

# Anna Tasola Andrews - Central Pulse



Anna Andrews-Tasola is the only new coach in the ANZ Premiership this year, but she's no stranger to the Central team.

She takes over from Yvette McCausland-Durie, who led the Pulse to three ANZ Premiership titles. Andrews-Tasola names her and another former Pulse coach, Waimarama Taumaunu as people who have been influential in her coaching journey.

"They've been in my world for a number of years, so I really appreciate the space that they've given me to be able to work on my craft," she says.

Andrews-Tasola was the Pulse assistant coach for the past two seasons, their specialist shooting coach in 2020 and 2021, along with working with the Central Manawa National Netball League team - six years in the environment, three of those as head coach.

"Really grateful for the opportunity, had a lot of support but also had a lot of space as well to be able to work on my craft and to be able to contribute and add value," she says of her time coaching in the Central zone.

She's been finding the balance between continuing what works well with the Pulse, and also adding her own style to the team.

"It was really important that we continue to use those lessons for our foundation, to set our foundation, but it was also really important to bring in new energy and new ideas as well to continue to evolve and grow and set the standard."

Andrews-Tasola represented the Cook Islands as a shooter, and has also coached the country, but still found a challenge in stepping up to the head coach role of the Pulse.

"In a head coach role, it's not just about the on court, it's the off court, it's the commercial, it's the people and just balancing everything out," she says, all while trying to put good performances on court.

She believes the Pulse's team culture is a big part of what makes the franchise successful.

"It's immense because you can't ask or challenge individuals if you don't have that trust and built that trust and understanding of each person, so culture has an immense impact on performance," she explains.

Andrews-Tasola was part of the Te Hāpaitanga programme, an 18-month initiative by High Performance Sport New Zealand to encourage and develop women to be high performance coaches in Aotearoa.

"Really grateful for the opportunity to be in an environment where you can step away and be vulnerable and make mistakes without being a significant impact on anybody else," Andrews-Tasola says of her time in the programme so far.

"And also to learn from a lot of experienced women, who are on their own journeys and being able to share stories and learn from each other, has had a huge impact on my coaching."

Her biggest piece of advice for coaches?

"I think the biggest thing is don't be afraid of making mistakes because that's when you grow."