

NEWSLETTER

July 2016

From the Desk of the
Chief Executive Officer

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Technical Memo's

- ♦ Nil



Coming up

- ♦ Association Annual Meeting
- ♦ Board & TWP Meeting
- ♦ Judges Workshop
- ♦ Assn CJ & CC Workshop



**SPORT
NEW ZEALAND**

MARCHING NEW ZEALAND

MNZ SERVICE AWARDS

presented at the MNZ Annual Meeting

10 year

SERVICE Badge & Certificate

Anne Burton

(Wellington)

Becky Butt

(Canterbury)

30 year

EXTENDED LONG SERVICE Certificate

Jill Charlton

(Waikato)

Sherryn Palmer

(Canterbury)

Congratulations Marching Waikato

host Association for the 2018

NZ MARCHING CHAMPIONSHIPS

(Under 12, Under 16, Senior & Masters Grades)

Mystery Creek Events Centre

15th - 16th - 17th March 2018

KIDS CORNER

Marching Molly



Hi Everyone,
School holidays soon and we are going to have a marching day for our Team. It is a bring a friend day and Anna is my new friend. She has never marched before but is real sporty. She plays netball and does cross country running in the winter and swimming, athletics and last year did softball and this year thinks she would like to do marching. I hope she does because she is a cool friend. I will tell you all about our marching day next month.

This Saturday is the last game of netball before the holidays and our Team Mystics Blue have to play the top team who have not lost a game all season so they are really, really good. It will be fun and our Coach says to just play our best and to enjoy the game. We have been getting better each game and have now won 6 games. I hope you have a good holiday. Molly

MARCHING WORDFIND

A	D	E
E	G	L
R	T	U

ANSWER NEXT MONTH
ANSWER LAST MONTH – PRESIDENT

To everyone having birthdays in July



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

PREVENTING BULLYING

Bullying is everywhere... and it's our responsibility to deal with it. Bullying prevention approaches may look different in each school, since they need to align with the values, goals and priorities of each school and their community.

But, in the end, they all need to achieve the same thing - every student can come to school unafraid and ready to reach their full potential..



For more information and tools go to

www.bullyingfree.nz



THANK YOU to all our volunteers

Thank you notes left at the Annual Meeting...

Craig – Thanks Craig, your support is Kings manlike

Barb – *your support is much appreciated*

Jan, thank you for keeping my Display Judging on track

Craig, thanks for keeping us financially wise

Colleen – THANK YOU for the Road Show – it was awesome

TWP – *all 3 of you, thanks, thanks & thanks again*

Tony Dimock – Thanks to Tony Dimock, Marching H Bay

Shona – THANKS Shona French...Marching HB

Assn Delegates – *Thanks to all Assn Delegates speaking openly and honestly on sensitive issues*

Pam Benseman – THANKS to Pam Benseman for all her hard work at keeping us going

Volunteer for June

Many, many thanks to the Association Delegates and Observers who attended the MNZ Annual Meeting

THANK YOU – THANK YOU – THANK YOU

HEALTH TIP

A close-up look at how eating the right food can help your body Over the past two months we have looked at EYES, BONES and BRAIN – this month we look at HEART/ BLOOD

HEART/BLOOD

Blood accounts for approximately seven percent of human body weight. A 70-kilogram man has about 5.2 litres of blood and a woman weighing 50 kilograms has about 3.3 litres.

Vitamins, minerals and electrolytes are dissolved in the blood and are carried to cells and organs around the body. It makes sense then to eat well so that optimal fuel is carried to the major pump of the body – the heart.

Eating a diet high in saturated fat and salt isn't good for the heart. Saturated fat and cholesterol levels go up – this increases your risk of heart disease. A diet high in salt raises blood pressure. Reducing your intake of saturated fat and salt are obvious ways to lower your heart disease risk, but did you know that increasing your intake of fruit, vegetables and whole grains could also be protective?

The specific fibre in oats, bet-glucan, has an enormously beneficial effect on cholesterol levels and has been shown to help prevent heart disease. In a recent study it was reported that post-menopausal women with high cholesterol who consumed whole grains (including oats) at least six times a week had less build up of plaque on the artery walls and less narrowing of the artery passageways.

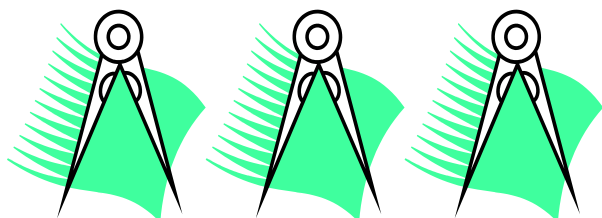
Soy protein also lowers total and low-density lipoprotein (LDL), or 'bad' cholesterol.

However, 25g of soy protein must be consumed daily by people with raised cholesterol before any benefit is seen.



Even half a garlic clove a day has been shown to lower cholesterol level by 9%, and 7.2g of aged garlic extract has been shown in *in vivo* (in the body) studies to have anti-clotting features as well as resulting in modest reductions in blood pressure. Garlic is also high in Vitamin C (anti-oxidant), Vitamin B6 (lower homocysteine levels, which helps protect against heart disease), and selenium (anti-oxidant).





TECHNICAL CORNER



Emails - Nil

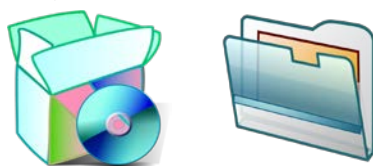
New Zealand Coach Magazine

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 will be
released on 1st July**



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?

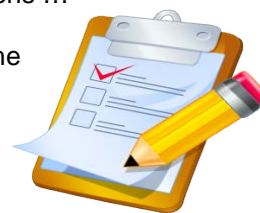


For the answers – contact the Association Coaching Co-ordinator or any Team coach in your area

JUDGING as a career

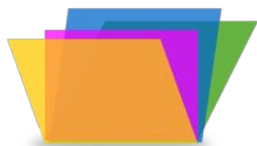
Some frequently asked questions ...

- 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.

CHANGING THE GAME

Have you heard of the Changing the Game Project? It was founded by John O'Sullivan from the United States in 2012. On their website it states that the mission of Changing the Game Project is "to ensure that we return youth sports to our children, and put the 'play' back into 'play ball.'" One of the feature articles in this month's magazine considers the 'long ride home' and how this can kill a child's love of sport - we borrow a mantra from Changing the Game - simply by saying 'I love watching you play' can make a big difference to the enjoyment a child gets out of sport and, importantly, how long they keep playing. There are a host of interesting and useful resources on their website that are worth checking out. Their blog articles alone make it a worthwhile subscription. A quick scan of their recent articles includes:

- How adults take the joy out of sports (and how we can fix it)
- Why kids quit sports
- The race to nowhere in youth sports
- Is it wise to specialise?
- The perils of single sport participation
- 3 myths that are destroying the youth sport experience for our kids

Play by the Rules has no association with Changing the Game - it's simply a really well-done and useful resource you may not be aware of for anyone interested in making sure our kids continue to play and enjoy sport in a safe, fair and inclusive environment.

You can find Changing the Game at

www.changingthegameproject.com

Listen to John talk about Changing the Game at TEDxBend -

<https://www.youtube.com/watch?v=VXw0XGOVQvw>

Copied from the *PLAY BY THE RULES* MAGAZINE

Blast from the Past

National Marching Week Objective -

The major objective of Marching Week 1983 is AWARENESS. We want to create a greater public awareness and interest in the sport of marching, and a more positive image in the public mind. In particular, we want to reach out to new groups of people with whom we've had little contact in the past. We want THEM to see marching and to learn something about our sport.

Theme - The theme to connect the Marching Week programmes throughout New Zealand and 'SHOW A FLAG'. It might be the NZ Flag... or your city flag, or provincial emblems.... Or your own marching colours. The idea is to brighten up our public displays with some flag routines... big flags, little flags... show of flags by marching teams ...patterns of flags and flag drills... SHOW A FLAG



Opportunities are usually disguised as HARD WORK, so most people don't recognise them.

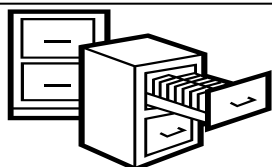
OUT 'n ABOUT in..

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

AUCKLAND - **Westlake Marching** did a very good display and presented a lovely march which was enjoyed by the crowd at the Scottish Day held on recently.

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# MNZ ANNUAL MEETING



## 71<sup>st</sup> ANNUAL MEETING

In brief

- Meeting was held in the Tawa Room at the Brentwood Hotel, Wellington with 50 people attending
  - Board elections – President, no election, Director of Finance, no election, Board Member, no election – one nomination Mrs Shona French
  - 3 remits to change rules to the Constitution were submitted – one carried and two lost
  - 1 remits to add new Policies was carried.
  - 17 remits to change rules to the Rules of Participation – ten were carried, two lost, one lapsed and four withdrawn
  - Remits –
    - x No, that elected members of the Board wait two years before accepting nomination again
    - ✓ Yes, commencing Annual Meeting 2017 the President shall retire after four consecutive years in office
    - x No to deleting Membership/Privacy Officer from Association Committee
    - ✓ Yes, for a Social Media Policy
    - ✓ Yes, deleting Judging Accreditation Co-ordinator, Coaching Accreditation Co-ordinator, Coaching Accreditation Presenters and Workshop Co-ordinator as appointments
    - ✓ Yes, adding Social Media Administrator to appointments
    - ✓ Yes, to changing date to 30 April for appointment applications
    - ✓ Yes, to changing (Accreditation) Schemes to (Accreditation) Programmes
    - ✓ Yes, to changing Chaperon to Person in Open Free Choice Grade
    - x No, to 10 marchers for Championship March
    - ✓ Yes, to changing date for Working Document for NZ Championships to 30 April
    - x No, to deleting medals for 4<sup>th</sup>/5<sup>th</sup>/6<sup>th</sup> placings for Championship March
    - ✓ Yes, to deleting trophies for South Island v North Island at NZ Championships but still announce result
    - ✓ Yes, to having Coach/Judge interviews at conclusion of morning and afternoon sessions on Qualifying Day at NZ Championships
    - ✓ Yes, to adding to ask clarifying questions only at Coach/Judge interviews at NZ Championships
    - ✓ Yes, to adding that Island Championships are not held over both Islands during one weekend
- Remits withdrawn related to Chaperons, one of whom must be female if the Team has male marchers

Remit lapsed was consequential to a previous remit remaining thus keeping original wording

- BDO of Christchurch were appointed Auditor
- Hamish Walker of Izard Western of Wellington was appointed Honorary Solicitor
- Increase in subscriptions of \$1 for
  - Under 12 Grade marchers - \$64
  - Under 16, Senior, Masters & Individuals - \$96
  - No change for Individual Associate Members - \$7
  - Marchers & Officials of Introductory & Open Free Choice Grade - \$19
- 2018 NZ Championships to be hosted by Marching Waikato indoors at Mystery Creek Events Centre, Hamilton 15/16/17 March 2018
- 2017 NZ Championships to be hosted by Marching Southland indoors at SIT Velodrome, Stadium Southland, Invercargill on 16/17/18 March 2017
- 12 items presented for General Business
  - ★ Funding Officer MNZ –not an Appointed Position but the Board and Director of Finance to look at funding opportunities
  - ★ Registration Fees same for Under12 & Under 16 –Board and Director of Finance consider when setting fees in the future
  - ★ Membership – a process and fee be investigated for replacement marchers for marcher leaving
  - ★ Police clearances – warning to be really careful, use a reference from an existing member
  - ★ Future of Masters Grade – adjusting age will not resolve. Survey 'why' masters marchers leaving
  - ★ Veterans Grade – for future consideration by the Board
  - ★ Eligibility and participation – more than 10 marchers in Team BUT marching less referred to the TWP
  - ★ Qualification for NZ Championships – received some support, Association/s to present remits
  - ★ Chief Judge (lines of communication) – referred to the TWP
  - ★ Elevated Display Judges – referred to TWP
  - ★ Music/Music systems – referred to TWP

## MNZ BOARD

|                     |                              |
|---------------------|------------------------------|
| President           | Mr John Lloyd (Wellington)   |
| Director of Finance | Mr Craig Rhodes (Canterbury) |
| Board Members       | Mrs Karen Bedingfield (BOP)  |
|                     | Mrs Marie Brown (Waikato)    |
|                     | Mrs Shona French (Otago)     |
|                     | Mr David Miller (Wellington) |

## SERVICE AWARDS

Service Badge & Certificate (10years)

- \* Mrs Anne Burton (Wellington)
- \* Ms Becky Butt (Canterbury)

Extended Long Service Certificate (30years)

- \* Mrs Jill Charlton (Waikato)
- \* Mrs Sherryn Palmer (Canterbury)

**MEMBERSHIP** – congratulations to  
 Marching Taranaki - MNZ Membership Trophy  
 Marching Nelson – top Association for retention  
 Marching Taranaki – top Association for recruitment  
 Marching Taranaki/Nelson – greatest increase in teams

- Board Member, Mr David Miller presented an update and overview of the process the Working Party – Association Committees has undertaken thus far. Questions and feedback was noted for the Working Party to further consider.

### EVALUATION FORMS

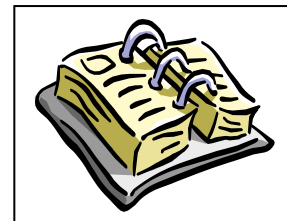
Thank you everyone for completing evaluation forms – Some random comments ...liked best

- Venue, layout etc for Annual Meeting made for good contributing speakers heard etc
- Ability to discuss and respect opinions.
- More contributions from many who in the past were silent,
- Discussion on some topics.
- Meeting new people from NZ
- It flowed very well – not a lot of hold ups
- Spirit of meeting great
- Seating great and better
- The opportunity to chat informally with other Associations and Board Members.
- Good to see that most Associations spoke.
- The whole feeling of the meeting.
- People/Delegates speaking up and sharing Association ideas.
- Delegate input.
- Remit 10 fantastic
- Listening of how Marching New Zealand operates.
- The opportunity to learn so much more about Marching, Committees and MNZ
- Seemed more relaxed
- People open to listening to others.
- It was good to see new people attending and speaking

Some random comments ...liked least

- Seating - not easy to see whoever is speaking
- Changing rules doesn't help gaining new members
- People repeating things
- Inability overall of strategic contribution.
- Too much consideration of 'how it affects us'
- No new MNZ Board candidates
- Seating arrangements
- Not able to see all speakers – liked the 'horseshoe' arrangement of previous meetings
- Seating – prefer horseshoe style
- To see who is speaking without having to turn around in your chair
- Having to actually get up and speak for once
- The seating wasn't great.
- Hard to hear people and you couldn't address everyone
- At times not being able to hear Delegates.
- Venue very busy.
- Set up of room
- Conversation / discussion can go round and round a lot

## Calender of Events



### July

|    |                           |              |
|----|---------------------------|--------------|
| 4  | Otago Annual Meeting      | Dunedin      |
| 6  | Southland Annual Meeting  | Invercargill |
| 25 | Canterbury Annual Meeting | Christchurch |

### August

|     |                   |            |
|-----|-------------------|------------|
| 5/6 | MNZ Board Meeting | Wellington |
| 5/6 | TWP Meeting       | Wellington |

### October

|    |                        |              |
|----|------------------------|--------------|
| 15 | Judges Workshop        | Christchurch |
| 16 | CJ & Coach Co Workshop | Christchurch |

## BOARD APPOINTMENTS

(effective 1<sup>st</sup> July 2016)

Technical Manager – Barbara Newman (Canterbury)  
 Director of Coaching – Colleen Brooking (Wellington)  
 Director of Judging – Jan Hoad (Otago)  
 Judging Accreditor - Sherryn Palmer (Canterbury)  
 Trophy Custodian - Sherryn Wells (Auckland)  
 Publications/Merchandise Co – Dianne Burton (Cant)

## 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)

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