

November 2015

From the Desk of the **Chief Executive Officer**

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SPORT NEW ZEALAND



Why kids get off the sofa?

Most kids play sport to have fun. Research show they want to get together with their friends and enjoy themselves. Many don't care who wins or loses, they just want to be part of the action, laughing, having a great time. But there are many spin offs from getting young people active. Improved fitness and health, physical development, leadership skills, social skills and self-esteem are the benefits of well-organised and presented sport. Sport teaches the value of teamwork and savours the thrill of achievement. It exposes kids to the pleasure of winning – and the disappointment of losing. And it gives lessons in how to handle both. Sports can also help build strong and healthy societies. The more people who live active lifestyles the healthier the population will be. And the lessons learned in those first teams can be used to help bond a stronger, more co-operative society.

Good sport offers young people -

Physical benefits -

- Helps physical development
- Teaches skills useful in other areas of life
- Teaches kids to be aware of what the body can do and how to control it
- Stimulates the senses of sight, touch and hearing
- Promotes fitness and good health
- Improves attitudes to diet and healthy living
- Provides fun, excitement and a challenge

Personal benefits -

- Allows success which helps kids to feel good about themselves
- Teaches self-discipline kids will achieve if they work hard
- Teaches commitment it takes time and effort to improve at sport
- Provides a positive learning experience which may help learning in the classroom
- Teaches about co-operation and responsibility through teams they must put the team ahead of themselves
- Lifts confidence as sporting ability grows
- Opens up future employment in sport and active leisure

Social benefits -

- Creates many great friendship
- · Encourages players to talk and listen
- Teaches youngsters to accept the difference between people
- Supports good, fair and honest behaviour-develops a sense of fair play
- Teaches kids to be leaders and to take a lead in their community
- Brings contact with people from all walks of life'

KIDS CORNER

Marching Mol

Hi Everyone,

Yippeee we have started our marching competitions. At our first competition we got to wear our new uniform – it is red and blue and white with a little black. We are not wearing marching boots this year, we have got some new white shoes and red socks and blue socks. I like the shoes because they are not as hot as wearing marching boots. We are practising hard for our next competition and after that it is the *Christmas Parade. Next Saturday after practise we* are getting all the stuff ready for our second garage sale and afterwards we are going to a pool party but we don't where it is yet. We have got two clues and will get another clue at practise tomorrow. The first clue is - it is at the pool. But we are lucky where I live to have 3 pools so clue one didn't help. The second clue was- we will be away 4hours, but that doesn't mean the pool is a long way away. Our Chaperon is always giving us fun things to do and it will be lots of fun. I hope your team is having fun as well. Marching Molly



follow us on Face www.facebook.com/marchingnewzealand

To everyone having birthdays in November



MARCHING WORDFIND



Congratulations Ashton Cadets

(Marching Nelson) 1st Open Free Choice Team to register for the 2015/2016 season

Aston Cadets – Nelson Kindred Spirit Renwick – Marlborough Cordeaux Renwick – Marlborough Renwick Poppets – Marlborough Burlington Fernz – Hawke's Bay Blue Jay Kiwi – Southland Blue Jay – Southland Pioneers of Canterbury – Canterbury Eclipse Mascots – Canterbury Eclipse Mascots – Canterbury Skellerup All Stars – Canterbury Excelsior Cadets – Nelson Inspire – Wellington Hokonui Cadets – Southland Onyx Minions – Otago

Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilisation work

OUT 'n ABOUT in..

Has marching been out n about in your region.....

Will your Team be out n about at Santa Parades?



Technical B Technical C Technical D Display A Display B

Ms Clare Jones (Waikato) Ms Sally Cosello (Waikato) Ms Nicki Rillstone (Nelson) Mrs Pauline Ward (Southland) Mrs Diane Gardiner (Nelson) Mrs Rosemary Dyer (Nelson)

NORTH ISLAND **CHAMPIONSHIPS** JUDGING PANEL



Mrs Jenny Cox (Canterbury) Technical A Technical B Ms Gaylene McRae (Southland) Technical C Ms Janine Brandhoj (Bay of Plenty) Technical D Mrs Pauline Ward (Southland) **Display** A Mrs Tessa Conrad (Canterbury) Display B Mrs Diane Gardiner (Nelson)

Congratulations

Buckingham Guards

(Marching Hawke's Bay) 1st Introductory Team to register for the 2015/2016 season

Buckingham Guards – Hawke's Bay Blue Jay Fernz - Southland Waitara Coastal Guards – Taranaki



Marching Auckland Association (Inc)



AUCKLAND COMPETITION

Competitive Grades - U/12, U/16, Seniors & Masters Non-competitive Grades - Introductory & Open Free Choice Saturday 12th December, 2015 Massey Park, Ron Keats Drive, Papakura Entry Fee: Competitive Grades \$60.00 per team Early Bird, \$70.00 if paid after 12th November Non-competitive Grades \$10 per Team

NORTH ISLAND CHAMPIONSHIPS

Competitive Grades - U/12, U/16, Seniors & Masters Sunday 13th December, 2015 Massey Park, Ron Keats Drive, Papakura Entry Fee: \$120.00 per team

Bank Account: 02 0224 0254034 04 Please enter team name & grade as 'Reference'

Entries Close: Thursday 12th November, 2015 Own Assn Entry Forms to enter both days. Please list email addresses to receive information

Please post entry forms and/or cheques to: S. Wells, P O Box 56149, Dominion Road, Auckland Or Email to: Auckland@marching.co.nz

Judges Accommodation at Allenby Park Hotel

HEALTH TIP

STAY POSITIVE

Much like stress, being glum can take a toll on our health, leaving us more vulnerable to picking up viruses. Science is still trying to prove exactly how a sunny outlook can help us live better for longer, but it's certain the two are deeply entwined. Having a positive attitude has benefits for your immunity and can make you even healthier. One thing we can be sure of is that happy, hopeful people are less likely to suffer coronary heart disease. Maybe it's because optimistic people seek medical advice earlier as they believe help is available, or they don't let themselves get as run-down as others. Research shows that having a negative attitude can lead to poorer health, while finding positives in day-to-day life can keep you well. People who don't get sick also know how to manage stress. When we have elevated stress levels, our body releases a hormone called cortisol this can suppress or reduce the effectiveness of the immune system, making us more prone to illness. The best antidote to a surge of cortisol? A good, hearty laugh with friends.

Calender of Events



Auckland

Wellington

Canterbury

Hawke's Bay

Wellington

Otago Waikato

Taranaki

Auckland

Marlborough

Waikato/BOP

Bay of Plenty

Marlborough

Southland

Canterbury

Wellington

Southland

Waikato

Otago

Waikato

Taranaki

Canterburv

Canterbury

Auckland

Auckland

Marlborough

Marlborough

Bay of Plenty

Marlborough

Hawke's Bay

Wellington

Waikato

Nelson

Otago

Taranaki

Otago

Waikato

Nelson

November

- Competition 1
- Local Competition 1
- Opening Day (2marches) 1
- 7 Competition – 2 marches
- 7 Friendship Day
- March & Stay 7
- Coach Road Show 7/8
- 8 Competition
- 8 Local Competition
- Combined at Balclutha 8
- Competition 14
- 14 **Coastal Comp**
- 14 **Double Weekend**
- 14/15 Coach Road Show
- 15 Competition
- 15 Competition
- Double Weekend 15
- 15 **Foveaux Champs**
- Competition 21
- Competition 21
- 21 March & Go
- 22 Local Competition
- 22 1 March & March Past
- 22 **Christmas Competition**
- 25 Competition
- 25 **OFC/Introductory Day**
- 28 Competition
- 29 Competition
- 29 Local Competition
- Xmas March 29

December

- Competition 5
- 5 Te Arakamu Comp
- 5 Trophy Day @ Rangiora
- 6 South Island Champs
- **OFC/Intro Day** 9
- 12 Weekend Competition
- 13 North Island Champs
- Demo Day @ Picton 13

New Zealand Coach Magazine

Read online at

www.sportnz.org.nz/get-into-sport/coaching-guide



The Director of Coaching has been invited and will attend the Sport NZ Coaching Convention on 4-6 December. Confirmed presenters include Steve Hansen, Wayne Bennett, Mike Hesson, Stephen Kearney and Baroness Sue Campbell from the UK, a world renowned leader in youth sport development



TECHNICAL CORNER



Email

12 Oct – North/South Island Judging Panels

Judge Group Advisors

Technical A - Sue Stenning Technical B - Sally Costello Technical C - Janine Brandhoj **Technical D - Sue Cornelius** Display – To be advised, in the meantime all queries to Jan Hoad

Judge Uniform

Judges uniform order form available from your Association Chief Judge

Polo Shirt	\$30.00
Reversible Vest	\$54.50
Jacket	\$61.00
Track pants	\$38.50
Ladies ³ / ₄ sleeve Blouse	\$46.00
Men's short sleeve shirt	\$45.00

OFFICIALS

Officiating for the first time can be a daunting task, especially when you have been thrust into the role with little preparation or experience. However there are a number of things that you can do to ensure that you are ready to take on the role and do the best job that you can.

<u>Appearance</u> – look the part by wearing the uniform for an official in your sport and have a neat general appearance.

Attitude - try to appear confident (even if you are not). Officials need to display integrity, honesty and trustworthiness when performing their role Timeliness – be punctual, arriving at the competition with enough time to prepare for the officiating role and try to ensure that the competition begins on time

COACHING

What Teens want in a Coach...

In an online survey teens were asked 'what coaches should care about most; winning, teaching or giving everyone a chance to play'. Hundreds of teens answered and it turns out that winning was a loser.

- 46% said 'giving everyone a chance to play
- 45% said 'teaching'
- 9%said 'winning'

Winning isn't everything

Most teens said they respect coaches who put winning in perspective. Winning seemed slightly more important to boys that girls in the survey. 'When you are a good coach, winning or losing is secondary to you. You care more about the morale of your team' said Daniel, 13 and Kim also 13 said 'a good coach isn't obsessed with winning, but will motivate you and your team to want to win'.

Understanding players

A coach has to understand a player's weaknesses and strengths, many teens said.

'They need to know the sport and the athletes well enough to make good choices for the athlete' said Shannon,

Tough but fair

Coaches who are realistic and honest about what a player can achieve are the kinds of coaches teens look up to. Stephanie told us 'a good coach has the ability to tell you the straight truth or facts without making you feel bad'.

Jessica, 14, said that when her coach told her she didn't make the team, *'he told me why and what I* could do to improve, and he said it in a great way. I learned there's a bad way to give an athlete bad news and there's a good way'

'A coach shouldn't be too easy with the 'it's just a game, go have fun' stuff. He should train the team hard–but encourage instead of yelling' said Spence,13

Sports skill plus life skills

'Besides just coaching, they share wisdom and insight on life based on personal experience said Alex, 15. 'It helps having someone besides a parent that's an adult that you can talk to in some situation' Katie learned the power of positive thinking from her coach, something she can apply to other areas of her life. 'If you mess up, you have to shake it off and get focused again. Always think about what you will do, not what you won't'.

Working toward a goal as a team is a priority for teens. And coaches who treat players with respect, as equals, win their praise. 'A good coach will listen to the team's ideas' said Kelsey, 14

'A good coach understands that respect is to be earned and understands that they do not control the team, they are part of the team' said Rebecca, 13



Taranaki 7th & 8th November

Waikato/Bay of Plenty 14th & 15th November

Coaches Roadshow

On behalf of all the **Marching Otago** coaches I would like to thank Colleen for her time in visiting our association and from the feedback from all the coaches, they all learnt a lot and are looking forward

coaches, they all learnt a lot and are looking forward to putting what they learnt into action with their teams. I would also like to thank MNZ for funding Colleen's travel and we are grateful for the training that this has provided to our coaches. I would also like to thank all coaches for having their teams tidily dressed as required for the weekend and for everyone having their music, chalk, calipers and technical details as requested. I would like to remind you that you need to make sure that all your technical details are up to date, and that you know where to find the information you require. You can easily print out the details that are relevant to your grade from the Marching New Zealand website: http://www.marching.co.nz/technical/

Taken from a document supplied by Sport NZ

UNDER 12 TEAMS

registered for the 2015/2016 season

Aston Kilties – Nelson Pioneers of Canterbury – Canterbury Eclipse – Canterbury Burlington – Hawke's Bay Atomic Cavaliers – Hawke's Bay Buckingham Guards – Hawke's Bay Blue Jay Stars – Southland Blue Jay– Southland Hokonui Militaires – Southland Skellerup Royal Kilties – Canterbury Glennette – Wellington Madison Blue – Bay of Plenty Te Arakamu Royale Guards – Taranaki Clutha Guards – Otago Onyx Militaires – Otago

Volunteer for October

DIRECTOR COACHING

Awesome effort Colleen Brooking travelling the length and breadth of the country to deliver the Coach Road Show. Thanks from all the Coaches of all the Teams who have gleaned some amazing tips and messages from you



Nominate a sports volunteer to win \$2,000 worth of sports gear and the ultimate team experience at lottovolunteers.co.nz



ASSOCIATION NOTES.....

What is safe sport for children?

Safe sport for children is about balancing what children want to get from their sports experience while ensuring they are not subject to harm caused by an adverse social/or physical environment

Children want to be in an environment that is safe and supportive, where they are encouraged to be the best they can be and gain maximum enjoyment from what they are doing. We know from research that children do not enjoy experiences where

- There is an over-emphasis on winning by both parents and coaches
- Only the best players get to play/participate consistently
- * Some participants are favoured over others
- They perceive not to be on good terms with the person in charge
- * They cannot participate with their friends
- * They fear being hurt
- * They don't feel safe
- * They do not have enough fun
- They don't feel that they are improving or developing their skills

Children can be harmed through their experiences of sport and recreation. This harm can take many forms including; physical harm from engaging in a physical activity, emotional abuse, bullying, put-downs, inappropriate cultural practices, physical and sexual abuse and other harmful practices. Harmful practices have no place in children's sport.

- Children have a right to participate in sport and recreation that is safe and where they are protected from harm
- 2. Children should feel respected, valued, and encouraged to enjoy their participation and to reach their full potential
- 3. Sport and recreation organisations have a duty of care when it comes to children and should take steps to ensure that children can participate safely in the activities they provide.

Safe sport for children balances

* Fun

- Improving skills & learning new skills
- * Being with friends & making new friends
- * Being challenged
- * Experiencing success
- * Being physically fit & healthy

with

Creating a safe social and physical environment

UNDER 16 GRADE TEAMS

register for the 2015/2016 season

Ashton – Nelson Excelsior – Nelson Pioneers of Canterbury – Canterbury Eclipse – Canterbury Shontae Allstars – Marlborough Burlington Knightz – Hawke's Bay Blue Jay – Southland Skellerup Royal Guards – Canterbury Glennette – Wellington Waitara Coastal Xtreme – Taranaki Te Arakamu Majorette Guards – Taranaki Onyx Militaires – Otago

BOUQUETS an' BRICKBATS



SKELLERUP from Canterbury, BANDOLIER from Wellington, Onyx from Otago, Blue Jay from Southland, Glennette from Wellington, Ashton from Nelson, Madison Blues from Bay of Plenty and Te Arakamu from Taranaki. Thank you for excellent neat and tidy registration forms

CHAMPIONSHIPS

South Island North Island Auckland Hawke's Bay	6 th Dec 13 th Dec 14 th Feb 14 th Feb	Christchurch Auckland Auckland Napier
Southland	14 th Feb	Invercargill
Otago	21 st Feb	Dunedin
Wellington	28 th Feb	Wellington
Marlborough	28 th Feb	Blenheim
Waikato	5 th March	Hamilton
Taranaki	5 th March	New Plymouth
Canterbury	5 th March	Christchurch
NZ	11 th March	Auckland
NZ	12 th March	Auckland

NZ CHAMPIONSHIPS

Hosted by Marching Auckland Thursday/Saturday 10/12th March 2016

North Shore Events Centre,

Takapuna, Auckland



ENTRY FEE 2016 NZ CHAMPIONSHIPS

Under 12 - \$430.00

Under 16, Senior & Masters - \$535.00

NO GALA MARCH

As per the decision of the 2015 MNZ Annual Meeting, there will be NO Gala March at the New Zealand Championships

OFFICIAL HOTEL



31 Northcote Road, Takapuna, Auckland, 0622

Timetable

DRAFT ONLY

Thursday 10th March – Official Opening Welcome, Official Opening and Leaders & Coach Meeting at the venue, North Shore Events Centre

Friday 11th March - Qualifying March, All grades - Masters, Under 12, Under 16, Senior,

Saturday 12th March –Plate/Championship March Plate March-Championship March for All Grades – Masters, Masters, Under 12, Under 12, Senior followec by Presentation of Awards, Parade of Champions and Flag Ceremony



WORLD CUP WINNERS - WORLD CUP WINNERS



Copied from QUICK STEP # 31 – March 1981 CHAMPIONSHIP AWARD LIST South Island Midget

Muget		
Champion Team	Canterbury Motors	Canterbury
2 nd Team	Ngatahi	Otago
3 rd Team	Edinburgh Guards	Otago
1 st Display	Edinburgh Guards	Otago
2 nd Display	Canterbury Motors	Canterbury
3 rd Display	Waitaki Kilties	Sth Canterbury
Aggregate	Canterbury Motors	Canterbury
March Past	Newmans Acme Pioneers	Canterbury
1 st Uniform	Blair Atholl	Otago
Junior		-
Champion Team	Newmans Acme Pioneers	Canterbury
2 nd Team	Blue Star	Canterbury
3 rd Team	Edinburgh Guards	Otago
1 st Display	Edinburgh Guards	Otago
2 nd Display	Blue Star	Canterbury
3 rd Display	Canterbury Motors	Canterbury
Aggregate	Newmans Acme Pioneers	Canterbury
March Past	Newmans Acem Pioneers	Canterbury
1 st Uniform	Edinburgh Gaurds	Otago
Senior		
Champion Team	Newmans Acme Pioneers	Canterbury
2 nd Team	McAlpine Stars	Canterbury
3 rd Team	Conron Lancers	Canterbury
1 st Display	McAlpine Stars	Canterbury
2 nd Display	Edinburgh Guards	Otago
3 rd Display	Acme Pioneers	Canterbury
Aggregate	Acme Pioneers	Canterbury
March Past	Acme Pioneers	Canterbury
1 st Uniform	Northette Militaires	Southland

Marching New Zealand Trophies must be returned by 30th November. Trophies should be cleaned and carefully packed to avoid breakage



Marching New Zealand Trophy Custodian Mrs Sherryn Wells, Waterford Paint Accessories 80 Stoddard Road, Mt Roskill, AUCKLAND 1041

Congratulations

Pioneers of Canterbury (Marching Canterbury) 1st Senior Team to register for the 2015/2016 season

Pioneers of Canterbury – Canterbury Eclipse – Canterbury Sorelle of Renwick – Marlborough McVicar Guards – Canterbury Skellerup Militaire Guards – Canterbury Inspire – Wellington Te Arakamu Supreme Guards-Taranaki Misfits – Taranaki Clutha Guards – Otago Onyx Militaires – Otago

NORTHERN AREA MARCHING EXTRAVAGANZA

PLEASE NOTE CHANGE OF VENUE AND WEEKEND FROM PREVIOUS SEASONS

VENUE: Gallagher Hockey Turf Queens Ave Hamilton WHEN: Saturday 27 Feb 2016. REPORT:11.30AM (to be confirmed) START:12.30 (to be confirmed. **SUPER EARLY BIRD SPECIAL** \$80.00 if payment received by 1st December 2015 **EARLY BIRD SPECIAL**:\$100.00 if payment and entry received by 1st February Marching Waikato extends and invitation to all competitive grade teams to attend and take part in another great competition. All enquiries to : Marie Brown, Secretary, Marching Waikato Ph. 07 8541062 or Mob. 0273357657

Email: <u>JPWABrown@xtra.co.nz</u>

Congratulations

Pioneers of Canterbury (Marching Canterbury) 1st Masters Team to register for the 2015/2016 season

Pioneers of Canterbury – Canterbury Bandolier – Wellington Waitara Coastal Challenge – Taranaki Onyx Militaires – Otago