

NEWSLETTER

January 2016

From the Desk of the
Chief Executive Officer

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In this issue

- ♦ Happy New Year
- ♦ NZ Champs Judging Panel
- ♦ Kids Corner
- ♦ Championship Calendar
- ♦ Health Tip
- ♦ Technical Corner
- ♦ Coach Magazine
- ♦ Judges 'Boundary View'
- ♦ Judge Group Advisors
- ♦ Association Notes
- ♦ Calendar of Events
- ♦ Volunteers
- ♦ NZ Championships
- ♦ Results of Island Champs



Technical Memo's

- ♦ Latest email 23rd December



Coming up

- ♦ Board Meeting
- ♦ Association Meetings
- ♦ Association Championships
- ♦ NZ Championships



**SPORT
NEW ZEALAND**

MARCHING NEW ZEALAND

Happy New Year Everyone



We trust you all had a great Christmas, a fantastic holiday season and the New Year was a blast. Good luck if you made some New Years resolutions and all the best for a brilliant year in health and happiness. Festive season behind us it is now back to Team practices, Association Committee Meetings, Championships, Judges doing revision

CONGRATULATIONS

Judging Panel for NZ Championships in March

Technical A	Kaylene Mokotupu (Canterbury) David Miller (Wellington)
Technical B	Margo Jackson (Bay of Plenty) Gaylene McRae (Southland)
Technical C	Janine Brandhoj (Bay of Plenty) Nikki Rillstone (Nelson)
Technical D	Pauline Ward (Southland) Katherine Simonsen (Otago)
Display	Victoria Yates (Otago) Brenda Potter (Bay of Plenty)

KIDS CORNER

Marching Molly



No message from Molly, she is still on holiday in Australia. The last postcard received said...having a fantastic holiday, been to lots of places the best was Water World.



**SPORT
NEW ZEALAND**

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

To everyone having birthdays in January



MARCHING WORDFIND

T	O	U
T	A	U
R	N	B

ANSWER NEXT MONTH
ANSWER LAST MONTH – CHRISTMAS

OUT 'n ABOUT in..

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



CHAMPIONSHIPS

Hawke's Bay	14 th Feb	Napier
Southland	14 th Feb	Invercargill
Otago	21 st Feb	Dunedin
Auckland	28 th Feb	Auckland
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



HEALTH TIP

REST UP

Sleep is the time when your body's housekeeping occur. That's when cells regenerate and repair, so if you're short on sleep, you're definitely missing out on important restoration processes. If you're not finding it as easy to get the essential seven to eight hours shut-eye a night, try to schedule time for an afternoon nap – your body will thank you. A French study found that the day after a restless night, even a half-hour nap has beneficial effects on the body's production of hormones related to the immune system. Making sure you're getting plenty of rest can be one of the simplest ways to make sure your body functions well.

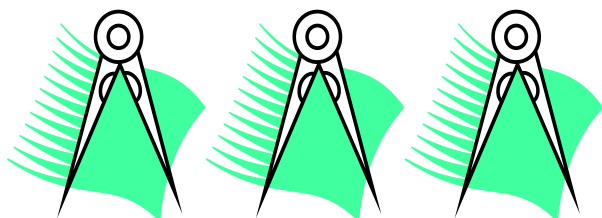


Rabbits JUMP
and they live for 8years

Dogs WALK
and they live for 15years



Turtles DO NOTHING
and they live for 150years



TECHNICAL CORNER



Email

23rd Dec National Panel for NZ Championships

New Zealand Coach Magazine

Read online at

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

BOUNDARY VIEW

December 2015



Judges contact your Chief Judge if your copy of Boundary View has not arrived in your 'email inbox'

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

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.



ASSOCIATION NOTES.....

Tips to help your children enjoy sports

Kids and sports seem to go together. It has been that way in the past but the trend is moving away from that. Why? Here are some reasons along with tips to help your kids kindle a love for sports.

The Verdict is in - Many kids are moving away from organized sports. With the concern of child obesity, this is not a move in the right direction. So why are kids having a different look at organized sports? Here are a few reasons.

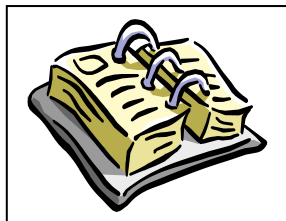
- **Too much pressure** – Kids like to play with other kids and have fun. Many sports teams have taken that away. The pressure to win is paramount to any enjoyment they may have gotten from participating in the activity. For parents who live through their kid's successes, the weight can be crushing.
- **Negative feedback** – Yes, you did your best in the game but you didn't win. That is all coaches and sometimes parents can see. With every game, there should be something to be proud of, but constant negative feedback is not an incentive to keep playing your best.
- **Exhaustion** – Practices can go long and hard especially after a loss to another team. Kids can feel like they are being run into the ground. This can also be detrimental to their bodies. During the adolescent and teen years, the body is still growing. Stunting that growth can be dangerous.
- **Burnout** – When you are inundated with the first three, the fourth is inevitable. You don't want to play anymore because there is nothing in it for you. For many kids, there never was except what everyone else expected from their performance.

How to change it - Now that you know what keeps kids from staying in sports, here are some ways to coax them into a lifelong enjoyment of group activities.

- **Pep talk** – Kids put a lot of pressure on themselves to perform anyway so why add to it? Ease their anxiety by telling them to do their best. Stress that they are there to have fun and not to take themselves too seriously.
- **Positive feedback** – Support your kid whether they win or lose. Cheer for them and have something positive to say about their performance in the game.
- **Practice makes perfect** – Encourage practice but talk to the coach if you think they are taking it overboard..
- **Encourage time away** – Many kids play sports in school and then again during the summer. If this is their idea, then that is fine. But, maybe they just want to have free time once school is out.

Sports are good for physical activity and learning to work as a group. Encourage but don't push too hard.

Calendar of Events



January

22	New Year Competition	Nelson
30	Misfits Day	Taranaki
31	Competition	Hawke's Bay
31	Masters Games comp	Otago

February

6	March N Go	Canterbury
7	Local Competition	Wellington
7	1 March Competition	Otago
13	Competition – 2 marches	Waikato
13	Judges Day	Taranaki
13	Competition	Nelson
13	March & Stay	Canterbury
14	Fun Day	Bay of Plenty
14	Championships	Hawke's Bay
14	Local Competition	Wellington
14	Competition	Marlborough
14	Championships	Southland
21	Championships	Otago
27	NAME Competition	Waikato
27	Closing Day	Nelson
27	Trophy Day	Canterbury
28	Championships	Auckland
28	Championships	Wellington
28	Championships	Marlborough
28	Championships	Southland



MARCHING AUCKLAND

Change of date for Association Championships from Sunday February 14th to **Sunday February 28th**

Volunteer for December

Richard Potter
(Marching Southland)

A big thank you to Richard our newest marshal who willingly acted as a certain seasonal gentleman at our recent Christmas competition. After sharing candy canes with everyone Santa joined in the maze march – great tempo Richard. Being a little 'lean' for the suit the belt slipped to Santa's knees almost tripping him.

The girls and spectators loved it. Thanks for being such a 'sport' Richard

Graham Blue
(Marching Auckland)

Marching Auckland is very grateful to Graham Blue for taking up the role of Recorder at our competitions.

Graham has held many roles in the Auckland Association over the years and he is held in very high esteem. Thank you Graham for helping us out with this very busy 2015-2016 season.

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

ENTRY FORM & INFORMATION

Available on the MNZ website Events Page.

entries close
31st January 2016

OFFICIAL HOTEL

POENAMO
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, Under 12, Under 16, Senior, followed by Presentation of Awards, Parade of Champions and Flag Ceremony

Time is the coin of life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you

RESULTS

SOUTH ISLAND CHAMPIONSHIPS

Hosted by Marching Canterbury, 6th Dec 2015
at Rangiora Showgrounds, Rangiora

NORTH ISLAND CHAMPIONSHIPS

Hosted by Marching Auckland, 13th Dec 2015
at Massey Park, Papakura



NORTH ISLAND CHAMPIONSHIPS

UNDER 12

Champion Team – Railfreight Cavaliers (Waikato)

Technical Team

- 1st Railfreight Cavaliers (Waikato)
- 2nd Glennette (Wellington)
- 3rd Buckingham Guards (Hawke's Bay)
- 4th Te Aramaku Royale Guards (Taranaki)

Display Team

- 1st Railfreight Cavaliers (Waikato)
- 2nd Buckingham Guards (Hawke's Bay)
- 3rd Glennette (Wellington)
- 4th Burlington (Hawke's Bay)

UNDER 16

Champion Team - Glennette (Wellington)

Technical Team

- 1st Glennette (Wellington)
- 2nd Ignite (Waikato)
- 3rd Te Aramaku Majorette Guards (Taranaki)

Display Team

- 1st Glennette (Wellington)
- 2nd Ignite (Waikato)
- 3rd Te Aramaku Majorette Guards (Taranaki)

SENIOR

Champion Team - Millataires Waikato (Waikato)

Technical Team

- 1st Millataires Waikato (Waikato)
- 2nd Te Aramaku Supreme Guards (Taranaki)
- 3rd Misfits (Taranaki)

Display Team

- 1st Te Aramaku Supreme Guards (Taranaki)
- 2nd Millataires Waikato (Waikato)
- 3rd Railfreight Cavaliers (Waikato)

MASTERS

Champion Team - Bandolier (Wellington)

Technical Team

- 1st Bandolier (Wellington)
- 2nd Imperial Guards (Auckland)
- 3rd Waitara Coastal Challenge (Taranaki)

Display Team

- 1st Bandolier (Wellington)
- 2nd Imperial Guards (Auckland)
- 3rd Waitara Coastal Challenge (Taranaki)

SOUTH ISLAND CHAMPIONSHIPS

UNDER 12

Champion Team - Eclipse (Canterbury)

Technical Team

- 1st Eclipse (Canterbury)
- 2nd Hokonui Militaires (Southland)
- 3rd Onyx Militaires (Otago)

Display Team

- 1st Eclipse (Canterbury)
- 2nd Hokonui Militaires (Southland)
- 3rd Onyx Militaires (Otago)

UNDER 16

Champion Team - Onyx Militaires (Otago)

Technical Team

- 1st Onyx Militaires (Otago)
- 2nd Eclipse (Canterbury)
- 3rd Blue Jay (Southland)

Display Team

- 1st Onyx Militaires (Otago)
- 2nd Eclipse (Canterbury)
- 3rd Ashton (Nelson)

SENIOR

Champion Team – Pioneers of Canterbury (Cant)

Technical Team

- 1st Pioneers of Canterbury (Canterbury)
- 2nd Eclipse (Canterbury)
- 3rd Onyx Militaires (Otago)

Display Team

- 1st Pioneers of Canterbury (Canterbury)
- 2nd Eclipse (Canterbury)
- 3rd Skellerup (Canterbury)

MASTERS

Champion Team – Pioneers of Canterbury (Cant)

Technical Team

- 1st Pioneers of Canterbury (Canterbury)

Display Team

- 1st Pioneers of Canterbury (Canterbury)

**Congratulations
EVERYONE**
and thank you to host associations

Marching Auckland
&
Marching Canterbury

Don't think problem, think opportunity

The man who moves a mountain begins
by carrying away small stones

If you think you can't – you're right
If you think you can – you're right