

NEWSLETTER

MAY 2009

From the Desk of the
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Technical Memo's

- ◆ Nil



Coming up

- ◆ Waitangi Day
- ◆ Valentines Day
- ◆ Association Championships
- ◆ NZ Championships



Kiwi Jump & Jive

MARCHING

NEW ZEALAND

Being a Mother

Somebody said it takes about six weeks to get back to normal after you've had a baby. That somebody doesn't know once you're a mother, "normal" is history.

Somebody said being a mother is boring..... that somebody never rode in a car driven by a teenager with a driver's permit.

Somebody said the hardest part of being a mother is labour and delivery. That somebody never watched her "baby" get on the bus for the first day of school.

Somebody said if you're a "good" Mother, your child will "turn out good" That somebody thinks a child comes with directions and a guarantee.

Somebody said "good" Mothers never raise their voices. That somebody never came out the back door just in time to see her child hit a golf ball through the neighbour's kitchen window.

Somebody said a Mother can find all the answers to her child-rearing questions in the books. That someone never had a child stuff beans up his nose or in his ears.

Somebody said a mother's job is done when her last child leaves home. That somebody never had grandchildren


Mother's Day

KIDS CORNER

A message from

Marching Molly



WOW didn't the holidays go real fast? Must be because Easter was in the holiday too and I was lucky to get to go away for some of the holidays. I went and stayed with my cousins at our Nanna's house. It was great fun catching up and we did lots of things like going to playgrounds, swimming at the indoor pool, going to the movies, having fun at the beach, and doing some craft things. We were even allowed to stay up and watch the final of Dancing with the Stars. My favourite was Tamati, he is so cool. We thought that marching with the stars would be a fun thing to do. I would pick Tamati to be in our team. We are not having any marching practise as we are having a 'holiday' but we are staying together as a team and next week we are all going out to the movies. Have fun back at school

.....
Some more facts about – **SKELETONS**

Bones Bones aren't the dry, lifeless things you might imagine. They are living, growing tissue, full of blood vessels and nerves. Bones are alive, if they weren't, broken bones would never mend. If a broken bone is put in a plaster cast (to keep it in position) it will usually heal well in a couple of months.

Honeycomb Centre Bones aren't solid all the way through. They are like a tube with spongy material inside. The inside layer looks like honeycomb

Hard stuff Your bones are four times stronger than concrete. The jaw is the hardest bone in the body. Bones need a regular supply of calcium to help them grow and remain strong. So make sure you drink plenty of calcium-rich milk and eat lots of green vegetables.

Old bones In 1974 part of a three-million year-old female skeleton was found in Ethiopia. Scientists nicknamed her Lucy, after the Beatles' song 'Lucy in the Sky of Diamonds'. She is one of the oldest humans ever discovered.

X-rays Wilhelm Rontgen discovered X-rays in 1895, when he noticed that some high-voltage electrical equipment he was experimenting with gave off rays that passed through the skin but not through bone.

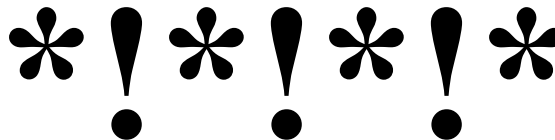
Busy beetle The flesh-eating larvae of Dermestid beetles are used to clean muscle and other tissue of skeletons for natural history collections.

To everyone having a birthday in May



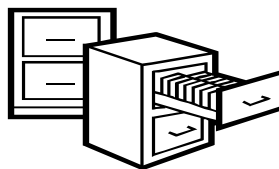
HaPPy BiRThdAy

Bright Idea



To remove biro ink stains, rub the affected area with a cotton bud soaked in eau-de-cologne

MNZ ANNUAL MEETING



ANNUAL MEETING

to be held at the
Brentwood Hotel, Wellington

Sunday 28th June 2009


Brentwood
HOTEL

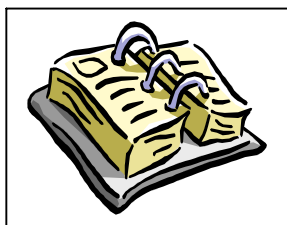
NOMINATIONS FOR BOARD

Nominations for the positions of Director of Finance and two Members for the Board of Marching New Zealand to be received by the CEO no later than 10th May. A précis penned by your nominee/s to be included with the nomination.

REGISTRATION

Registration fee - \$50.00

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*'Change is not made without inconvenience, even from worst to better' – Samuel Johnson*



## Calendar of Events

### June

28 MNZ Annual Meeting Wellington

### August

15/16 Coach/Judge Workshop Wellington

30 Publicity Workshop Wellington

## Snippets from Team reports ....

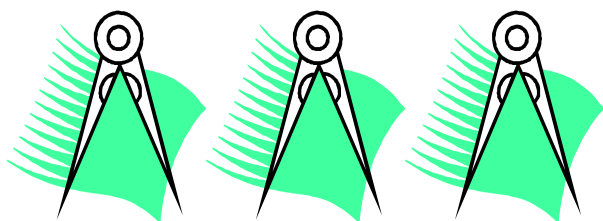
If anyone knows of Under 16 aged girls out there please let us know – we are not scared of training girls new to our sport!!!!

### End of season accounts in with our Treasurer for season completion.

*Girls are now having a very well deserved break while I complete some pre-season planning.*

The season is coming to a close for our kiwi's, with only one more march to attend. It's been an experience as well as a pleasure. The most rewarding is to see those girls who are quiet, less confident and shy participate fully at a practice, smile, be their own person and finally get on the field do their thing and enjoy themselves.

*We have got wonderful parent support who have appreciated and enjoyed the season, especially in terms of the way the comps have run for the kiwi grade.*



## TECHNICAL CORNER



**Congratulations** Judges on your recent accreditations

2009 Coaches /Judges **Combined Workshop** will be held on 15<sup>th</sup> & 16<sup>th</sup> August - more details to follow. Accommodation bookings can now be made at the Brentwood Hotel quoting Ref No 15607



## Blast from the Past

Items for the Annual General Meeting 1954

- There was no discussion on a remit from Auckland that - a three-inch shorter pace in the slow march than in the quick march apply to juniors. It was carried.
- A Waikato remit concerning uniformity of judge's sheets was amended and carried as a resolution that the Dominion Chief Judge should submit pro forma judges sheets to Centres for them to copy for the use of their own judges
- On the motion of the South Canterbury Centre - that a position inside the enclosure be set aside for instructors and chaperons of competing teams, such position to be selected by the Chief Judge. No person other than officials directly required (i.e. judges, marshals, timekeepers, pace-counters, ambulance, and bandsmen) to be permitted inside the enclosure except at the direct request or invitation of the Chief Judge, who shall have complete control of the contest.
- A decision based on a Wanganui remit which was amended was that no member of a senior team who has any connection with a junior team competing be allowed to judge junior teams at Island or National Championships
- On the motion of Nelson Centre it was decided to elect a senior vice-president, who shall be a president-elect. Nelson's object was to give the president-elect a years experience before assuming the national office.
- A Wanganui remit passed was that Centres holding Island or National Championships be allowed to appoint their own announcer for broadcasting if they so desire.
- Among the defeated remits were three from Wanganui which were for two pace judges to march with the teams, another sought the replacement of discs by flags, and the third sought the adoption of the March Plan in future for two consecutive seasons.

# Kiwi Jump & Jive

## HEALTH TIP

**Under pressure....** 'busy' has become the buzz word of the 21<sup>st</sup> century. Therefore, it is of no surprise that stress levels are soaring. Modern day men and women tend to carry stress around due to work and family commitments.

**So what is stress** ... Most of us react to stress differently but it is basically an emotional condition generally experienced by a rapid heartbeat and increased breathing. When our body receives a stress signal it automatically releases stress hormones, magnesium, calcium and the nerve cells tell our heart and muscles to speed up.

**What are the signs?** People experience stress in different ways but stress is generally accompanied by feeling tired or run down, weight loss or gain, frequent headaches, feeling anger or frustration and becoming critical about ourselves and others.

**How to manage them?** When experiencing stress, try to find ways to combat it. Exercise is a great form of stress relief as it increases endorphins. Try deep breathing or other relaxation techniques such as yoga. Also keep your diet under control. Many people under stress pick poor eating habits or start skipping meals. Most of all we should not waste time worrying about situations beyond our control and instead learn the art of dealing with them in a stress-free manner.

**Can supplementation help balance stress?** Prolonged periods of stress are greatly responsible for the change in our body's magnesium and calcium ratio. During extended periods of stress we start becoming magnesium deficient as our body starts using higher levels to cope. Sometimes even a nutritious diet cannot assist in maintaining the balance. That is when you need to talk to your chemist consultant about the use of supplementation.

**Stress-busters....** Taking extra nutrients or supplements can ensure that our body has the adequate amounts of essential vitamins and minerals to help with stress management. Vitamin B complex has a primary role in our body of keeping our nervous system functioning well. Vitamin C and E are known antioxidants and protect our body against free radical damage and under long periods of stress, there is usually a depletion of magnesium in our body.

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### **PUBLICITY WORKSHOP**

to be held at the  
**Brentwood Hotel, Wellington**  
Sunday 30<sup>th</sup> August 2009  
10am – 4pm

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

### **RULE 4.4.1 Membership Fees**

Any membership fees, for each category of membership shall be the sum determined by any Annual Meeting of Marching New Zealand and the Annual Meeting of each Association.

### **RULE 4.4.4 Membership Fees**

New applications for membership from 1 April and before 1 October in the same year, shall after approval, continue in membership until 30 September the following year.

### **A7.4 BOARD APPOINTMENTS**

Any Member may apply in writing for any one of the positions; such application to be presented to the Chief Executive Officer by 10 May, in respect of the appointments which come into effect the following 1 July.

### **A11 COACHING /JUDGING ACCREDITATION**

There will be Accreditation Schemes for Coaches and Judges.

### **A18.3 RECESSED ASSNS /CLUBS /TEAMS**

Where, in the view of an Association Committee, a Club or Team is unable to function in accordance with the required Committee structure (in the case of a Club) or Composition (in the case of Teams), unless the Association Committee is satisfied that it is merely not registering for one season, it will be declared to be in recess by the Association Committee and its assets passed over to the Association Committee to be administered, with the funds held in a separate trust account, for the future benefit of the Club or Team for a period of two years. If during this two year period the Association Committee approves an application from a Coach/s together with a Chaperon/s, Manager and Treasurer and have sufficient Marchers to meet the minimum numbers requirements of participation in the phase/s to use the Club or Team name for the purpose of re-activating the Club or Team concerned, then the Association shall provide the assets and funding held in the trust account for the purpose of that Club or Team re-forming. Should the Club or Team not re-form within the two year period, then the Association Committee shall use the assets and funding for the furtherance of the Sport in the Association's area of administration.

### **A21.4 TEAM STRUCTURES**

In order to obtain membership as a Team Coach, a person must be a holder of the MNZ Level One accreditation within twelve months of registering as a Team Coach. For a person registered as a Team Coach as at 30 June 2001, they will be given twelve months from that date to become a holder of the MNZ Level One accreditation

### **OM1.2 INTERNATIONAL CHALLENGE**

That an International Challenge contest or gathering, when conducted in New Zealand, be controlled by the Board, with an Association co-opted for organisation purposes in accordance with conditions laid down by the Board.

### **RAC2.6 CONDUCTING OF CHAMPIONSHIPS**

Marching Championships and Competitions are a competitive exercise between Teams, involving Set Drills and Routines (being the Technical Drills phase), Team devised Drills and Routines (being the Display phase) and Uniform Wearing, such conditions and the judging thereof being approved each season by the Board at the Board's May meeting, and promulgated to Associations by 1 July for application from that date.

## BOARD APPOINTMENTS

As per ROP A7.4, applications in writing close with the CEO on 10<sup>th</sup> May for the following Board Appointments.

Technical Manager  
Director of Coaching  
Director of Judging  
Coaching Accreditation Presenter  
Judging Accreditor  
Marketing Co-ordinator  
Trophy Custodian  
Publications & Merchandising Co-ordinator

All applications will be considered at the Board Meeting on the 24<sup>th</sup> May 2009. Term of appointment is for 12 months effective 1 July 2009.



## HAPPY MOTHERS DAY



to all the wonderful  
marching Mothers and  
Grandmothers

## KIDS and Sport....

### “HOW TO BE A POSITIVE SPORT PARENT”

As parents we have a major impact on our children having positive experiences with sport. It makes sense that we spend time checking and confirming that what we do, say and think is consistent with what sport and recreation is about for our children. This is a “child centred” approach and not only ensures that our children enjoy sport but also helps maximise their development.

These are a few guidelines for you to consider:

- ✓ Emphasise fun while learning new skills
- ✓ Build your children’s self-esteem by focusing on improved social, physical and technical skills and not just the outcome.
- ✓ Be sure to help your children to set specific, realistic *performance* goals rather than outcome goals (ie “count how many accurate passes you made” “count how many times you are in lots of space” rather than “try to score three goals today.”)
- ✓ Support the principles of fair play – respect players, opponents, officials, rules and coaches.
- ✓ Encourage other activities so that sport is only one *part* of your children’s lives.
- ✓ Get interested in your children’s sport. Learn the rules, attend pre-season meetings, practices and competitions.
- ✓ Be a good spectator and remember that you are the guest. This includes cheering positively. Negativity will undermine morale, whereas positive reinforcement will encourage further improvement.
- ✓ Encourage your children to choose positive sport role models.
- ✓ Be cautious in discussing scholarships, Olympics and professional aspirations with youth, as it may produce unneeded pressure.
- ✓ Support honest competition.
- ✓ Discuss coaching concerns you may have away from your children.
- ✓ Reinforce the coach’s instruction when practicing at home with your children.
- ✓ Support your child to try things and to feel ok about making mistakes, it is part of the learning process.



**'25 ways to be happy' -**

7. **Don't try to keep up with the Joneses.** So they've got a swimming pool, the latest hi-fi system, a new car – who cares! Look again. He works on the weekends and they never seem to see friends. Who's better off, really?
8. **Have a big clean out and divest yourself of useless 'stuff'.** Clothes unworn for a year, the dinner service that you've always hated, kitchen utensils that are always in the way but never used, unused linen (you still have cot linen on the shelf and the 'baby' is six!), toys, books, furniture – give it all to a charity and you will have helped young families starting out, students and the poor. The bonus is that your shelves and cupboards are clutter-free now. Housework is easier, your vision is clearer and the feng shui of your home is improved.
9. **Learn to say no.** You don't have to do it. Your life is already too busy and you are running from one thing to another. Give yourself some space to think and time to do something yourself.
10. **In your relationships** – remember to love your partner for who he or she is. Have they really changed so much? Or (think about it!) might he/she actually be the same person that you fell in love with? The relationship might need some work – everything needs some repair work or maintenance after a few years of running – but the parts should still be in working order?

## JUDGES ACCREDITATIONS

Congratulations to the following Judges who have achieved their accreditations this season.

### National Accreditation

Technical A David Miller (Wellington)  
Display Tessa Conrad (Canterbury)  
Display Vicky Yates (Otago)

### Qualified Accreditation

Technical C Bruce Harman (Waikato)  
Display Nicky Kergozou (Southland)  
Display Sarah Forth (Taranaki)  
Display Lara Porter (Waikato)  
Display Lara Findlay (Marlborough)

*Give time to love, give time to speak!  
And give time to share the precious  
thoughts in your mind.  
And always remember, Life is not  
measured by the number of breaths  
we take, but by the moments that take  
our breath away.*

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Some tips from within the **CHAPERONS KIT**

### Eat enough for Activity and Growth –

Children need to eat a variety of different foods to stay healthy and grow. The more active a child is, the more energy they need from food.

- Offer healthy snacks and water often when your child is being active.
- Encourage all children to be more active so they are able to maintain a healthy weight.
- Reduce inactivity such as TV viewing and computer screen time to avoid children becoming overweight.

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# THANK YOU to all our Volunteers

With all the sadness and trauma going on in the world at the moment, it is worth reflecting on the death of a very important person, which almost went unnoticed. Larry LaPrise, the man that wrote 'The Hokie Tokey' died peacefully at the age of 93.

The most traumatic part for his family was getting him into the coffin.

They put his left leg in... and then the trouble started.

We are now in the marching 'off season'. But alas, the season never ends. On the field marching may have ended for the 2008-2009 season, the end of year accounts are now in the hands of the Auditor, the Annual Meeting is now being organised.

Enjoy the a wee break from competitive marching and then start preparation for the Annual Meetings, checking first that your copy of the Constitution, Rules of Participation and Policies are up-to-date.

Have a great month

*Diane Gardiner*

[www.marching.co.nz](http://www.marching.co.nz)