

NEWSLETTER

MAY 2016

From the Desk of the
Chief Executive Officer

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In this issue

- ◆ Mothers Day..
- ◆ Kids Corner
- ◆ Bouquets an' Brickbats
- ◆ Shared subscription
- ◆ Health Tip
- ◆ Technical Corner
- ◆ Judge Training Kit
- ◆ Workshops
- ◆ Coaching career
- ◆ Judging career
- ◆ Blast from the Past
- ◆ Association Notes
- ◆ Volunteer for April
- ◆ Annual Meeting
- ◆ Calendar of Events
- ◆ FOUND
- ◆ Snippets from Minutes



Technical Memo's

- ◆ Nil



Coming up

- ◆ Board/TWP Meeting
- ◆ Queens Birthday Weekend
- ◆ MNZ Annual Meeting
- ◆ Association Annual Meeting



**SPORT
NEW ZEALAND**

MARCHING NEW ZEALAND

MOTHERS DAY



*Wishing all our
wonderful
Mothers and
Grandmothers a
very happy &
enjoyable
Mothers Day on
Sunday 8th May*

HAPPY MOTHERS DAY – HAPPY MOTHERS DAY

Mother - that was the bank where we deposited all our hurts
and worries

. No matter how old a mother is, she watches her middle-
aged children for signs of improvement.

Clarity and focus doesn't always come from God or
inspirational quotes. Usually, it takes your mother to slap the
reality back into you.

Mothers were meant to love us unconditionally, to
understand our moments of stupidity, to reprimand us for
lame excuses while yet acknowledging our point of view, to
weep over our pain and failures as well as cry at our joy and
successes, and to cheer us on despite countless start-overs.
Heaven knows, no one else will.

HAPPY MOTHERS DAY – HAPPY MOTHERS DAY

KIDS CORNER

Marching Molly



Hi Everyone,
We had our Team break up party it was so much fun. We all met at our practice venue and it was all decorated with coloured balloons and a big rainbow over the doorway. It was a real surprise to find that all the teams were joining us and it turned into a real big party. We played games, had challenges to complete, yummy food for lunch and a treasure hunt that ended at the end of the rainbow. We all got a certificate and I won two challenges and got some coloured pencils. The best part was mixing up our teams and doing our marching. I got lost in the plan three times because I wasn't listening to the instructions from our Team leader. It was great fun having the other teams with us and we are going to have another all together party in a couple of months. Some of the Team want to keep marching every week but our Coach said no but we can keep practising drills at home. I have started netball and I am also going to swim school at the pool so just as well there will be no marching. Molly

MARCHING WORDFIND

F	A	V
E	B	E
S	I	T

ANSWER NEXT MONTH
ANSWER LAST MONTH –DESIRABLE

.To everyone having birthdays in May



BOUQUETS an' BRICKBATS



Well what a cool month, thanks **Marching Waikato** for excellent NAME and Waikato Champs competitions, it was fabulous to see visiting teams at both events.

What an amazing experience having **Colleen Brooking** working with me and my team and the encouragement given by her has also inspired us all so much and we keep referring back to what she told us to improve ourselves.

National Coaching Co-Ordinator Visit: - highlight in learning for me; was I needed to be more confident and balance fun learning to be an inspired coach future Champions. Finding a clear vision for me as a coach and for the team; has set a stage for small achievements which will create greatness and in time future Champions some day. Thank you to the association and MNZ for making this opportunity.

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*

HEALTH TIP

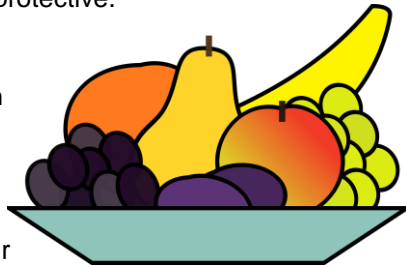
A close-up look at how eating the right food can help your body

When it comes to what we eat, the proverb 'an apple a day keeps the Doctor away' is not too far from the truth. According to the Ministry of Health dietary factors now contribute to six of the ten leading cause of death in developed countries: heart disease, stroke, cancer, diabetes, arteriosclerosis (hardening of the arteries) and cirrhosis of the liver. In addition, it has recently been reported that 6% of all deaths annually in NZ (over 1500) can be attributed to insufficient fruit and vegetable intake. Just imagine what a high intake of fruit and vegetables could do for your brain, bones, eyes, heart, blood and the rest of your body!

With the exception of avocado, coconut and olives, fruit and vegetables are low in fat and kilojoules (energy), which means you don't have to restrict how much you eat. Fruit and vegetables also contain fibre, vitamins, minerals and phytochemicals (plant or fruit derived chemical compounds). Phytochemicals provide natural health benefits and create bright, attractive colours of fruit and vegetables. There is no one 'super-food', but eating at least five-plus fruit and vegetables a day is both nutritious and protective.

EYES

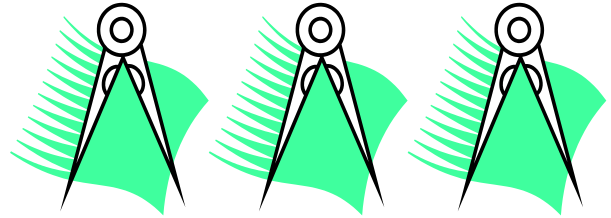
You may have been told that eating carrots helps you see in the dark, but it looks as if fruit is better for your



eyesight. Age-related macular degeneration (AMD) is a progressive disease of the retina and affects at least 20% of 65 year olds. An Eye Pro Optometrist advises "to keep your eyes good all your life you need to eat a lot of bright coloured fruit and vegetables and exercise to keep circulation in order". Eating three or more pieces of fruit daily has been shown to reduce your risk of AMD by 36% compared to those who eat less than 1.5 servings daily. There are vital nutrients in a variety of foods that can help prevent AMD.

These include –

- Zinc – oysters, turkey and pumpkin seeds
- Beta-carotene – carrots, apricots and sweet potato
- Vitamin C – oranges, kiwifruit, capsicum, broccoli and strawberries
- Vitamin E – whet-germ, almonds and sunflower seeds.
- Lutein and zeaxanthin carotenoids – spinach, watercress, corn and persimmons. Spinach as well as yellow foods (Corn, egg yolks etc) have been shown to elevate macular pigment. The lutein and zeaxanthin carotenoids in spinach are reported to be involved in preventing AMD.
- Blueberries are also good for the eyes. Bilberry (a cousin of blueberry) was used as a preserve on bread by World War Two fighter pilots to improve their vision on night bombing missions.



TECHNICAL CORNER



Email - 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)

Association Chief Judge Association Coaching Co-ordinators

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

THANK YOU

to all our volunteers

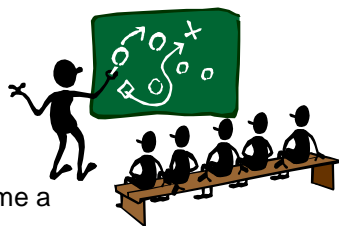
Volunteers are paid in six figures...

S-M-I-L-E-S

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 or Judge be a Coach too?
- Can I Coach beside an experienced Coach first?
- 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?



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

Blast from the Past

QUICK STEP #4 – December 1978

By-Law AG4

Girls who have attained the age of seven (7) years when registered as members of a registered team, may take part in massed drill or serpentine items at the discretion of the conducting authority; but to take part in competition active activities members must have reached the age of eight (8) years. (Passed at AGM 1977) The introduction of this By-Law seems to have caused a few problems in some Centres and for the information of Centre and Association Secretaries the position is as follows –

By-Law AG4 is quite specific in that seven (7) year olds registered as members of a registered team may take part in massed drill or serpentine items at the discretion of the conducting authority if no decision has been made the Secretary of the Day, These items are never judged: the By-Law does not give permission for these seven (7) years olds to march in anything else, whether it is judged or not and this also includes the March Past

Judges Accommodation & Meal Expense – Island & National Championships

Over the past few years problems have arisen in finalising the accommodation and meal accounts for judges at Island and National events. This has arisen through various factors, i.e. judge with husband/wife, arriving earlier than required staying extra night, additional items included on accounts, all meal being included into the one account etc. In an endeavour to overcome this problem, the NZ Executive approved the recommendation of the NZ Treasurer that each Judge be paid an accommodation and meal allowance and then they settle their own accounts. This allowance has been based on actual costs of accommodation and meal submitted by centres conducting the Island & National events. Provision has been made that should any extra be incurred through no fault of the judge then the judge concerned is to submit a statement of accounts through the NZ Chief Judge to the NZ Treasurer for the extra payment. It is essential therefore that when a judge books into the official hotel, they make it clear that they will be paying their own account.

There are two ways of spreading light - to be the candle or the mirror that reflects it.



ASSOCIATION NOTES.....

Ridiculous Phrases

At first, euphemisms surfaced in the workplace to help people deal with touchy subjects that were difficult to talk about. Before long, they morphed into corporate buzzwords that expanded and took over our vocabulary until our everyday conversations started sounding like they're taking place on another planet,

Listen Ray, I don't have the bandwidth for it with everything that's on my plate, but ping me anyway because at the end of the day it's on my radar and I don't want to be thrown under the bus because I didn't circle back around on this no-brainer."

These phrases are spicy, but they also annoy the hell out of people. If you think that you can use these phrases without consequence, you're kidding yourself. Just pay close attention to how other people react to your using them, and you'll see that these phrases don't cast you in a favourable light. Most of us are so focused on what we're saying and what we're going to say next that we lose sight of how our words affect other people. So give this list a read, think of how often you use some of these words, and see if you can catch yourself *before* you use them again.

Have some fun with it, because at the end of the day if you don't hit the ground running you can always go back to the drawing board and get the ball rolling...

At the end of the day
 Back to the drawing board
 Hit the ground running
 Get the ball rolling
 Low hanging fruit
 Thrown under the bus
 Think outside the box
 Let's touch base
 Get my manager's blessing
 It's on my radar
 Ping me
 I don't have the bandwidth
 No brainer
 Par for the course
 Bang for your buck
 Synergy
 Move the goal post
 Apples to apples
 Win-win
 Circle back around
 All hands on deck
 Take this offline
 Drill-down
 Elephant in the room
 On my plate

CONGRATULATIONS *Bry Cassells*

*Recently awarded
Life Membership
of
Marching Waikato*

NEW CONTACT ADDRESS

**Marching Canterbury
Secretary - Ms Becky Butt
498 Greers Road
Bishopdale
Christchurch 8053.**

Volunteer for April

Thank you so much Ladies for all the 'volunteer' hours that you put into your appointed position for Marching New Zealand

**Barbara Newman
Technical Manager**

**Colleen Brooking
Director of Coaching**

**Jan Hoad
Director of Judging**

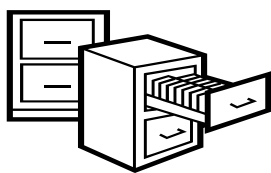
**June Elliott
MNZ Publications & Merchandise Co**

**Sherryn Palmer
Judging Accreditor**

**Sherryn Wells
Trophy Custodian**



MNZ ANNUAL MEETING



71st ANNUAL MEETING to be held at the **BRENTWOOD HOTEL, WELLINGTON** Saturday/Sunday 25/26 June 2015

The Annual Meeting will commence at 1.30pm on Saturday 25th and conclude at 3pm Sunday 26th June. Make your travel arrangements now to take advantage of discounted airfares and flight availability into Wellington.

Accommodation has been reserved at the Brentwood Hotel Wellington for Association Delegates and Observers, phone the Brentwood 0508 273 689

NOTICE OF MOTION-REMITTS, GENERAL BUSINESS & NOMINATIONS FOR BOARD

Notice of Motions (Constitution, Policies and Rules of Participation), General Business and Nominations for the Board closed on 30th April

AGENDA

Will be circulated late May to all registered Delegates and Observers and to MNZ Life Members on request.

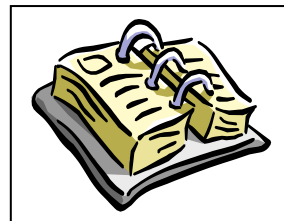
REGISTRATION

Registration fee \$75 and includes Conference Catering (except the Saturday Night Dinner)

SMART GOALS

- S** – Be specific about what you want to achieve. The less defined your goal is, the more difficult it is to know how you will go about achieving it.
- M** – Make the goal measurable and be sure that you measure your progress
- A** – Make it achievable, take into account what you're prepared to do in order to achieve this goal and how you will reward yourself once you've achieved, you will deserve it
- R** - Reassess as you go, good goals are set in sand, not in concrete. If you get stuck or your circumstances change then re-evaluate. Focus on feeling positive about the progress made, not negative about missing deadlines
- T** - Time, establish the deadline to meet. Setting 'deadlines' can be important for motivation too

Calendar of Events



May		
6/7	MNZ Board Meeting	Wellington
6/7	TWP Meeting	Wellington
June		
25/26	MNZ Annual Meeting	Wellington
July		
4	Otago Annual Meeting	Dunedin
25	Canterbury Annual Mtg	Christchurch

FOUND

Can we get them returned to the rightful owner, email ceo@marching.co.nz if you can help.



LOCAL FREEBIE NEWSPAPERS

Persistence does pay off.... and you never know who will see your report or photograph. After the NZ Championships Marching Wellington provided yet another report to the local paper and this time it was printed..... and was read by our Contact Manager at Sport NZ who commented how *great to see some media coverage for sports outside the traditional media sports*. Locally the next unknown person to read your report could be a local business offering some sponsorship or products or even new members for the Team and Association.

Snippets from Association Minutes/Reports

Nationals-Well done to all our teams, what great result

Secretary Snippetz: Secretary to start a column on our facebook page updating members after each meeting.

We have interest from two ladies whom would like to bring out new teams next season in either the OFC or Under 12 Grade.

We held our break up on Saturday, I believe it was a great afternoon, with all taking part and enjoying themselves.

Closing Day was changed to Games, BBQ and Awards, all that attended had a fun day.

Need to look into shelter for the Judges - umbrella & stand. Music needs to be looked into, to find a way that we don't have the same issues as this season. Need to look into safety issues i.e. cords etc.

Need to purchase flag's & pole, advertising boards with chalk square to put competition dates and be able to change them.

Congratulations to all our coaches and teams for the excellent results achieved at the NZ Championships

Well where did that season go! All has gone very well over the last few weeks as all competitive team built up to nationals, and didn't they just do us all ever so proud, each team saving their best march for last! Well done everyone.

I got to watch our OFC teams at the Assn Champs, it had been a little while since I had done that, wow coaches and teams haven't you all grown in our sport, some fantastic performances given there!

Result.. our girls come home with a Medals and a Cup for 1st overall placing. Watching their reaction to being called out 1st was something I will remember for a very long time and to see their beaming smiles coming off the field was very uplifting for all our girls and supporters.

I was very proud of the achievements of the team's performance both days at Nationals, and we have believed that we have made the Nationals experience a magical fun experience for the girls in our team.

Yes still a lot to learn as a under 12 coach, but as I review the last 9 months from our shaky start whether we had enough to field a under 12 team, to a few up's and downs before Field Days, a few wobbles and nerves in performances before North Islands, a few panic moments when the girls didn't all attending training in January, to settling in February with some good productive training sessions a few tweaks to display; I can not believe that this season has whizzed past.

On the high of Nationals most of the girls and families have indicated that they will be returning next season

Time for end of season break ups and organisation for the next season now.

The result that we achieved was wonderful but oh my girls are nagging me to get back into it as they are fired up .But we are having a break for a couple of months before we hit the training field again. I hope everyone enjoys there well earned break! Time for family and friends and especially time for yourself – enjoy, we will see you all on the field again next year.

We knew the competition was going to be tough, and by looking at the master sheet, that is in fact how it was. It is always great to be competing in a grade that is of such a high standard. We congratulate all teams of their success

Well our first season is drawing to a close, it has gone way too quick. We have enjoyed our time as Coaches and have learnt a lot about working with young children, being a coach and organisation, it has been a great journey. At the beginning of our season the families opted to fund raise for all our costs, they were given a break down of expected expenditure and chose to cover these with 3 lotto ball drops at various intervals - with these being completed (last draw 28th February) they have covered all costs with money in the bank towards a fun break-up party to thank the families and girls for a wonderful season.

It was mentioned to us at judges interviews at our last competition by our review judge they felt they didn't have time to complete the comments on our sheets as teams were pushed on for next phase. We feel the first team should also receive the full holding period in between each phase..

Bring a friend day. Subcommittee will have something together for this, but as it is not intended to have this until October planning will continue over winter month

Concerns about our membership procedures. These need reviewing urgently. There appears to be a hold up from the time a team registers with the Association and then reaches MNZ. Teams are deemed not to be registered until everything gets to MNZ. We are also not approving any registrations, we need to reconvene that procedure. This system to be revisited during the winter and procedure put in place for coming season.

Next season, as a panel member, I will encourage all members to maintain our high standard of judging and with the aid of the new DVD's obtain more practical experience over the winter months.

Girls enjoyed the experience of their first Christmas Parade and were buzzing about it the following week. They're very keen to repeat the experience next year.

(Snippets have been edited slightly to maintain anonymity)