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SPORT NEW ZEALAND

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

Youth sports isn't just about sport.
It's about keeping the fun in the game
and teaching athletes lessons they can
take with them in life



*Wishing all our wonderful Mothers
and Grandmothers a very happy &
enjoyable Mother's Day*

THANK YOU to all our Volunteers

Dot Fairlie (Marching Southland)

As this season comes to a close, Marching Southland would like to thank Dot for being our Music/Announcer for what must be at least 20 years now. The music is always ready to go, display C/D's in the right order making for a smooth even flow at every competition. "Thank you" Dot for all you do for Marching Southland.

MNZ Appointees (Marching New Zealand)

Barbara Newman - Technical Manager
Jan Hoad - Director of Judging
Diane Burton - Publications & Merchandise Co
Sue Stenning - Judging Accreditor
Sherryn Wells - Trophy Custodian
Diane Burton - Social Media Administrator

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



Volunteering

Being good is commendable, but only when it is combined with doing good is it useful. Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in. The broadest, and maybe the most meaningful definition of volunteering: doing more than you have to because you want to, in a cause you consider good.

TECHNICAL CORNER



Personal and Professional Development

Personal and professional development begins with gaining a greater level of self-awareness. This improved self-awareness should direct coaches and judges to the most appropriate courses, programmes and extracurricular activities for achieving their best in their coaching or judging roles.

Self-awareness can be improved by learning about its three main components: the physical, social and spiritual selves. Physical self-awareness is self-image, the way people think of their own bodies. For example, they may think themselves too fat, too skinny, good looking or ugly. Social self-awareness is concerned with how people think others see them, for example, confident, assertive, aggressive, happy or positive and spiritual self-awareness is concerned with how people interpret their intellectual experiences, such as learning and religion.

The three components, combined with people's values, skills, interests, provide them with a level of self-esteem. The following exercise will help improve self-awareness. In the coaching and judging environment, coaches and judges should consider which of these elements they value.

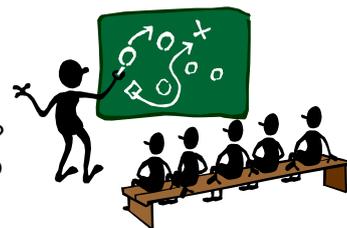
| | |
|---------------------|----------------|
| Achievement | Variety |
| Independence | Flexibility |
| High pressure | High status |
| Working with people | Helping people |
| Creativity | Leadership |
| Challenging work | |

They should then ask themselves which of these are the most important, why this is and whether, in their current position, these values are rewarded. If they aren't, they should think about what they could do to change this. It is important to remember that such values do not alter much over time, and it is therefore wise to check regularly whether they are being acknowledged and rewarded. Lack of value reinforcement can lead to loss of motivation and personal drive, which are two key elements necessary to sustain commitment.

Skills on the other hand, are constantly changing, and therefore should be reviewed from two perspectives. First, coaches and judges should identify and list their present skill bank and, second, the skills they will need in the future. Skills should be grouped under practical, creative, people and communication (both spoken and written). By showing both, what they have already learned and what they still need to learn, this exercise can provide direction for future personal development.

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

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## BUY- SELL- EXCHANGE

Looking towards the new season, if your Team is wanting to buy, sell or exchange uniforms, training kit, display accessories... send details (including a Team contact) to the CEO [ceo@marching.co.nz](mailto:ceo@marching.co.nz) for inclusion in the next Newsletter.

## New Zealand Coach Magazine

Read online at

[www.sportnz.org.nz/get-into-sport/coaching-guide](http://www.sportnz.org.nz/get-into-sport/coaching-guide)

## SAVE THE DATE.....

## ISLAND CHAMPIONSHIPS

NORTH ISLAND CHAMPIONSHIPS  
hosted by Marching Hawke's Bay  
7<sup>th</sup> December, venue to be confirmed

SOUTH ISLAND CHAMPIONSHIPS  
hosted by Marching Marlborough  
15<sup>th</sup> December, Lansdown Park, Blenheim



## OUT 'n ABOUT

Thank you to the Teams and  
Association Officials who  
were out n about at Anzac  
Parades on 25<sup>th</sup> April



## ASSOCIATION NOTES .....

### Laws of Human Communication

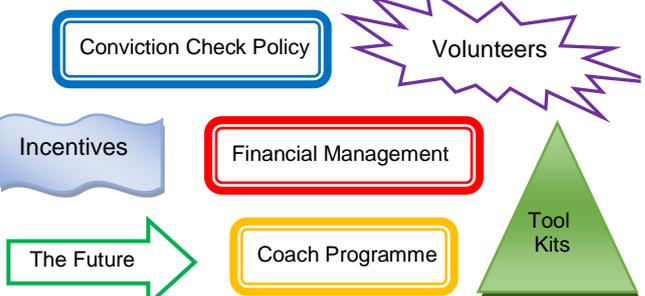
It is not what our message does to the listener, but what the listener does with our message, that determines our success as communicators. People mostly interpret messages in ways which make them feel comfortable and secure. When a person's attitudes are attacked, he or she is likely to defend those attitudes and to reinforce them.

People pay most attention to messages relevant to their own lives and point of view and they are more likely to change when a new experience and communication are combined than through communication alone.

What is said will be interpreted in the light of how, when, where and by whom it is said. Lack of self-knowledge and an unwillingness to resolve our own conflicts make it harder for us to communicate with other people.

### ADMIN WORKSHOP

#### - BRENTWOOD HOTEL, WELLINGTON -



**SATURDAY 22 JUNE 10-4pm**



### In the Diary Competitions & Events

#### JUNE

- 9 Marching Auckland Annual Meeting
- 22 Admin Workshop in Wellington
- 23 MNZ Annual Meeting in Wellington

#### JULY

- 3 Marching Otago Annual Meeting
- 3 Marching Southland Annual Meeting
- 10 Marching Waikato Annual Meeting
- 19 Marching Marlborough Annual Meeting

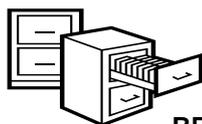
#### AUGUST

- 2 MNZ Board & TWP Meeting in Wellington
- 3 MNZ Board & TWP Meeting in Wellington

#### SEPTEMBER

- 27 National Coach/Judge Workshop in Christchurch
- 28 National Coach/Judge Workshop in Christchurch
- 29 National Coach/Judge Workshop in Christchurch

## MNZ ANNUAL MEETING



### 74<sup>th</sup> ANNUAL MEETING

to be held at the  
**BRENTWOOD HOTEL WELLINGTON**  
Sunday 23<sup>rd</sup> June 2019

The Annual Meeting is a One-Day-Meeting and will commence at 10am and conclude at 4pm

**NOTICE OF MOTION-REMITTS** to the change the **CONSTITUTION, GENERAL BUSINESS & NOMINATIONS** closed on 30<sup>th</sup> April and the **AGENDA** will be circulated late May to all registered Delegates and Observers and to MNZ Life Members on request. **REGISTER NOW** for Early Bird registration prior to 30<sup>th</sup> May of \$95 (late registration will be \$115)

### Women Together Ngā Rōpū Wāhine o te Motu

<https://nzhistory.govt.nz/women-together>

To mark the 125th anniversary of women's suffrage in 2018, an online version of *Women Together: A History of Women's Organisations in New Zealand / Ngā Rōpū Wāhine o te Motu* was prepared.

For the new online edition, the original essays have been updated to include new information about the past 25 years. There are also new images and videos, and links to relevant biographies and historical events. Entries on significant new organisations will be added throughout 2019.

### VOICE OF THE PARTICIPANT (Sport NZ Survey)

Club and traditional membership is changing, and for sports and active recreation organisations there is a need to understand what can be done to keep people engaged. A snapshot of the recent Sport NZ survey revealed

- When people have a better club experience they are more likely to continue to play and advocate for the club
- The top 5 drivers were
  1. Value for money
  2. Fair and provides equal opportunities
  3. Being professional and well managed
  4. Allowing participants to fulfill their potential
  5. Fostering a sense of pride
- Lack of player development programmes
- Better playing surface and playing facilities needed
- Improved quality of coaches required
- 13% of players want to learn & improve skills
- 22% want to have fun
- 33% play competitively, for some the ultimate goal is winning, others just the challenge of the game.

Whakanuia  
Tōu Āhua Ake!  
Celebrating Being Us!



**Bullying Free NZ Week** starts on 13 May, ending on 17 May – the Mental Health Foundation's **Pink Shirt Day**. The theme this year is 'Whakanuia Tōu Āhua Ake! Celebrating Being Us!' The week provides a great opportunity for students to celebrate what makes them unique – such as talents, interests, appearance, disability, culture, beliefs, race, gender or sexuality – and encourage schools to build environments where everyone is welcome, safe and free from bullying.



### What's the REAL value of Sport?

It's more than just a game to New Zealanders

- Kiwis are into sport - 9/10 young people and 8/10 adults participate in sport and recreation
- NZ households spend \$1.3 billion on sports goods and equipment – as much as they spend on dining out
- Around 750,000 volunteers give 50million hours of their time each year to make sport happen.
- Around 1/3<sup>rd</sup> of adults belong to a sport and recreation centre/club/gym-fitness centre
- New Zealand has 15,000 sport and recreation clubs
- Sport makes a big contribution to our economy .... \$5.2billion, 2.8% of GDP
- People employed in Sport & Recreation = 1000 are professional athletes, 11,000 are coaches and instructors and almost 50,000 work in sport & recreation
- \$150m is Councils average spend on the development of sport & recreation facilities (2003-2009)
- Sport is good for us – active workers work on average 1.8 days more than their inactive counterparts
- Keeping New Zealanders active through sport and recreation helps prevent more than 1,126 premature deaths per year
- It makes us healthier and more productive (that's worth \$1b a year)
- It makes our communities stronger and more vibrant