happens at a training camp. Some were apprehensive when they arrived but fully bought into the process by the end of the camp. It is imperative that the communication channel between athletes and all coaches involved is ongoing. This will eliminate the athlete waiting till the next training camp for assistance.

During the period January 2012 to October 2013 the following training camps took place:

- 13 x U19 and U21 Training Camps
- 11 x SPAR Protea Training Camps

Our scientific approach included the following:

- CSIR to assist with game analysis and testing of athletes
- Eye-gym
- Sport Psychologist
- Nutritionist
- Drug Free South Africa

- Individual training programmes

As part of our national athlete development program, individual training programs were worked out for each athlete as part of the individual growth process. This has been met with enthusiasm, as not all athletes have the supported at Regional and Provincial level. We have however had athletes informing us that their sport scientists in their Region still insist on them working on their Region's programme. We have addressed the matters as they occur.

The bottom line is that it is a choice. Athletes that want to represent South Africa must be prepared to work hard, physically and mentally. Being talented is not enough and only athletes that have the right attitude toward training and playing will make it to the top. Athletes waiting for invitation to a training camp before they start training, dream of becoming a Protea will be short lived.

Squads are selected at all national championships. Every athlete in the squad is ranked during the training camps. Due to financial restraints not everyone is invited to every camp. The coaches call on athletes depending on what they are training for and finances obviously are also taken into consideration.

The top 18 athletes in the Protea Squad will be expected to sign a code of conduct and will be remunerated according to performance.

In 2013 we have not been able to make use of the same players in any two teams because of injuries/work/lack of commitment thus the reason changes are made to teams and squads (NSA will not consider lazy athletes).

National Squad list to attend specific training camps will be communicated via email to the Regions and directly to the athletes. Any queries with regards to exclusion can be forwarded to the specific national coach or Director Selections.

Details relating to camps / tours / championships will be communicated to Regions / Athletes by the NSA Office. It is the sole discretion of NSA to invite new athlete to camps as they see fit.

Refer to Annexure 1: NSA Training Camp Attendees

Selection

We are facing a huge challenge in South Africa with regards to selection of the top athletes. The selection process is limited due to the fact that currently we have only access to +- 36 athletes per Region we have access to. At this point there are a large percentage of these teams participating at the national championships which do not send their top 36 due to various factors. Financial constraints are our biggest hurdle, our Regions are struggling to send their teams and sometimes teams are formed based on who can afford it. This results in NSA not having access to the top 36 athletes in each Region.

NSA attended the All Ages and USSA Championships where we observed and identified athletes. We have established that there are point of concerns and will implement an action plan to rectify. This will be communicated to the relevant people.

A selection workbook has been compiled which is available to all Regions. In the Selection Workbook various aspects of testing methods are describe and athlete requirements for international participation is explained. Included in the Workbook are selection and assessment sheets, detailed explanation of how to select an athlete at all levels and how the assessment and nomination processes work.

A brief summary of what you can expect in the workbook with regards to elite athletes fitness are describe below.

The following standards should be used as a target to get to if you are only just beginning to train for netball. If you reach the recommended target then you should continue to improve your performances and physical qualities and not be content to just reach the stated standards and not continue on.

As an athlete you will be stronger in one area of your physical profile and weak in the other. You should then spend more time on the areas that you are weak in to ensure that you eventually become a well balanced athlete.

Speed, Acceleration & Quickness Minimum Standards

	5M	10M	20M
	ALL POSITIONS	ALL POSITIONS	ALL POSITIONS
Secondary School/U17/U19	<1.15	<2.00	<4.0
Senior Club/U21 Rep	<1.10	<1.95	<3.96
Senior Rep	<1.10	<1.90	<3.90

Repeat Speed/Anaerobic Standards

	OCTOREPEATER TOTAL			OCTOREPEATER FATIGUE		
	GK/GS	GA/GD	WA/WD/C	GK/GS	GA/GD	WA/WD/C
Secondary School/U17/U19	<85	<85	<80	<10%	<10%	5-8%
Senior Club/U21 Rep	<80	<80	<75	5-8%	5-8%	5-8%
Senior Rep	<75	<75	70-75	5-8%	5-8%	<5%

Aerobic Fitness Minimum Standards

	BEEP TEST			YO-YO TEST			1500M		
	GK/GS	GA/GD	WA/W D/C	GK/GS	GA/GD	WA/W D/C	GK/GS	GA/GD	WA/W D/C
Secondary School/U17/U19	10	10.5	11	15.1	16.1	17.1	<7:30	<7:00	<6:30
Senior Club/U21 Rep	10	10.5	11	15.3	16.3	17.3	<7:15	<6:45	<6:30
Senior Rep	10.5	11	12	15.5	16.5	17.5	<7:00	<6:30	<6:00
Protea	11	11.6	12	16.1	17.1	18.1	<6:45	<6:15	<5:45

Lower Body Power Minimum Standards

	DOUBLE VERTICAL JUMP			SINGLE LEG VERTICAL JUMP			BROAD JUMP		
	GK/	GA/	WA/WD	GK/	GA/	WA/WD	GK/	GA/	WA/WD

	GS	GD	/C	GS	GD	/C	GS	GD	/C
Secondary School/U17/U19	40	40	40	30	30	30	150	150	150
Senior Club/U21 Rep	45	45	40	35	35	35	170	170	170
Senior Rep	50	50	45	40	40	35	190	190	190
Protea	50	50	50	40	40	35	200	210	200

Strength and Endurance Minimum Standards

	PRESS UPS			HORIZONTAL PULL UPS			PRONE BRIDGE		
	GK/ GS	GA/ GD	WA/WD /C	GK/ GS	GA/ GD	WA/WD /C	GK/ GS	GA/ GD	WA/WD /C
Secondary School/U17/U19	15	15	15	5-8	8-10	10	1:00	1:00	1:30
Senior Club/U21 Rep	15	20	20	10	10	15	1:30	1:45	2:00
Senior Rep	20	25	25	15	15	15	1:30	1:45	2:00
Protea	20	25	30	15	15	20	2:00	2:15	2:30

National Squads

Refer to Annexure 2: National Squads.

National Teams

Refer to Annexure 3: National Team List

International Matches U19

Test	Against	Score		Result (W/L)
Zone 6	Malawi	29	29	W
	Namibia	55	27	W
	Lesotho	103	4	W
	Zambia	59	29	W
	Botswana	80	22	W

Table 4: SA U19 Results - International Matches 2012 & 2013

International Matches U21

Test	Against	Score		Result (W/L)
Test	England	37	48	L
	England	56	31	W
	England	44	56	L
Singapore	Singapore U21	65	26	W
	Singapore U21	70	29	W
	Singapore U21	62	31	W
	Malaysia	50	35	W
	Singapore Opens	57	33	W
	Singapore Opens	54	20	W
Tri-Nations	Zimbabwe	53	27	W
	Botswana	60	26	W
WYNC	Fiji	64	32	W
	Israel	134	4	W
	Namibia	71	27	W
	Australia	27	59	L
	England	33	45	L
	Wales	54	48	W

Table 5: SA U21 Results - International Matches 2012 & 2013

International Matches Spar Proteas

Test	Against	Score		Result (W/L)
Test	Jamaica	48	63	L
	Jamaica	48	63	L
	Jamaica	56	49	W
Test	Northern Ireland	61	37	W
	Northern Ireland	66	42	W
	Northern Ireland	58	52	W
Diamond Challenge	Botswana	55	26	W
	Zambia	47	34	W
	Malawi	42	47	L
	Malawi	47	43	W
Africa Championship	Namibia	75	34	W
	Swaziland	73	28	W
	Uganda	46	39	W
	Zambia	64	48	W
	Malawi	54	52	W
Test	England	38	49	L
	England	33	51	L
	England	41	53	L

Table 6: SPAR Protea Results - International Matches 2012 & 2013

Wins vs. Losses

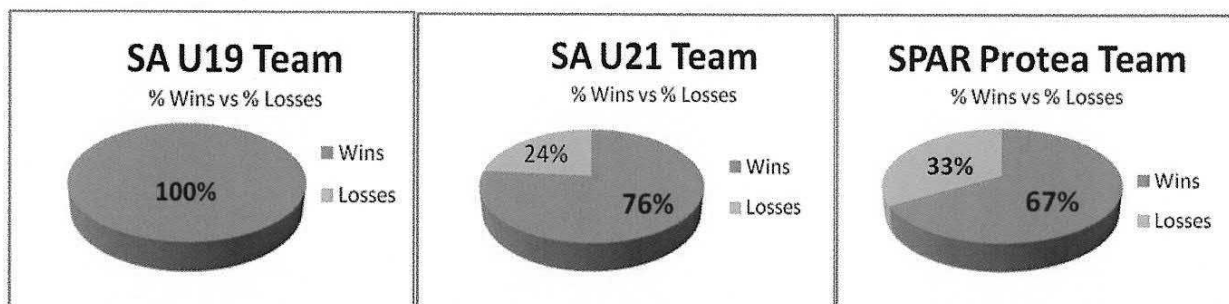


Figure 11: 2012 & 2013 Wins vs Losses

Selectors

The National coaches were the selectors at all the National Championships. Coaches from the A, B and C sections assessed athletes at all the National Championships. This process will ensure that all coaches coaching at this level will know exactly what we are looking for at Nation level as they have been part of it.

Selection Workshops

Selection Workshops were presented to coaches at the National Championships. The aim for these workshops was to prepare coaches of the standard we are looking for in the various sections. Again this will assist the regions and hopefully we will see an improvement in the base of athletes that we select from.

In 2012 coaches from the A-section were trained and this training filtered through to the B and C-section coaches in 2013.

A Selector's workbook together with the coaches' material was made available to coaches in a CD format at the National Championships.

Road Shows

In celebration of the year to turn Netball SA into Professional Netball, NSA has lined up a number of programs to ensure that the love of netball is awakened in all provinces; this includes carefully planned workshops.

As part of our national player development program we have started to focus on individual training programs to assist players to develop to their full potential, this has been met with limited success as the players need to be supported at regional and provincial level with the same approach.

Road Shows were held in the following Provinces. The attendance was way below what we anticipated. We will be picking up from where we left off early next year. Dates will be reflected in the events calendar.

- Annexure 4: Road Show Attendees: WP (Western Cape Sport Schools) 9th April 2013
- Annexure 5: Road Show Attendees North West (Rustenburg) 9th May 2013
- Annexure 6: Road Show Attendees Limpopo (Polokwane) 9th May 2013
- Annexure 7: Road Show Attendees Eastern Cape (Port Elizabeth) 14th May 2013

- Annexure 8: Road Show Attendees Eastern Cape (East London) 15th May 2013
- Annexure 9: Road Show Attendees Free State (Bloemfontein) 22nd May 2013
- Annexure 10: Road Show Attendees Gauteng (UJ Soweto Campus) 28th May 2013

KZN, Northern Cape and Mpumalanga were cancelled due to lack of support.

The feedback from the regions was that they wanted more. They are all staved for information and didn't want Elize to stop.

Challenges

Even though we have grown as a competitive netball country there are still many challenges we face on a day to day basis. Challenges include:

- No functioning leagues in most of our regions.
 - This is a crucial draw-back to transformation as it immediately rules out all players where there are no leagues from having equal opportunity to be selected into national teams and being in the first line-up. This also creates unnecessary suspicions and lack of trust in the selection panels that select based on required international standards; when a player is left out it becomes a racial issue, especially if the player is of colour. Incidentally white players also get dropped from squads due to failure to meet required standards. Leagues should provide the much-needed game-time for players to improve performance.
- Regional coaches who do not support and mentor players as they work through the programs given by national coaches.
 - We do get reports from players that work on their own. Despite NSA inviting coaches to come with their player to a camp and getting the necessary information on what is required from them to support a player, some coaches do not attend the camp (NSA pays full travel and accommodation costs) and they do not work with the player. When the player does not make the top12 or15 it becomes an issue of being bias and discrimination by the selectors.
- Unavailability of Athletes due to work/studies circumstances.
- Funding for training camps.
- Umpiring in South Africa compared to international umpiring especially on the attacking/goal circle side.
 - The outcry from all of us and the public is the poor performance by our shooters. One of the reasons is that shooters are over-protected in S. A., but when we play internationally they get put under tremendous pressure by defence and are not protected; this works on their mental and psychological strength and they cannot cope.
- Shooters must shoot anywhere in the circle not be one dimensional as international teams eliminate their one strength- MORE VARIETY IS NEEDED ON ATTACK.
- Over training of athletes and then to the other extreme of no training at all.
- Support of National Athletes by Regions and Regional coaches.

- Support of injured Athletes by Regions.
 - NSA faces serious challenges when regions/provinces do not take care of players. They use SPAR Protea players for domestic/provincial and private tournaments. When a player gets injured they do not take care of the player but brings her to NSA's camp and NSA has to look after the player and end up not using that player.

Vote of Thanks

None of what we have accomplished would have been possible without the help/input/support of the following:

Firstly our Madam President Mimi, your wisdom and mentoring has guided me to accomplish what has been done.

Our Vice President Blanche always has been there, a real pillar of strength.

Thank you to the rest of the Executive for the support and for working as a team.

The hours and dedication the National coaches have put in with regards to training camps and selections. Thank you for putting up with me through early morning and late evening meetings. Sleep is a real luxury on training camps and at National Championships.

Heinrich and Ilze for all the late nights and early morning sessions, sometimes doing all nighters ensuring the reports are ready for the coaches/players the next morning. Never complaining, just getting on with your jobs.

Edith, Corne, Angie and Elsebe worked so hard at all the national championships. It was a lot of work and because of all their work we were able to gather all the information we needed to conclude our strengths and weaknesses. We now know where we need to focus for 2014.

None of the training camps would have been possible without Mimi, Blanche, Mami, Portia, Boitshoko.

Carin Strauss and Cecilia Loots always been there to assist me whenever I ask no matter the time, I really appreciate it.

Closing

We as South Africans must be proud. Exciting developments are on the horizon awaiting Athletes. We are moving forward and reaching our goals as a nation. Hard work, determination and committed Athletes are rising above everyone else.

Winning means you're willing to go longer, work harder, and give more than anyone else. - Vince Lombardi



NSA

Section 4

Umpires Report.



NATIONAL UMPIRES ASSOCIATION

26 October 2013

Annual Report

On behalf of NSA and NUA it gives me great pleasure to submit the National Umpires Annual Report.

Before starting the report allow me to pay my respect to all those who lost someone during the past year. The NUA lost a former SA "A" graded umpire Eileen Abrahams, may her soul rest in peace.

The last two years and also the years before that was a great pleasure working with umpires right through SA. I want to use this opportunity to thank all umpires for their hard work in their regions and also during all the different SA Championships.

You have done not only yourselves, your families, colleagues, but the NUA, NSA and South Africa extremely proud. For those who missed the mark by a margin, you are encouraged to keep on reaching in the words of Winston Churchill: "Never, never give up!"

To everyone back home a special word of thanks. Your input, be it of technical or umpiring nature will always be appreciated.

Umpires Examining Board

At the SA Spar Championships the NUA had their meeting and the new Examining Board was elected by all the umpires at the meeting in Rustenburg.

The Examining Board members elected were (still to be presented to NSA Executive for Ratification):

NATIONAL EXAMINING BOARD MEMBERS					
Name	Surname	Province	Region	Grading	Race
Annie	Kloppers	Western Cape	Boland	IUA	White
Marie-Louw	van der Merwe	Western Cape	Boland	IUA	White
Rose	Wolmarans	Western Cape	Boland	SA A	Coloured
S	Nel	North West	Dr Kenneth Kaunda	SA A	White
Janet	Edeling	Eastern Cape	Amathole	SA A	White
Isabel	du Piesanie	Gauteng	Gauteng North	SA A	White

Magda	Myburg	Northern Cape	Francis Baard	SA A	White
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Provincial Courses:

In collaboration with the schools many umpires and technical courses were run in the country. The database of courses being done and of which we received the data of shows that development is growing among umpires in regions.

See attachment off the data of courses being run.

Concerns:

1. On Regional level we still struggle to get the data of provincial graded umpires to be recorded. As from this year umpires running courses are now collecting this data. There are still a lot of courses being run without recording the data.
2. Presidents of regions should assist the NUA with this data of the regions and the convenor for umpires on the regional committee should have the data of the provincial grading of the region.
3. Problems are also experienced with regions who do not apply for courses in advance.
4. There are still a lot of regions who do not run umpires courses or they do not inform the NUA of those courses being run.
5. Umpires also struggle to get exposure because of the lack of leagues in regions.
6. Provincial tournaments are important where umpires can be identified to umpire at SA Championships.
7. International umpires, the ITIDs and other umpires need exposure and that can only be done if we can find the finances for umpires to travel with the SA teams overseas.

Suggestions:

1. The regional committee should also be in possession of data of all provincial and SA graded umpires in their region.
2. Presidents should be informed of all the courses in their region.

A new database of courses being run was put together and a lot of the umpires running courses really co-operated with this new structure. The database of courses that was run indicates that 868 (eight hundred and sixty eight) umpires attended courses during this last year. We are working on it to get all the data of each and every umpire's course being run in SA and we are relying on all the presidents in all the regions to co-operate with this structure.

An advance course for umpires was held in Stellenbosch for 29 umpires. While attending tournaments in NMB, Potchefstroom and also the Southern Tournament in Boland it was observed that NSA has really got a lot of talented umpires in regions. A great concern between umpires is that they struggle to get exposure because of the lack of league games in their regions.

SA Championships

NSA was privileged to hold a meeting with Dawn Jones, Chairperson of MAP where the President NSA raised the concern that umpires of colour were not coming up to the international stage. We wanted to know what support is required for umpires to be considered for international grading. A diagram which indicates the important levels required to become a top umpire was given by Dawn Jones (INF) to NSA in Glasgow. According to this diagram we can now see where we need to improve to become better umpires. We also took the opportunity to get clarity on how we could benefit from having a member of MAP in our country, since this person could also be asked to mentor the umpires. Below are some of the important points discussed with Dawn Jones:

1. Fitness is of utmost importance at the top levels. The umpires have to run the bleep fitness test at the Championships.
2. Umpires need to work constantly back in their regions and ensure that they umpire at least every weekend (therefore leagues have to be running).
3. NSA will unpack the information given by Dawn Jones, simplify it and then compile a document that will be sent to all regions for implementation.

We want to thank those umpires that train back home; we rely on those who did not pass the test to go back home and get themselves on the required level of fitness. On the SA level the database indicates that development is improving. The number of umpires attending all the different championships shows that more and more provincial umpires are attending the SA Championships. The number of umpires who attended different championships is given on the table below:

UMPIRES AT NSA NATIONAL NETBALL CHAMPIONSHIPS: 2013				
Event	Venue	Black	White	Total
SA U/19 & U/21 CHAMPS	Mpumalanga Nkangala Region	22	11	33
USSA	EG Jansen	13	9	22
SA MALE CHAMPS	Royal Bafokeng Sub-Region - Phokeng	18	7	23
SPAR NETBALL CHAMPS	Royal Bafokeng Sub-region - Phokeng	20	46	66

Maggie du Plessis also attended the SA Spar Championships to ITID umpires for MAP.

International Representation

Currently NSA has three International Umpires:

INTERNATIONAL UMPIRES				
Name	Surname	Province	Region	Race
Annie	Kloppers	Western Cape	Boland	White
Theresa	Prince	Eastern Cape	Nelson Mandela B	White
Marie-Louw	Van der Merwe	Western Cape	Boland	White

The following umpires had International exposure:

UMPIRES ATTENDED INTERNATIONAL EVENTS FOR INTERNATIONAL EXPOSURE					
Name	Surname	Province	Region	Race	Country
Elliot	Gamede	Kwa Zulu Natal	Zululand	Black	England 2007 Cook Islands 2009
Marielouw	Van der Merwe	Western Cape	Boland	White	Cook Islands 2009
Rose	Wolmarans	Western Cape	Boland	Coloured	Perth 2008 Cook Island 2009
Maria	Maiya	Northern Cape	Grikwaland West	Black	Singapore 2013
Liezl	Dreyden	Western Cape	Boland	Coloured	Singapore 2013
Anso	Kemp	Western Cape	Boland	White	Glasgow 2013

Achievements

On provincial level the following were achieved:

SA GRADING : PROVINCIAL LEVEL				
Year	Technical Officials	Exam Level 1	Exam Level 2	Exam Level 3
2011	28	2351	552	74
2012	148	1816	984	74
2013				
	83	1441	267	92

On national level the following SA grading were appointed:

SA GRADING : NATIONAL LEVEL		
YEAR	GRADING	TOTAL
2011	SA C	14
	SA C+	31
	SA B	38
	SA B+	16
	SA A	16
2012	SA C	15
	SA C+	27
	SA B	19
	SA B+	19
	SA A	14

NB. The SA grading for 2013 is included as an attachment.

Technical Official:

Tertia le Roux was appointed as technical official at the World Cup in Singapore in 2011.

TECHNICAL OFFICIAL: WORLD CUP IN SINGAPORE 2011				
NAME	Surname	Province	Region	Race
Tertia	Le Roux	Eastern Province	Nelson Mandela Bay	White

Conclusion

I want to thank all the provincial and national umpires in SA for their support to NSA and NUA. If we look at the database, we must admit that development took place all over the country. Umpires do not become top umpires over night it takes a lot of sacrifices and years of experience to get there. To those who keep on trying a big word of thanks NSA and NUA do appreciate it.

We did succeed in some of the challenges and if not we will keep on trying. Let us take hands and add to the value of netball in SA.

To the Almighty who strengthens and guide us all the glory, may you all have a blessed festive season.

Director Umpires

A handwritten signature in cursive script, appearing to read "Brewer".

Dr H. Brewer