



# POIPOIA TE MANAWA

## Nurturing the heart of Netball

Our purpose is to empower the Netball community by providing opportunities that are development focused and accessible.





## PURPOSE AND BACKGROUND

The Poipoia te Manawa Programme is Hamilton City Netball Centre's Player Development Plan (PDP). The purpose of the development plan is to empower the Netball community by providing opportunities that are development focused and accessible. ***Poipoia te Manawa means to Nurture the Heart of Netball.***

In 2020 Netball New Zealand launched the Poipoia strategy plan. Hamilton City Netball Centre has chosen to bring the Poipoia strategy to life in our Centre and in our community.

***Poipoia*** - Matekitawhiti Chase and Hamuera Rotohiko\* gifted the kōrero for Poipoia to Netball in New Zealand.

*The simple translation means to inspire, to care for, to provide guidance, to nurture.*

*But it is the depth within the translation that helps strengthen Netball in New Zealand's purpose.*

*'Poi' is a term many are familiar with, referring to the equipment used to entertain in Māori performance art.*

*It has always been associated with women and the connection to Netball is relatively straight forward – a connection already made through our original translation of the word Netball Poitarawhiti.*

*But what many do not know is that men also used the 'poi' as a way to enhance their skills in weaponry and to strengthen their hands.*

*Poipoia is inclusive and speaks to how the sport aims to guide and care for everyone, even the game itself.*

*Our goal is more than just the scoreboard result in what has become a rapidly changing sporting and social terrain.*

*Poipoia encapsulates how in New Zealand, we connect and inspire communities through Netball.*

*Protecting our community, providing sustenance and watching our next Netballing generation grow – whether an elite athlete, an umpire, a volunteer or a player at grassroots level – it's what we have always been about.*

*To view full Netball New Zealand Strategic plan:*

*<https://www.netballnz.co.nz/useful-info/resource-library/netball-nz>*

Hamilton City Netball Centre has chosen a heart in the Poipoia te Manawa logo as we aim to nurture the heart of the netball community which is our grassroots players, umpires, coaches, and officials. The heart also symbolises our connection with the Netball Waikato Bay of Plenty Magic through sharing a common logo theme.

## ABOUT THE PROGRAMME

Poipoia te Manawa (Nurturing the Heart of Netball) creates opportunities for Netball participants from Year 1 through to Adults. We have designed the programme to work in collaboration with umpire, coach, and official's development to improve the depth of participants in all areas of the game.

We aim to create a supportive and safe environment with an emphasis on welfare and personal growth. This will be maintained by the programme being process driven. Poipoia te Manawa (Nurturing the Heart of Netball) will have a long term positive and beneficial impact by building fundamentally strong players, coaches, umpires, and officials.

The community will be engaged to continually assess best practices to ensure Poipoia Te Manawa is innovative and relevant.

Athlete development and wellbeing are a key part of the programme. The programme looks at the athlete from a holistic point of view, including covering nutrition for performance, player overload, school stress, menstrual cycle, and goal setting.

Players will be observed in each programme of Poipoia te Manawa, to ensure they are participating at the appropriate level for the individual player.

Participants will engage in physical skills and tactics which are netball specific, including strength, conditioning, and game play; with a strong emphasis placed on inclusion and having fun.

Poipoia te Manawa also utilises concepts from other sports as research shows that multisport helps improve overall sport skills and allows enjoyment of a lifetime of physical participation.



## ELIGIBILITY

### Poipoia te Manawa is open to all

- Any gender
- New or existing players of Netball
- From any Centre
- Currently registered to a team/club/school or **NOT**

### Age groups

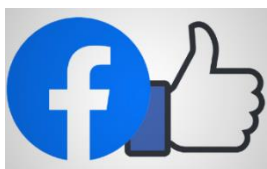
- Year 1 - 8
- Under 14's, U16's, U18s
- Open Grade: 18 years and over

## COACHES & STAFF

Our coaching and development staff are selected dependent on their experience and connection to our centre. They are made up of a pool of our:

- Representative team coaches
- Community coaches
- Specialist coaches
- Sports practitioners
- Umpire coaches
- Coach developers

Together we aim to provide the programme with innovative sport science-based initiatives to help develop players who are aspiring to further build their capabilities.



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Instagram: [netball\\_hamilton](https://www.instagram.com/netball_hamilton)

Website: <https://netballhamilton.org.nz/>

