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What we believe

1. *Athletes needs come first*

All decisions about an athlete's development are informed by an understanding of their physical literacy needs, both on the short term and the long term.

2. *Working together for collective impact*

All partners (including parents) put their own interests aside, align policies and practices and collaborate in the best interest of the athlete.

3. *Effective pathways*

Sports pathways are clear, underpinned by evidence, and identify the opportunities and the expectations of individual athletes at every step.

4. *Continuous learning*

Continuous learning and a growth mindset underpin success for the athlete, for the people who support the athlete and for the organisation that enable them.

5. *Quality coaching*

Quality coaching is critical to long-term athlete success. Quality coaches understand the performance needs of the athlete and influence the people and the environment around the athlete.

Copied from Sport NZ publication 'Balance is better'



SEASON'S GREETINGS

FROM THE PRESIDENT TO: MEMBERS OF MARCHING NEW ZEALAND

Every Member should take pride in associating with a recent positive report from our CEO Diane to the MNZ Board.

At last Diane has been able to present membership statistics that portray an increase in the numbers of personnel involved in the 2017/18 season as Marchers and Coaches. I am confident that when the final statistics are tabled at the 2018 MNZ Annual Meeting that most if not all our categories of membership will show an increase over 2016/17.

It has been easy to put the blame in various directions for the difficulties that we have all experienced in recent seasons. Maybe we can each be excused for absorbing the GOOD NEWS and reflect on the "why" have we had a "turn in the tide" this season. This applies

to all the work, planning and decision-making at Board, Association Committee, Team levels and in other Groups such as Judges, Marshals, Team Fundraisers, Recorders and other General Volunteers. Something is starting to work out there!

Let's embrace what has happened as we approach the Christmas/New Year period. Thank you one and all for your continuing efforts to maintain the Sport of Marching for future generations.

Best wishes to you and yours.
Season's Greetings!!

John

John H Lloyd



The Cardio-respiratory System

The ability to sustain physical activity is dependent to a large degree on the ability of the body to supply oxygen to the working muscles. The cardiovascular system (heart and blood vessels) works in conjunction with the respirator system (the lungs) and these are referred to collectively as one system – the cardio-respiratory system. There are four components of the cardio-respiratory system



1. Lungs – supply oxygen to the blood for transport around the body
2. Heart – a pump that works to drive blood around the body
3. Blood – brings oxygen and nutrients to the muscles and carries carbon dioxide and other waste products away from the muscles
4. Blood vessels – the tubing of the body that carries blood to and from muscles, organs and tissues

All parts of the body need to be supplied with oxygen and nutrients while at the same time waste products (e.g. carbon dioxide, heat and lactic acid) need to be removed via the bloodstream. The cardio-respiratory system plays an essential role in this process. The oxygen demands of the body must be met by the supply of oxygen from the cardio-respiratory system, so it is important that this system is trained and develops at the same rate as the muscular system. The type of training you do depends primarily on the demands of the sport. Training of this system can be in a continual effort (endurance training) or in a series of effort or activities (interval training).

THANK YOU – THANK YOU



THANK YOU – THANK YOU



Tips for Officials

Practical ideas to help you become a better official

Rest and Recovery

Why they're so important for Officials

Getting enough rest and allowing for recovery after training, game day or tournaments are an essential part of a good training programme.

Rest and recovery tips -

- Passive rest- switching your mind off
Sleep is the most important form of passive rest. Other forms of passive rest use techniques to switch the mind off while you are awake – including meditation, flotation, reading, listening to music
- Active rest – resting during and after a workout
Active rest can be built into the body and the end of a training session. Active rest activities help
 - Physiological recovery – light aerobic activity e.g. walking, pool work or cycling
 - Musculoskeletal recovery – stretching and other posture-promoting exercises help your body to function well without injury
- Rest days – taking time out
Rest at least one day per week (i.e. no training or games that day at all). This allows for physical recovery time and gives you time for your other interests, which in turn will help keep you interested in your sport.

Copied from Sport NZ publication 'Officials Calling the Game'

Marching New Zealand trophies should have been returned by 30th November. If not, trophies must be cleaned, carefully packed to avoid breakage and sent urgently to



Marching New Zealand Trophy Custodian

Mrs Sherryn Wells,
Waterford Paint Accessories
80 Stoddard Road
Mt Roskill, **AUCKLAND 1041**

New Zealand Coach Magazine

Read online at

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





In the Diary Competitions & Events

December

- 2 Waikato Competition at the Waikato Hockey Turf
- 2 Local Competition @ Stadium Southland
- 3 South Island Championships in Invercargill
- 9 North Island Championships in Wellington



Blast from the Past

Snippets copied Quick March #112 – September 1960
The two booklets published by the New Zealand Marching Association dealing with the rules of the Association and with uniform judging respectively, are in steady demand, and selling well at 2/- each. 155 booklets on the rules and 155 on uniform judging had been sold. These two booklets are of very great value to the sport. The first is a summary of the rules of the Association compiled from the minutes of annual meetings and the meetings of the Executive from 1945 when the Association was formed. The executive reviews this summary a 'Draft Rule Book' as undoubtedly its value will be a basis for the thorough revision of the rules so that a more meticulous and complete book of rules may be compiled by a Sub-Committee of the Executive. The second booklet contains a revised system of uniform judging and is not only of great value to uniform judges but to teams which are about to acquire uniforms. It is the outcome of views expressed at the 13th annual meeting of the Association that a better and fairer method of uniform judging was desirable and by virtue of a resolution of that meeting this Booklet now constitutes Section 45 of the Handbook of Marching

RISK MANAGEMENT

Highlighting the risks is a vital part of competition planning and crucial for the competition plan. You should anticipate the risks and give thought to how they could be overcome, or at least indicate actions as to how to minimise their effect

1. Time to look at the RISK MANAGEMENT check list for your competitions
2. Time also to check the validity of officials FIRST AID CERTIFICATES
3. Check that the Association First Aid Kit is complete and stocked with the necessities



THANK YOU to all our Volunteers

Pauline Ward
Marching Southland

Pauline returned to judging twenty years ago, and not that long after that, joined the Association Committee as Membership Privacy Officer. Taking over the role of Treasurer about twelve years ago.

Pauline also filled the Association Secretary's position for three years. Even though 'every penny is a prisoner' to Pauline, she has the vision to see money is spent to support the Coaches to up-skill in their roles is the way to grow the sport in the South. Pauline seems to find that elusive funding when it is needed, evident at the last successful Nationals we held in Invercargill. A BIG thank you Pauline, from all of us in Marching Southland

Emily Davidson & Fiona McKendry
Marching Wellington

For stepping up and helping out on the first marching competition of the season for Marching Wellington, both Ladies are nominated for Volunteer of the Month. In the absence of the Secretary, who was away, both Emily & Fiona did an absolutely fantastic job and thanks to them the competition went without a hitch. Well done Ladies and thank you so very much

- THANK YOU -
THANK YOU - THANK YOU



Running



your Club

ASSOCIATION COMMITTEE JOB PROFILES

Key Tasks/Expectations in brief for -

COACHING CO-ORDINATOR

- Contribute to the management of the affairs of the Association.
- Maintain regular communication with the MNZ Director of Coaching.
- Encourage Coaches to improve their accreditation level and widen their knowledge to understand athlete development and 'how to coach'.
- Assist Coaches understand the MNZ drills and routines requirements, and the judging criteria and judging sheets and assist Coaches in the practical application of training their Teams.
- Conduct monthly meetings of Coaches and prepare monthly report for Association Committee.
- Successfully complete the MNZ Coaching Level One Accreditation within two years and Level Two within three years of being appointed.

CHIEF JUDGE

- Contribute to the management of the affairs of the Association.
- Maintain regular communication with the MNZ Director of Judging.
- Encourage Judges to improve their accreditation level and progress their pathway to achieving Island and National Panels.
- Assist Judges to understand the MNZ drills and routines requirements, judging criteria and judging sheets and their practical application.
- Conduct monthly meetings of Judges and prepare monthly report for Association Committee.
- Submit for Association Committee approval, recommended Judges for appointment as a Panel of Judges for Association Championships and Competitions and act as Chief Judge at all Association Championships and Competitions, or recommend to the Association Committee, a suitably qualified deputy.
- Ensure that a fair, equitable and correct standard of judging is applied at all Association Championships and Competitions.

Coaching Co-ordinator and Chief Judge should create a training environment which is conducive to positive learning and which increases the skill levels of Coaches and Judges. They should attend appropriate professional development programmes for their roles (many are provided through the local Regional Sports Trusts), set high standards of professional conduct and undertake any other duties required by the Association Committee. Full Job Profiles including position summary, person specifications and reporting lines, are available from the MNZ Website



**SPORT
NEW ZEALAND**

Marching New Zealand is very grateful to
Sport New Zealand
for their continued investment in our sport



**Christchurch TOP10
Holiday park are taking
bookings now for the
2019 Marching
Nationals.**

Christchurch Top10 Holiday Park offers a variety of accommodation including basic cabins, self-contained rooms and fully serviced motels. We also have kitchen and dining areas especially designed for groups, as well as free BBQ areas in the park. For the younger teams, we have a large playground and jumping pillow, as well as an indoor kids zone and an indoor heated pool. The park is close to many places that could be used for training grounds and there is a grass field on site that you are welcome to use for training or even mark your own field out on. We are already receiving enquiries for teams, so get in quick!

Please be in contact with the groups coordinator Sarah for more information and to book your accommodation:

E: sarah@christchurchtop10.co.nz

P: 0800 396 323

STATS UPDATE

10 Associations
1145 members
81 Teams
4 Registered School Teams
107 Coaches
52 Judges
45 Volunteer Members



November Board Meeting in brief

- ◆ TWP started documentation for Q/C/M Book with targeted release July 2018.
- ◆ Judges Training Kit will be changed over to the new sheets.
- ◆ Recording Manual update nearly completed and will be distributed as soon as possible.
- ◆ Approval for a Judges Workshop for Technical Judges in 2018 subject to report received in January around satisfactory use of current Judges Sheets.
- ◆ Judging Panels for the Island Championships were approved for the Board by Judge Panel Appointment Committee of President, John Lloyd and Director of Finance, Craig Rhodes.
- ◆ Approved changes to seating and standing positions of Tech A and Display Judges respectively subject to a 70% acceptance from Associations currently trialling the new positions.
- ◆ Seven Associations have registered Trainee Judges, 24 in total.
- ◆ End of Year Financial Reports, surpluses recorded from only two of nine Associations and the Director of Finance raised concerns of the financial viability of several associations.
- ◆ Shared Subscription, fourteen claims have been received and will be refunded early December by the Director of Finance.
- ◆ 34 members (from Auckland, Waikato, Hawke's Bay, Wellington and Canterbury) have introduced new members and become eligible for a shared subscription next season.
- ◆ Masters Grade Survey progressed and will be circulated to Senior/Masters Grade over the past 5 years through Survey Monkey and paper form and also to Leisure Marchers.
- ◆ Group for Change topics were progressed and timeframes agreed, with most being June 2018.

THANK YOU ...



Marie Brown was presented with a gift at a recent Waikato Competition in recognition of her time on the Board of

Marching NZ.



Presentation made to Sherryn Palmer in appreciation of the 20 years service in the role of Judge Accreditor. Sherryn retired from the position last season.

MNZ LONG SERVICE AWARDS
recently presented at local competitions to

Raelene Sirbu
(Marching Waikato)

Jenny Brown
(Marching Otago)

NZ CHAMPIONSHIPS

2018 NZ CHAMPIONSHIPS
to be hosted by **Marching Waikato**
Thursday/Saturday 15/17th March 2018
at **Claudlands Event Centre, Hamilton**



ENTRY FEE

Under 12 - \$430.00

U16, Senior & Masters - \$535.00

OFFICIAL HOTEL



IBIS HOTEL
Alma Street, Hamilton

TIMETABLE

DRAFT ONLY

Thursday 15th March – Official Opening

Welcome, Official Opening, Leaders & Coach Meeting

Friday 16th March - Qualifying March

Masters, U/12, U/16 and Senior Grade

Saturday 17th March – Championship March,

Bowl/Plate March, Championship March Masters, U/12, U/16 and Senior Grade followed by Presentation of Awards, Parade of Champions and Flag Ceremony

Qualifying March is 'March n Go' and Coach/Judge Interviews, to ask clarifying questions only, will be held at the conclusion of the march (MNZ Rule of Participation NZC13-1). At the conclusion of Coach/Judge interviews, a copy of the Contest Draw for the Championship, Plate or Bowl March will be available from the Director of Coaching. Results from Qualifying March will determine allocation into the Championship, Plate or Bowl March (MNZ Rule of Participation NZC3-4)

ENTRY FORM & INFORMATION

available on the MNZ website Events Page.

Entries close 31st January 2018

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*"You're not obligated to win. You're obligated to keep trying. To the best you can do every day."*  
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