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THE MYTHS

There are three great myths of developing and identifying high performers that research exposed....

Early specialisation is good X

Conventional wisdom is that the earlier athletes choose their sport and focus on it, the better. And there are examples that convince us that this is true. In fact, earlier is not necessarily better. Burn-out, over-use injuries and declining motivation: these are the more likely outcomes of early specialisation. What we now know is that when young people have diverse sporting experiences they develop transferable skills, greater creativity and better decision-making capabilities.

Childhood success leads to adult success X

Conventional wisdom is that talent can be identified early. Again, it ain't necessarily so. It's true that some athletes' gifts are obvious from childhood, but every athlete is different and progress is non-linear. Some only develop and emerge much later. What we now know is that how someone performs at a young age is not a reliable predictor of their future potential

Successful athletes focus on winning X

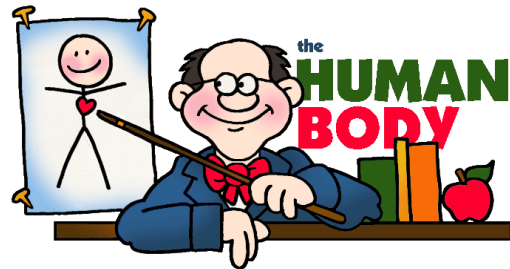
Conventional wisdom is that you get what you think about, so think about winning. In fact, the most successful athletes, teams, coaches and administrators don't focus on winning at all. Instead, they focus on their development: how well they perform. And they regard winning as an inevitable outcome of being the best they can be.

Copied from Sport NZ publication 'Balance is better'



The Muscular System

The muscular system constitutes about 45% of our total body mass. Without muscle all actions, including movements as simple as maintaining normal posture, breathing and walking, would not be possible. There are three different types of muscle in the human body



1. Skeletal or voluntary muscle – is so called because it is under our direct control and the muscles are attached to the skeleton.
2. Smooth or involuntary muscle – is outside our voluntary control and is found, for example, in the digestive tract, circulatory system and respiratory system.
3. Cardiac muscle – a highly specialised type of muscle found only in the heart.

There are two types of muscle fibre; fast twitch and slow twitch. In any one muscle. there is a mixture of fast and slow twitch muscle fibres. The individual make-up of fast and slow twitch fibres in the muscles is believed to be genetically determined, however some change is possible through training.

- fast twitch muscle fibres produce a very quick, forceful contraction and are more predominant in sprint or power athletes. These fibres use mainly high-energy anaerobic fuel sources and fatigue very rapidly
- slow twitch muscle fibres do not produce a very fast powerful contraction however, they are very slow to fatigue. Slow twitch fibres are more predominant in athletes who do endurance-type activities and use mainly oxygen for fuel.

SHARED SUBSCRIPTION

Congratulations to the Members who have a SHARED SUBSCRIPTION this season from introducing a new member last season and both registering again this season. Good luck for an enjoyable season to you all



THANK YOU – THANK YOU



THANK YOU – THANK YOU



ISLAND CHAMPIONSHIPS

South Island Championships to be hosted by Marching Southland and held at Stadium Southland on 3rd December. Entry Forms available on MNZ website. Entry Fee \$250, entries close 10 November. Late entries will incur a \$50 fee.

North Island Championships to be hosted by Marching Wellington and held at the Te Rauparaha Arena, Porirua on 9 December



**SPORT
NEW ZEALAND**

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

Young people are not the only ones who can get a lot out of sport. There are also benefits for New Zealand as a whole. These include –

- A healthier population with an active lifestyle
- A stronger group, community and national identity
- People who are better equipped to work together for the good of society
- People who transfer the codes of fair play to work, leisure and life
- Development of skills which can be used in adulthood to contribute to sport and society
- More emotional pride



Tips for Officials *Practical ideas to help you become a better official*

Performing under pressure

Tips for managing stress and improving concentration

- **Managing stress**
Stress can cause you to rush your decision, become angry or irrational and reduce your concentration
Strategies for coping with stress
 - Be aware of your emotional state
 - Learn to control your breathing
 - Be positive and enjoy yourself – this can help to change the way you react to difficult situations. Smile when you start to feel tense
 - Take evasive action – know what your sources of stress are and take a 'mini break' by thinking about other things when you feel the stress starting to build up
 - Stay focused on the action – keep your mind on what is happening now, not what happened five minutes ago.
- **Improving concentration**
Concentration is a mental skill that can be learned with practice, patience and persistence. Focus on the relevant cues in the competitive action whilst blocking out the crowd and other distractions. With practise, you will be able to concentrate for longer.
 - What causes concentration lapses?
 - 1) Thinking about your mistakes – acknowledge a mistake and move on
 - 2) Thinking about the future – don't anticipate problems that many not arise
 - 3) Thinking about too many things – un-clutter your mind

Copied from Sport NZ publication 'Officials Calling the Game'

Marching New Zealand trophies must be returned by 30th November. Trophies should be cleaned, carefully packed to avoid breakage and sent to



Marching New Zealand Trophy Custodian

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

“If you have a dream, don't just sit there. Gather courage to believe that you can succeed and leave no stone unturned to make it a reality.”



In the Diary Competitions & Events

November

- 4 Waikato Competition at the Waikato Hockey Turf
- 4 Taranaki Competition @ Taylor Park, Eltham
- 4 Opening Day for Marching Nelson
- 4 March & Stay competition in Canterbury
- 5 Taranaki Competition @ Taylor Park, Eltham
- 5 Local Competition hosted by Marching Wellington
- 5 Otago hosting combined competition @ Balclutha
- 10 Board/TWP Meeting in Wellington
- 11 Waikato Competition at the Waikato Hockey Turf
- 11 Board/TWP Meeting in Wellington
- 12 Marching Forward competition in Auckland
- 12 Foveaux Championships at Invercargill
- 16 OFC Twilight March at Blenheim School
- 18 Waikato Competition at the Waikato Hockey Turf
- 18 Double Day hosted by Marching Nelson
- 18 March & Go competition in Canterbury
- 19 Taranaki Competition @ St Pats, Ingelwood
- 19 Local Competition hosted by Marching Wellington
- 19 Marching Southland Christmas March (twice)
- 25 Marching Auckland 'Go for Gold' competition
- 25 Double Day hosted by Marching Nelson
- 25 March & Stay competition in Canterbury
- 26 2 in One competition at Marewa Park, Napier
- 26 Local Competition hosted by Marching Wellington
- 26 Xmas March at Alhambra Union, Dunedin



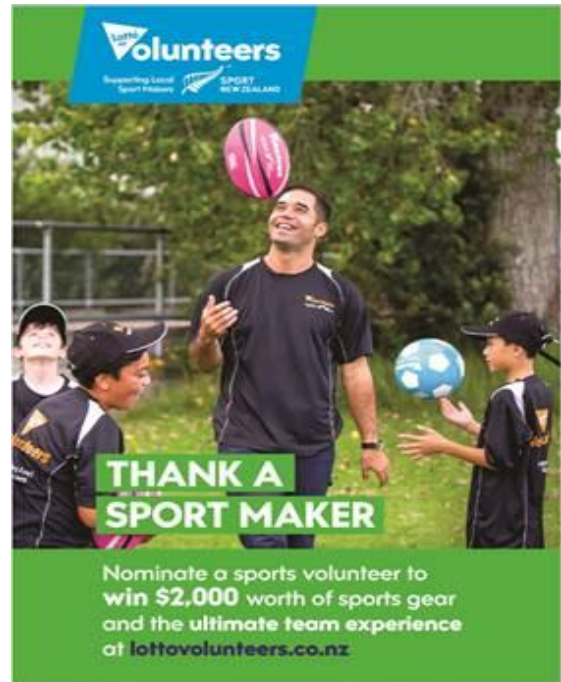
Blast from the Past

More snippets from the **1984 CCJ/CAI Seminar** **The use of Videos (Marlborough)**

We would like to see a nationally prepared Video available for hire or purchase by Centres to assist all Instructors for pattern formation, construction and execution of displays. Set drills and all march plan movements, Fall In and March Pasts to be available August/September. For Teams to have their own videos would benefit the instructor at practise, as all girls could be shown their faults and then they realise they have them and are not just being picked up. The Teams would be able to see their own improvement without relying on any other means – parents, supporters, judges etc

Standard of Instructors (Canterbury)

After quite considerable discussion the general feeling was that the topic was misunderstood and Instructors were not going to be asked to sit exams but that a certificate could be awarded for e.g. attained the level of midget grade Instructor at Island Championships. However, the topic would be aired again at a later date with further ideas to come forward.



THANK YOU to all our Volunteers

Rhonda Kennett
Marching Canterbury

Rhonda is on our committee and this season has taken on the treasurer role. So far, she has got our new accounting system MYOB up and running and is busy getting all the team registration and competition entries into the system. She is also getting online banking set up for us to make it easier for the committee to keep track daily. Rhonda is currently on the funding subcommittee and also on our new NZ Champs subcommittee. She also coaches Skellerup Under 16s and marchers in Skellerup Seniors. Rhonda enjoys giving back to our sport by being on the committee and coaching a team. Thank you, Rhonda, for taking the leap to be treasurer this season!

Gaylene McRae
Marching Southland

Gaylene has served as Marching Southland Chief Judge for the last 20 years, an amazing effort, evident by the fact that Southland has a full Judges panel. Always first to encourage anyone interested in having a look at judging, Gaylene ensures that support is there for those judges going forward to complete their exams. Gaylene is happy to help the Coaches in their role, not only by attending their practices, but also in showing them how to lay the field at their practice ground, and so much more.

Thank you to Gaylene for all that you do.

THANK YOU – THANK YOU – THANK YOU

Running your Club

ASSOCIATION COMMITTEE JOB PROFILES



Key Tasks/Expectations in brief for -

PRESIDENT

- Chair Meetings and conduct in a proper and orderly manner
- Ensure Assn acts in harmony with MNZ (Constitution, Policies and Rules of Participation)
- Ensures the Assn Committee manages the affairs of the Association and members carry out the operational side of the Assn affairs
- Represent the Assn on public occasions
- Create an environment which provides opportunities for all participants to reach their potential
- Conduct productive meetings which provide opportunities for positive contributions by all attendees

SECRETARY

- Contribute to the management of the affairs of the Association
- Maintain regular communication with MNZ CEO
- Be responsible for the day-to-day management of the Assn affairs carrying out clerical work and directions of the Assn Committee
- Convene meetings and contribute productively and positively at meetings
- Ensure prompt distribution of minutes and handling of all Assn correspondence

TREASURER

- Contribute to the management of the Assn affairs
- Be responsible for the day-to-day financial management of the Assn in accordance with the budget approved by the Assn Committee
- Prepare budget, and report to Assn Committee on current status of income and expenses against budget
- Prepare annual financial statements
- Ensure the Assn has sufficient cash resources to meet cash flow requirements
- Maintain an efficient and effective accounting and budgeting system

President, Secretary and Treasurer should all 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 Assn Committee.

Full Job Profiles including position summary, person specifications and reporting lines, are available from the MNZ Website

Social Media and body Image....

Images can completely distort reality. Taken at the right angle and with a carefully selected filter, a picture of a dreary day can be transformed into a bright, sunny day without a cloud in the sky. Behind every photo of a person standing on a beautiful beach could be a troubled relationship, a stressful job, or a sick family member. On a daily basis, we are exposed to images that are carefully curated and manipulated. In the past, it was only traditional media that did this; now, with the power of social media and photo editing apps, anyone can do it. Did you know that only 5% of women naturally possess the body type often portrayed in the media, and 60% of women compare their appearance with that of their friends? In schools, seven in ten girls believe they are not good enough or do not measure up in some way including their looks, performance in school and relationships. Social media tells us that there is an ideal body type to strive for, that females must be feminine and males masculine, and above all the most important thing is to always look good. It makes sense that people who are more engaged with social media are more vulnerable to developing body image issues. The root problem however, is not social media. For all its distortions of reality, social media also allows creative expression, improves social connections and enables people to keep up with their friends' lives. Instead, the key is social media literacy; being more critical of what you view to offset the idealised images to which you are exposed. Take notice of how you use social media. When you view an attractive image of a person, do you compare yourself or try to measure up to that image? Challenge yourself to think more about it with the following reflections

1. Question the reality of an image. Is it a true reflection of that person, place or food? Is it showing the whole truth of a situation, or just an aspect that the sharer wants you to see?
2. Think critically about the media. Advertising campaigns are designed to present an attractive image to sell a product or service. They are carefully curated and almost never present a true reality. Models spend hours in hair and makeup even for "I woke up like this" shots. Is this everyday life?
3. Choose your role models carefully. What are your motives for following a person or brand or being friends with someone? Does their content boost your positivity or spark your creativity, or does it make you think negatively about your self-image or self-worth?
4. Celebrate and respect diversity. Different shapes, sizes, abilities and appearances are what make the world a beautiful place. You don't know the journey of others, and they don't know yours. Above all, do you show others respect?
5. Embrace uniqueness and know your worth. Every person has their own set of unique strengths. Personality, characteristics and mannerisms can't be seen in a single picture. Yet yours are what make you special. What do you have to offer?