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Physical Preparation

Physical preparation is an essential component of sports performance at every level. To assist athletes to achieve their optimal performances coaches should have a basic understanding of how the body functions in terms of physical exercise and the physical requirements of their sport. An effective fitness training programme should develop the energy systems appropriate for the sport. Warming up, cooling down and flexibility are also important components of the athlete's physical preparation, in addition, coaches should have basic knowledge on nutrition to advise their athletes and further enhance their sports performance.

Coach Incentive

After three consecutive years as a practicing Coach receive a \$50 voucher in recognition of their leadership, time and energy in this role. (Coaches rewarded last year will be eligible again after three consecutive years commencing this season).

SHARED SUBSCRIPTION

This season those members who introduced a friend under the shared subscription incentive last season will have 50% of their membership refunded IF they and the friend they introduced both



register for the coming season. If you want to be part of the Shared Subscription incentive, 'introduce a friend' to marching. How it works; where an existing Marching NZ member introduces someone new in to the Sport of Marching, and that that person is a full paying member, Marching NZ, through the Association Membership Privacy Officers, 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 member's discount is limited to 50% only regardless of the number of new members introduced.



In the Diary Competitions & Events

September

24 Field Day hosted by Marching Southland

October

- 7 Field Day Marching Canterbury at Nunweek Park
- 14 Marching Nelson Field Day
- 14 Canterbury Opening Day Nunweek Park
- 15 Hawke's Bay Field Day at Marewa Park Napier
- 15 Marching Wellington Field Day
- 15 Training Day + Opening Day in Otago
- 15 Opening Day for Marching Southland
- 28 Auckland Opening Day Bert Henham Park
- 28 Waikato Field Day at Waikato Hockey Turf
- 28 Marching Canterbury March n Go Nunweek Park
- 29 Marching Hawke's Bay 2 in One Competition
- 29 Marching Wellington Local Competition



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NEW ZEALAND**

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

THANK YOU – THANK YOU



THANK YOU – THANK YOU

TECHNICAL RESOURCES



- JUDGES TRAINING KIT** a 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 information.
- New Zealand Coach Magazine.** coach information online at www.sportnz.org.nz/get-into-sport/coaching-guide
- Technical Drills**, released on 1st July and are available from the MNZ website



ISLAND CHAMPIONSHIPS

South Island Championships to be hosted by Marching Southland and held at Stadium Southland on 3rd December.

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

STRESS

this is an authentic list of reasons for sick leave -

- * Flew
- * Ernia
- * Alige
- * Nerfs
- * Elergy
- * Heart shock
- * General cheque
- * Migrant headache
- * Blood pressing
- * Gravel in Kidney



1984 CCJ/CAI Seminar

CAI's gave approx. 15minute talks on topics that they were asked to prepare - "the problems of a Centre with only a few Teams and a long way to travel" - *The future of some of our Teams is uncertain at this stage largely I feel because of the extent of travelling to attend meetings, competitions etc. because we have so few Teams. Marching is not a very high standard. It is extremely difficult to motivate my girls into improving their marching when no matter how poor their performance they never go home empty handed. The solution unfortunately lies some 100miles away in our neighbouring Centre. To compete against better Teams, we must hire a bus (not a cheap exercise) and leave at 5.30am in time to march. For these reasons, very few trips. We therefore rely greatly on bigger Centres supporting our competitions as we have only one or two teams locally in each grade. The setting of competition dates is delayed until neighbouring Centres have announced theirs, so we can work around these dates hopefully to attract entries. A major concern, I'm sure one to all small centres, is the lack of personnel to share the workload. Instructors and Judges alike must hold more than one position at Association/Centre level, sometime involving almost superhuman abilities come competition day! In our centre a recent special meeting was held of interested personnel to decide what action, if any, to be taken to keep the sport alive. It was pointed out to those present that all persons holding position at Association/Centre have resigned and if replacements were not found the Association and Centre would go into recess. The reaction was encouraging with enough people coming forward to more than fill all vacant positions. So, fingers crossed we will be commencing the season with all those involved doing one job only whether it be instructing, judging or otherwise.*

DAYLIGHT SAVING



Don't forget to change your clocks forward 1 hour on 24th September

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?
- 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.



“Coaching is unlocking a person’s potential to maximise their Growth”

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THANK A SPORT MAKER

Nominate a sports volunteer to win \$2,000 worth of sports gear and the ultimate team experience at lottovolunteers.co.nz

THANK YOU
to all our Volunteers

Running your Club



RISK MANAGEMENT

In today's environment, there is a much greater awareness of health and safety issues in sport. This combined with the financial pressures that can arise through injury, emphasises the need to do everything reasonably possible to reduce the possibility of accidents or injuries. The onus on sports officials is simply to do what is reasonable under the circumstances and in most circumstances a common-sense approach by the official will generally be upheld. Officials are obligated to take reasonable care to prevent an injury occurring to anyone involved at a sport event. A safety (risk management) check should be carried out of the venue prior to any competition.

Protect the participants,

- ◆ *Is the equipment being used appropriate and safe?*
Judge seats, music systems, electric extension cords, speakers, ground tape, disks.
- ◆ *Is there sufficient space between the performance field and the spectators?* Don't want small children being 'marched on', or grandparents too close to the speakers
- ◆ *Is the ground surface condition safe to march on?*
No holes, slippery surfaces
- ◆ *Are First Aid personnel available?*

Warn of Risks, ensure that any risks or hazards are clearly identified and warnings displayed. Electrical Cables have a Hazard Sign, Car parks – Beware of Children and a Grandstand – Use handrail, no running

Anticipate reasonably foreseeable dangers, during the course of competition respond to complaints of dangerous conditions which may mean lifting disks or boundary tape and cancelling due to sudden weather change, rain, sun and wind.

Take reasonable steps to ensure a safe sporting environment, this may mean that the competition be postponed or cancelled, the venue changed or the competition modified because of weather and/or ground conditions or other circumstances beyond the officials control.

Consider factors specific to the sport and the marcher involved, factors such as the age and experience of the marcher involved e.g. older marchers are likely to be better equipped to cope with adverse weather conditions than children.

Be informed, officials should regularly update their officiating knowledge and skills by undertaking training by the sports organisation, and/or training in risk management and first aid. The informed official is better able to take positive steps to eliminate or reduce the risk of injury and will also be more competent and confident when officiating at the sports event/competition.

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?
- 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.



NZ CHAMPIONSHIPS

PLEASE NOTE CHANGE OF VENUE

2018 NZ Championships to be hosted by
Marching Waikato on 15/16/17 March 2018 now at
CLAUDELANDS EVENT CENTRE HAMILTON.

Official Opening - Thursday, Qualifying March - Friday
and Championship/Plate March Saturday.
ENTRY FEE U/12 \$430, U/16/Snr/Masters \$535

Reversing the *trend*

If you want a different result, you need a different approach. Bring back the fun – that's what Sue Croskery realised when she resolved to do something about declining participation in Gisborne secondary school sport. Back in 2000, when participation levels were first measured, Gisborne was near the top, but by 2012 they were second lowest. "At least let's get back to the national average" Sue said to her school principals. Sue identified the barriers to be overcome, Saturday sport didn't suit many students because they had weekend jobs. It wasn't straight forward for them to get to sport and then home again, which made it less enjoyable. For many families cost was an issue. And, some sports didn't cater for girls; they had a highly competitive women's league, but nothing in place at the entry level that girls could do just for fun. The solution? The school agreed to finish half an hour earlier on Wednesday. Sport NZ Kiwisport funding helped make the programme accessible, meeting the cost of venues and transport there and home again. It was a great success, in just one year participation climbed from 42% to 56%.

Copied from Sport NZ publication 'Let's get fun'

VALUE FOR MONEY

One of my friends asked "Why do you pay so much money and spend so much time running around for your daughter"? Well I have a confession to make, I don't pay for my daughters marching training or her uniform. So, if I am not paying for marching what am I paying for? I pay for those moments when she becomes so tired she feels like quitting but doesn't. I pay for the opportunity that she can have, and will have, to make life-long friendships. I pay for the chance that she may have amazing coaches that will teach her that marching is not just about marching competitions but about life. I pay for her to learn to be disciplined, to learn to take care of her body, to learn to work with others and to be a proud, supportive, kind and respectful team member. I pay for her to learn to deal with disappointment when she doesn't get that medal she hoped for, or forgot her counts despite having practised them a thousand times, but is determined to do her best next time. I pay for her to learn to make and accomplish goals, that it takes hour and hours and hours of practice, and hard work to create a champion, and that success does not happen over-night. I pay so that my daughter can be at a competition day instead of in front of a screen. I could go on but, to be short, I don't pay for marching; I pay for the opportunities that marching provides my daughter to develop attributes that will serve her well throughout her life, and give her the opportunity to bless the lives of others and from what I have seen for many years, I think it is a great investment.

FAIR PLAY is all about

Respect, for the opposition, the referees (Judges) and the rules of the game. **Staying cool**, no matter what happens. **Dignity**, in winning and losing. **Keeping sport fun**. that's why we do it. Everyone involved in sport has a role to play in creating a positive sporting environment that encourages young people to pick up the sporting habit for life. Coaches, Officials, Parents and Supporters all have a significant role to play as role models.

What can Coaches do?

- Encourage players, their parents and supporters to put the principles of Fair Play into action
- Always be positive. never shout at or ridicule players
- Treat all players the same, whatever their ability
- Speak out against cheating, violence and poor behaviour and always respect the Officials

What can Officials do?

- Always be fair and consistent in your decisions
 - Always be positive, and help players, coaches, parents and supporters to understand the rules
- What can Parents and Supporters do?

- Always keep your support positive, criticism often doesn't help
- Respect the Officials and their decisions
- Always speak out against violence and poor behaviour
- Give players, coaches and officials your support, never abuse them