

# NEWSLETTER

JANUARY 2009

From the Desk of the  
Chief Executive Officer

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## In this issue

- ◆ Happy New Year
- ◆ Kids Corner
- ◆ Bright Idea
- ◆ Championship dates
- ◆ Technical Corner
- ◆ Blast from the Past
- ◆ Calendar of Events
- ◆ Coach Accreditations
- ◆ Chaperons Kit
- ◆ Random Rules
- ◆ Health Tip
- ◆ N.A.M.E. competition - Taupo
- ◆ Masters Competition



## Technical Memo's

- ◆ Nil



## Coming up

- ◆ Association Championships
- ◆ NZ Championships



Kiwi Jump & Jive

# MARCHING

NEW ZEALAND

## Happy New Year



### NZ CHAMPIONSHIP ENTRY FORMS

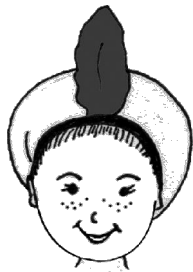
Association Secretaries have the Entry Forms for the NZ Championships - get your entry in early.

**ENTRIES CLOSE SATURDAY 31<sup>st</sup> JANUARY**

## KIDS CORNER

A message from

*Marching Molly*



Happy New Year marchers and I hope you had a great Christmas and got lots of nice gifts. I got some books and music CD's, some new swimming togs and towel that I have used at the pool lots, a new bag and some new socks that will be good for in my marching boots. Over the holidays I have been swimming a lot and have had my friends stay over. We slept outside in the tent which was cool fun. Soon it will be marching practise time again, I can't wait because I am going to Blenheim for the NZ Marching Championships. This will be the first time I have been to the Championships and am a bit nervous but everyone says it is such fun. See you soon

**M**oving together as a team

**A**ll around the field

**R**ight wheel mark time turn

**C**entre file, rank and leader out front

**H**appy smiles and faces too

**I**n time to the music what awesome fun

**N**ice to hear the clapping and cheering

**G**ee we are doing well and having such a great time

Some facts about the – **BIG CATS**

The seven big cats are the lion, tiger, cheetah, jaguar, leopard, snow leopard and the clouded leopard. The leopard stores a large kill in a tree, away from hyenas and jackals, to eat over several days. It also hunts in towns and raids rubbish for leftover food.

Cats are deadly hunters, fast and silent, with strong legs and sharp claws and teeth. All 38 kinds of cat are very similar, differing mainly in size and fur colour. Lions and tigers are the largest cats. Lions live in groups called prides; tigers usually live alone. Most wild cats live in forests, have spotted or patched coats and climb trees well. Some survive in deserts.

Most cats run fast in bursts, but cannot keep going as dogs do. The cheetah is the world's fastest runner, reaching up to 100 kilometres an hour, but for less than 30 seconds.

The lion is the only big cat where the female and male look different. The male is bigger and has long, shaggy neck fur called a mane.

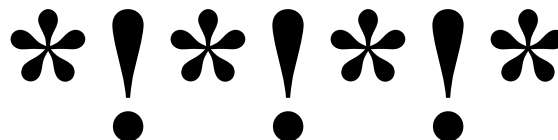
The Siberian tiger is not just a big cat – it's the biggest cat. It measures 3.5 metres long, from nose to tail-tip. This tiger prowls the cold, snowy lands of eastern Asia and is the rarest kind, with less than 200 left in the wild.

To everyone having a birthday in January



**HaPPy BiRThdAy**

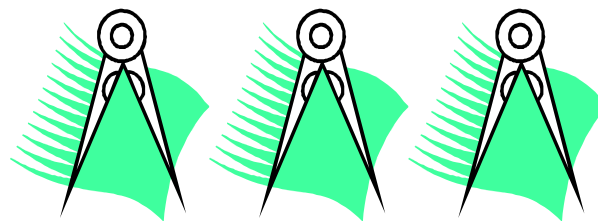
### Bright Idea



**SMOOTHING THE HEMLINE** – At various times throughout the season (especially after the Christmas holiday break) it is quite common for chaperons to have to let down jacket and sleeve hems. To remove the original hemline, first rub it with white vinegar - then wring out a cloth dipped in cloudy ammonia and a little water. Press over the cloth along the line on both sides

### CHAMPIONSHIP DATES

BAY OF PLENTY	7 <sup>th</sup> February 2009
TARANAKI	15 <sup>th</sup> February 2009
AUCKLAND	22 <sup>nd</sup> February 2009
MANAWATU	22 <sup>nd</sup> February 2009
MARLBOROUGH	22 <sup>nd</sup> February 2009
OTAGO	22 <sup>nd</sup> February 2009
NELSON	1 <sup>st</sup> March 2009
WAIKATO	7 <sup>th</sup> March 2009
WELLINGTON	8 <sup>th</sup> March 2009
CANTERBURY	1 <sup>st</sup> March 2009
SOUTHLAND	1 <sup>st</sup> March 2009
NEW ZEALAND	13/14/15 <sup>h</sup> March 2009



### TECHNICAL CORNER

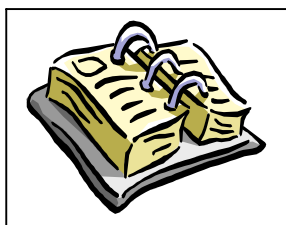


Coaches – stay in touch with your Coaching Co-ordinator with any queries or clarifications you may have. Judges – your Chief Judge is trained to assist you and remember also your Judging Mentors.

## Blast from the Past

### January

- 1949 17<sup>th</sup> January Executive Meeting resolved "that a loan of 50pound be made to the Manawatu Centre, the repayment to be a first charge on the revenue of the NI Championships"
- 1954 Marching Teams throughout the country marched for the Royal Tour of the Queen and Prince Philip
- 1954 16<sup>th</sup> January the first North Island Junior Championships were held in Wellington at the Petone Rec. 15 teams competed and was won by Sargettes of Wellington



## Calendar of Events

### January

- |    |             |             |
|----|-------------|-------------|
| 25 | Competition | Hawke's Bay |
| 25 | Trophy Day  | Canterbury  |

### February

- |    |                           |               |
|----|---------------------------|---------------|
| 1  | Competition               | Wellington    |
| 1  | March N Go (3)            | Canterbury    |
| 7  | Championships             | Bay of Plenty |
| 14 | Competition               | Waikato       |
| 15 | Taranaki Championships    | Inglewood     |
| 15 | Competition               | Wellington    |
| 15 | Southern Shield           | Timaru        |
| 21 | Competition               | Waikato       |
| 22 | Championships – 2 marches | Auckland      |
| 22 | Championships             | Manawatu      |
| 22 | Championships             | Marlborough   |
| 22 | March n Stay (3)          | Canterbury    |
| 22 | Championships             | Otago         |
| 22 | Championships             | Southland     |
| 28 | NAME Extravaganza         | Taupo         |



A big thank you to SPARC for continued support to the sport of marching

*Congratulations everyone on your achievements at the Regional Championships*

## CONGRATULATIONS COACHES

### LEVEL ONE ACCREDITATION –

- Sarah Rhodes (Canterbury)*  
*Rebecca Crighton (Southland)*  
*Kellee Hood (Canterbury)*  
*Nicki Rillstone (Marlborough)*  
*Stacey Solomon (Otago)*  
*Kate-Marie Simonsen (Otago)*  
*Sharlene Taylor (Auckland)*  
*Belinda Moody (Hawke's Bay)*  
*Margo Jackson (Bay of Plenty)*  
*Lisa Sullivan-Moroney (Hawke's Bay)*  
*Tracey Tredinnick (Bay of Plenty)*  
*Lianne Wastney (Nelson)*  
*Alana Diver (Canterbury)*  
*Tara Gowland (Manawatu)*

### LEVEL TWO ACCREDITATION –

- Elza Maulder (Hawke's Bay)*  
*Julia Virtue (Marlborough)*  
*Marie Pope (Marlborough)*  
*Sandy Bellwood (Wellington)*

**Postage rates** – please be careful when posting registrations, funding applications and NZ entries that require deadlines and especially in A4 envelopes. Many have been delayed and some opened and even returned due to insufficient postage.

# NZ CHAMPIONSHIPS ENTRIES CLOSE SATURDAY 31<sup>st</sup> JANUARY 2009

**Recovering** – Great to hear that the Central Command Under 16 marching team have all come through their accident ordeal whilst travelling to Dunedin for the Mainland Challenge on 4<sup>th</sup> December, a horrific experience for everyone concerned. Coach Nicki and Chaperone Geraldine are still recovering but well on the road to recovery and mended bones

Some tips from within the **CHAPERONS KIT**

## STRATEGIES OF SPEEDY RECOVERY-

1. Rehydrate quickly after a long workout and remember that sports drink, cordial and fruit juice provide carbohydrates as well as fluid.
2. If the next session is less than eight hours away, try to schedule a snack or your next meal within 30-60 minutes of finishing the first workout.
3. Many athletes do not feel like eating after a heavy exercise session. In this situation, drinks or a light snack can be an inviting option until the next meal is possible. An intake of 50-100g of carbohydrate will start the refuelling process.
4. Note that carbohydrate snacks providing protein and other nutrients may promote speedy repair of any damaged tissues.
5. If home is far away and there are no suitable food outlets at your training or competition venue, be prepared and take your own supplies.

## 50g SERVES OF CARBOHYDRATES in –

- 800-1000ml sports drink
- 500ml fruit drink or soft drink
- 250-350ml fruit smoothie
- 250-350ml liquid meal supplement
- 50g Barley Sugar
- 2 cups breakfast cereal and skim milk
- 1 cup of thick vegetable soup and large bread roll
- 3 muesli bars or 2 cereal bars
- 3 medium-large pieces of fruit
- 1 jam or honey sandwich (thick sliced bread, a lot of spread)
- 2x 150g low-fat fruit yoghurt
- 2 cups fruit salad and ½ carton of low-fat fruit yoghurt
- 1 large bread roll and banana filling

**Random Rules** - Constitution and Rules of Participation

## RULE 2 OBJECTS

The Objects of Marching New Zealand are to:

- 2.2 Create opportunities for all participants (eg competitors and non-competitive display performers), both in New Zealand and overseas, to reach their potential and gain maximum enjoyment from their participation.

## RULE 3 POWERS

The Powers of Marching New Zealand are to:

- 3.4 Establish rules and conditions for the operation of Associations, their Clubs, Teams and Members.

## RULE 12 DOCUMENTS

The Board shall provide for the safe custody of books, documents, instruments of title and securities of Marching New Zealand.

## A13.1 CONTINUATION IN OFFICE

Members elected or appointed to a position on or by the Board, an Association Committee or a Club Committee will continue in that position, unless having resigned earlier, until the conclusion of the meeting where an election or appointment to that position is made.

## A16.6 MEMBERSHIP & REGISTRATIONS

The Board may grant Honorary membership, for a specific limited period of time, to any Australian Marching or other Overseas Marching or Drill Team wishing to take part in any Championship, Competition, Display or Gathering organised by Marching New Zealand or an Association.

## A19.4 COMMUNICATIONS

Associations are to forward to the Chief Executive Officer, a copy of the minutes of each Association Committee meeting, as soon as practicable, but no later than one (1) month after the date of the meeting, with an extract of the minutes by way of reportage from the Coaching Co-ordinator being forwarded to the Technical Manager and Director of Coaching and from the Chief Judge being forwarded to the Technical Manager and Director of Judging.

## NZC6 SPONSORSHIP

Where the naming rights for New Zealand Championships are provided to an outside company or organisation under a Sponsorship arrangement entered into with Marching New Zealand, then Teams must provide appropriate support to that company or organisation and its products or services, as part of the conditions relating to their entry, unless authorised otherwise by the Board.

## RAC14 REPLACEMENTS

Criteria in respect to Replacements will be laid down in the Drills and Routines.

## RAC17 KIWIMARCHING/LEISURE GRADES

Marchers who have taken part in a Masters, Senior, Under 16, Under 12 or Fernz Grade at a Championship or Competition, may not also take part in the KiwiMarching or Leisure Grades at that Contest

## RAC20 DISQUALIFICATION

No one person shall have the authority to disqualify a Team.

## RAC21 WEATHER CONDITIONS

Should inclement weather prevail in respect of an Association Championship or Competition, the President, Secretary, Coaching Co-ordinator, Chief Judge and Chief Marshal will confer and decide on appropriate action. Should such conferral result in an inconclusive decision (equal number of opinion for and against), then the Secretary will make the decision.



**Brentwood**  
HOTEL

