

NEWSLETTER

August 2016

From the Desk of the
Chief Executive Officer

PO Box 3197, Richmond 7050
142 Saxton Rd East, Stoke, 7011
Telephone (03) 546 3330
Email: ceo@marching.co.nz
Web-site: www.marching.co.nz



In this issue

- ♦ Community Post
- ♦ Good Luck to Lochiel
- ♦ Kids Corner
- ♦ Shared Subscription
- ♦ Cyberbullying
- ♦ Volunteers
- ♦ Health Tip
- ♦ Technical Corner
- ♦ Judge Training Kit
- ♦ Workshops in October
- ♦ Coaching Career
- ♦ Judging Career
- ♦ Association Notes
- ♦ Promotional DVD
- ♦ What's it about
- ♦ Blast from the Past
- ♦ Calendar of Events
- ♦ Skellerup Reunion
- ♦ Out n About
- ♦ Merchandise DISCOUNTS
- ♦ Daffodil Day
- ♦ Trophy Returns



Technical Memo's

- ♦ Nil



Coming up

- ♦ Board & TWP Meeting
- ♦ Field Days
- ♦ Judges Workshop
- ♦ Assn CJ & CC Workshop



**SPORT
NEW ZEALAND**

MARCHING NEW ZEALAND



Bright Idea

Community Post 2016 applications are open

There are a few things you need to check before you apply for Community Post.

- Check your eligibility to apply and application requirements.
- Find out what NZ Post offers and services you can apply for.
- Only one application is accepted per organisation per region.
- Community Post is designed to support project based programmes and is not to be used for general administration and newsletters.

Before completing your application, please ensure you have a specific project you would like Community Post to support, details about how you are going to measure the project, plus project start and finish dates. There are two application forms – so ensure you apply using the correct form [local/regional organisations](#)

Community Post



GOOD LUCK LOCHIEL MARCHING DRILL TEAM

performing at the
Edinburgh Tattoo
in Scotland.
5th – 27th August



KIDS CORNER

Marching Molly



Hi Everyone,

The school holidays were great and even greater was that we got to have a marching day for our Team. It was a bring a friend day and there were 24 girls altogether and 4 want to join the team. My friend Anna is going to join the Team and we will be able to practise together at home. Our Coach gave us some simple drills to practise that will get our body flexing for when we start marching. Over the holidays Anna and I went to the movies and we also went to the beach. It was a nice day but was cool on the beach so we didn't stay for long. We finished Term Two Netball in 7th place, we didn't beat the top team but it was a real good and enjoyable game. Their Coach said we played really well, especially as we are a new Team and she liked our Team name – Mystics Blue. I hope you had a good holiday. Next holidays we are having a marching camp.

Molly

MARCHING WORDFIND

E	I	R
S	V	T
L	I	E

ANSWER NEXT MONTH
ANSWER LAST MONTH –REGULATED

To everyone having birthdays in August



SHARED SUBSCRIPTION

Effective next season 2016-2017 an incentive to 'introduce a friend' to marching. To encourage not only new membership but also retention where an existing Marching NZ member introduces someone new in to the Sport of Marching, and that that person is a full paying member, that Marching NZ, through the Association Registrars, refund 50% of their Marching NZ subscription in the following year. This is to be conditional upon both the existing and new member renewing after one year. A full paying member is represented by way of an individual registration other than as an Associate Member, and the 50% discount is to apply to the type of membership paid in year one. A members discount is limited to 50% only regardless of the number of new members introduced.



**SPORT
NEW ZEALAND**

Marching New Zealand is very grateful to
SPORT NEW ZEALAND
for their continued investment in our sport



How would you Like it?

Cyberbullying is bullying which uses digital technology in some way. Email, cell phones, chat rooms, social networking sites and instant messaging can all be used to bully others verbally, socially or psychologically.

Examples of cyberbullying include:

- sending abusive texts or emails
- posting negative or inappropriate messages or images on social networking sites
- taking and sharing private images, including sexual images
- forming bullying groups on social networking sites
- assuming the identity of a target online and representing them in a way that may be harmful to them or cause them distress.

With technology playing an increasingly important role in young people's lives, cyberbullying is becoming more prevalent. [Read more about: Cyberbullying](#)



THANK YOU to all our volunteers

Volunteer for July

Kaylene Mokotupu Marching Canterbury

Kaylene is currently a committee member and also has been supporting our Chief Judge this season. She currently judges two positions which is great for our teams. Kaylene is one of the first ones at competitions as she checks the field and supports the competition crew. Recently Kaylene was our Delegate to the MNZ

Annual Meeting which she did an awesome job speaking on behalf of Marching Canterbury. Thank you to Kaylene for your continued support to Marching in Canterbury

Pam Benseman Marching Canterbury

Pam is working very hard in the role of President to get our Association working more positively and with best practice methods. She has completed our Club Mark and we are now certified. Pam is always the first

to put her hand up to do things, she is always fundraising, promoting marching at events etc. Our Committee is working well together with her direction.

THANK YOU – THANK YOU – THANK YOU



HEALTH TIP

Warm up your joints

Have you ever noticed your joints aching more in the winter months than in spring or summer? Scientists suggest that when the barometer pressure falls during cold and wet weather, joint capsules swell, causing pain. Here's a little explanation to help understand this concept.

Essentially, a joint is made of cartilage and acts like a hinge that allows movement – bending and rotation – between bony connections. It also functions as a shock absorber. The hinge is encapsulated and sealed by a smooth membrane called synovial membrane which produces an oily fluid to lubricate the hinge. This whole apparatus is called a joint.

Normally, healthy joints have typical internal pressure which not only helps them to absorb heavy loads and weight, but also prevents the joint from collapsing.

During cold weather when the barometer pressure is low, it affects joint pressure because there is less external pressure pushing against the joint capsule from the outside. Now the inner joint fluid and synovial membrane are able to bulge outwards, causing the joint to swell. This triggers pain and stretch receptors in and around the joint, resulting in pain, stiffness and inflammation.

Cold weather also causes nearby blood vessels to constrict and divert blood away, into the body's core, which results in less blood flow to the joints. Cold temperatures also contribute to the joint structure's stiffness and inflexibility, adding to the overall burden,

There is not much we can do about the barometer pressure (other than moving to a warmer climate) but we can make adjustments and adapt to the conditions to help reduce pain and inflammation, and increase functional all joint health

Copied from July 2016 Health 2000 Magazine



TECHNICAL CORNER



Emails

- Nil

New Zealand Coach Magazine

Read online at

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

JUDGES TRAINING KIT

a new resource for judges contains DVD's and a folder of judging sheets. Both new and experienced judges will benefit and should contact their Chief Judge for more information.



OCTOBER WORKSHOPS

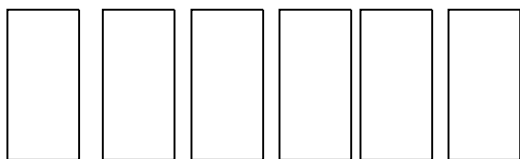
Judges

15th October 2016 in Christchurch
(will be held in conjunction with a Competition Day - venue to be confirmed)

Chief Judge Coaching Co-ordinators

16th October 2016 in Christchurch.
(venue to be confirmed)

**Technical Drills released on
1st July are available from the
MNZ website**



COACHING as a career

Some frequently asked questions

- Who do I contact to become a Coach?
- How old do I have to be before I can become a Coach?
- Can a Marcher be a Coach too?
- Can I Coach beside an experienced Coach first?
- If I am a Judge can I also be a Coach?
- Who do I contact to do the accreditation exam?
- How can I up-skill and update my current accreditation?
- I have Coaching Level One is there Level Two?
- Can you tell me what coaching courses or workshops are coming up this year?
- I am interested in furthering my coaching accreditation; can you suggest any courses or ongoing education that I could undertake?
- When and where do I do the accreditation course?
- Does the Regional Sports Trust have courses for coaching?
- Can I start coaching before doing accreditation courses?
- How much does it cost to become a coach?

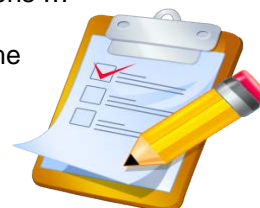


For the answers – contact the Association Coaching Co-ordinator or any Team coach in your area

JUDGING as a career

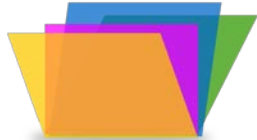
Some frequently asked questions ...

- Who do I contact to become a Judge?
- How old do I have to be before I can judge?
- Can I still be a marcher and a judge at the same time?
- Can I be a Judge for my Association only?
- How much does it cost to become a Judge?
- Do I need to buy a Judges Uniform?
- Where can I get a uniform from?
- Who do I contact to do the accreditation exam?
- When and where are the accreditation exam?
- How can I update my current accreditation?
- I am interested in furthering my judging accreditation; can you suggest any courses or ongoing education that I could undertake?
- Can you tell me what judging courses or workshops are coming up this year?
- Is there a Judges Manual?



For the answers – contact the Association Chief Judge or any member of the local Judging Panel

ASSOCIATION NOTES.....



The TWP can not stress strongly enough that all Association Committees support sending their Chief Judge & Coaching Co Ordinator to their workshop in October - this is the same weekend as the Judges Practical Learning Workshop where it should be a priority for your Judging Panel, trainees and those interested to also attend. This weekend is to be held in Christchurch over the weekend of 15/16 October. Registration Forms and Information is available on the MNZ website. Register Now.

Congratulations

To all elected Association Committee and Association Appointees. Thank you all for taking on these important positions within your Association and trust you will get great satisfaction through your contributions and enjoy the experience of being part of the team.

MARCHING PROMOTIONAL



At the recent MNZ AGM it was mentioned that the Board have put together a promotional DVD. It has been sent to all Associations via e-mail and can be viewed on the MNZ website Home page.

It can be altered and be specific about your Association, so if your Association would like it to have your Association colours, Team photo's, etc contact MNZ Board Member, Karen Bedingfield who will make the changes.



What's it about

Children's faces tell the story. Watch toddlers playing with a ball. They fumble it, chase after it, laugh at it. Catching doesn't matter, nor does winning. Being in the action and having fun are more important.

For the lucky ones, sport stays that way.

For others, those early sporting memories are not happy ones. A coach obsessed with winning, a youngster being left on the sideline or a skinned knee caused by a cheating opponent all leave their mark. They can cause some young people to drop out of sport – and never go back. Make sure our young people enjoy their first sporting experience – so they become hooked for life



Guiding principles

- Fun, excitement, challenge, achievement and to be with friends – these are the main things young people want from sport
- Sport should not discriminate. All children should achieve and feel success in sport. Special effort is needed to provide sport for children with special needs and different cultural interest.
- Children should be encouraged to play sport at their level of interest and ability
- Sport gives an opportunity for young people to develop
 - ✓ Fitness and good physical health
 - ✓ Movement patterns
 - ✓ Physical skills
 - ✓ Mental well being
 - ✓ Leadership skills
 - ✓ Social skills and relationships
 - ✓ Friendships
 - ✓ Social responsibility that helps them become useful members of society
- Children health and wellbeing should be put first. Their sporting environment should be emotionally, socially and physically secure
- Family and home are the first educators. Parents and family members should encourage children to love active and healthy lives

Who's responsible

Good sport can't happen by chance. It needs input from everyone involved so that all young people have a sporting chance. Sport for young people is the shared responsibility of

- The young people taking part
- Their parents or family
- National, regional and local sports organization

~~~~~



Copied from Quick March No 112 September 1960

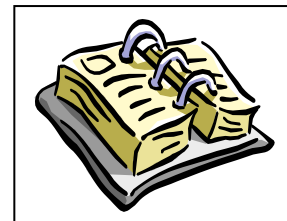
"QUICK MARCH" for all Teams NOW. By a decision of the annual conference of the New Zealand Marching Association made last month all teams registering in the coming season will be required to subscribe for six copies of "Quick March", at a cost of Four Pound, or 13/4 per recipient per annum. This is a reduction on the present rate of 15 shillings per Team recipient per annum. No change has been made in the subscription rate for individuals, which remains at 17/6 per annum. Full details of the new system for teams will be published in "Quick March" next month. Meanwhile, individuals should continue as before, sending cash with order and teams may order as many copies as they require, without payment, which will be adjusted later. As many extra copies beyond the six required by the conference are, of course, available to teams at the reduced rate of 13/4 each. This new system is necessary to continue publication of "Quick March". Without some form of required subscription it would have to cease publication

*You* don't have to  
**be great** to get started, BUT  
you do have to get started to be  
*great.*



**Good Luck to our Olympians at the  
Rio Olympic Games  
Friday, Aug 5 - Sunday, Aug 21**

## Calender of Events



### August

5/6 MNZ Board Meeting Wellington

5/6 TWP Meeting Wellington

### September

### October

15 Judges Workshop Christchurch

16 CJ & Coach Co Workshop Christchurch

### COMPETITION DATES -

A reminder to Associations, when dates have been confirmed for the 2016-2017 competition season forward details to the CEO for inclusion in the monthly Newsletter 'Calendar of Events'

## CONGRATULATIONS

to **Marching Waikato** who have  
eleven and **Marching Canterbury**  
who have ten marching competition -  
events planned for the new season

## SKELLERUP MARCHING TEAMS 50<sup>TH</sup> REUNION



The Skellerup Marching Teams are having a celebration on Saturday 22<sup>nd</sup> October 2016 (Labour Weekend) to mark "50 Years of Skellerup Marching".

If you have been involved with Skellerup Teams during this time and would like to attend details can be found on the facebook page

"Skellerup Marching"



Alternatively for a Registration Form. please email [skellerupmarching@gmail.com](mailto:skellerupmarching@gmail.com)

\*\*\*\*\*

# OUT 'n ABOUT in..

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

**MARLBOROUGH** - Where three Training Judges Judged the NZ Pipe Bands Street March and had a great time.

## MNZ MERCHANDISE DISCOUNTS

1. MNZ Marching Down Under Booklet plus MNZ Supplement formerly \$5, discounted to \$2.50
2. Kiwi Marching Manual – Games & Fundamental Skills formerly \$15.75 now discounted to \$8 BUT hurry, only 6 left.
3. Kiwi Flyers (2 Only left) discounted to \$2.50
4. New Coaches Guides discounted to \$2.50 and only 4 left.

### PLEASE NOTE

*that we will not be replacing these lines once sold, and the offer is only good whilst stocks last.*  
Email your order to [diane.burton77@gmail.com](mailto:diane.burton77@gmail.com)



## Friday 26<sup>th</sup> August 2016

Daffodil Day is the Cancer Society's annual flagship event and one of the most important fundraising and awareness campaigns in the country. As well as providing an opportunity to raise awareness of cancer in New Zealand, Daffodil Day is a major funding source for the Cancer Society. The daffodil is one of the first flowers of spring, whose bright yellow blooms remind us of the joys the new season will bring. It represents the hope there is for the 1 in 3 New Zealanders affected by cancer. The donations we receive go towards vital scientific research into the causes and treatment of all types of cancer, as well as providing a wide range of support services, information, health promotion and education programmes to reduce cancer risk, awareness campaigns and programmes for people affected by cancer.



## IT'S TIME TO RETURN TROPHIES

Trophies are to be returned clean and sparkling and in excellent condition

to Associations by 31<sup>st</sup> August

to Marching NZ by 30<sup>th</sup> November



## ASSOCIATION TROPHY CUSTODIANS

Marching Auckland  
Barbara Larsen  
113C Great South Rd, Manurewa, Manukau City

Marching Waikato  
Mrs Sally-Anne Collins  
23 Duval Way, RD9, HAMILTON

Marching Bay of Plenty  
Secretary, Mrs Karen Bedingfield  
271 Sunset Road, Sunnybrook, ROTORUA 3015

Marching Hawke's Bay  
Ms Lynnette Ladd  
5 Percy Bear Terrace Onekawa, NAPIER 4110

Marching Taranaki  
Mr Ian & Mrs Lynda Jury  
1245 Devon Road, SENTRY HILL 4373

Marching Wellington  
Secretary, Mrs Pauline Gray  
51 Stewart Drive Newlands, WELLINGTON 6037

Marching Nelson  
Mrs Jocelyne Kenmare  
7 Rochfort Drive, RICHMOND 7020

Marching Marlborough  
Mrs Joy McIntyre  
151A Hospital Road, BLENHEIM 7201

Marching Canterbury  
Ms Diane Burton  
13 Ardmore Pl, Bishopdale, CHRISTCHURCH 8053

Marching Otago  
Mrs Glenys Cowie  
8a Alexander Street, Abbotsford, DUNEDIN 9018

Marching Southland  
Mrs Robyn Powell  
490 Avon Road, INVERCARGILL 9812

=====