

NEWSLETTER

SEPTEMBER 2009

From the Desk of the
Chief Executive Officer

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In this issue

- ◆ Volunteer Coach
- ◆ Kids Corner
- ◆ Bright Idea
- ◆ Wanted/For Sale
- ◆ Technical Corner
- ◆ Coach on-line news
- ◆ Out n About
- ◆ Health Tip
- ◆ Workshop Dates
- ◆ Calendar of Events
- ◆ Blast from the Past
- ◆ Chaperons Kit
- ◆ Championship Dates
- ◆ Kids and Sport
- ◆ Regional Championships
- ◆ Random Rules
- ◆ Publicity Workshop



Technical Memo's

- ◆ Technical Drills changes



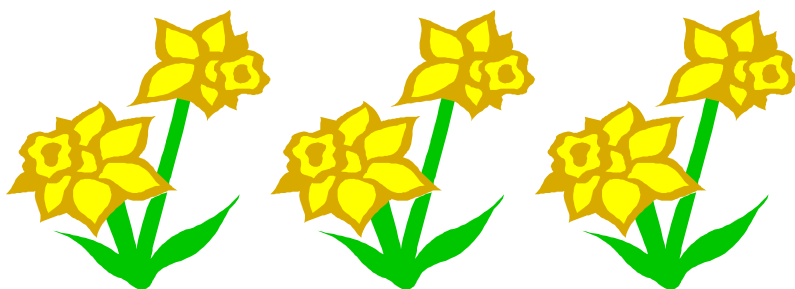
Coming up

- ◆ Level One Accreditation
- ◆ Field Days



Kiwi Jump & Jive

MARCHING NEW ZEALAND



Spring is in the air, daffodils and blossoms' in full bloom. Next is the beginning of a new marching season. Association Committees are planning Field Days, Opening Days Teams are recruiting marchers, sorting uniforms Judges too are recruiting, preparing and up-skilling It's all go again, another marching season is about to begin.

Diane Gardiner

Congratulations to all Coaches nominated for the VOLUNTEER COACH OF THE YEAR supported by SPARC (Sport and Recreation New Zealand) in association with Wattie's and your local Regional Sports Trust.



HAPPY FATHERS DAY

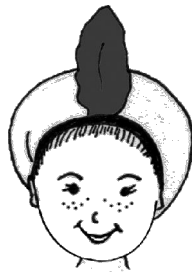


to all those Marching Fathers and Grandfathers

KIDS CORNER

A message from

Marching Molly



Since last month I have been to two get-togethers of our team. Last Saturday after netball we all met at the park to welcome three new girls to the team and played some games. Our Co Coach Sarah is really neat and she made up this cool treasure hunt game for us to play. It had marching instructions in it to test our memory from last season. After, we had a talk about the design and colours of our new uniform.

We all voted for our Coach to be the Volunteer Coach of the Year. In October there is a Coaches breakfast where they announce the regional winners. Both Lisa and Sarah are going to go to the breakfast, they tell us it is being at McDonalds but we think it will be at a nice venue perhaps a hotel.

I am getting excited because practise starts for our team this month and we will be told when the competition days are going to be for the season and where we will get to travel to

.....

Did you know –

After being removed from the body, the **lungs** can survive longer than any other organ

You have bones in your body that are not attached to any other bone. The **'floating' bones** are your triangular kneecaps and the horseshoe-shaped hyoid in your neck

The **heart** pumps blood around your body with enough pressure to squirt it 9metres away

Malaria is caused by parasites in the saliva of mosquitoes that get into the human bloodstream. The parasites multiply in the liver and red blood cells.

Short-sighted people have bigger eyeballs than those who are long-sighted.

Those bumps on your tongue are called **papillae** and they contain your taste buds. You were born with 10,000 taste buds but they die with age, so your grandparents may have only 5,000

Your **teeth** are soft in the middle! The outside is made of enamel, which is the hardest substance in your body. Inside is squidgy stuff called pulp, made of nerves, blood vessels and tissue.

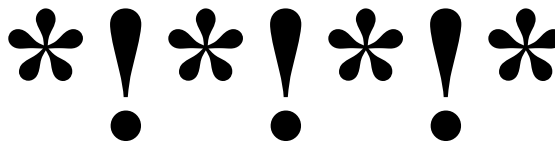
Blood is made up of 92% water

To everyone having a birthday in SEPTEMBER



HaPPy BiRThdAy

Bright Idea



Invite yourself to the local school assembly and give a 2 minute presentation on the benefits of marching and how to join a local team. Even better, if you can have a marcher (or two) dressed in a team uniform. Finish by arranging to be at a specific location, maybe Room 6 or Netball Court 2 during the lunch break or after school to take names and contact details of those interested in joining.



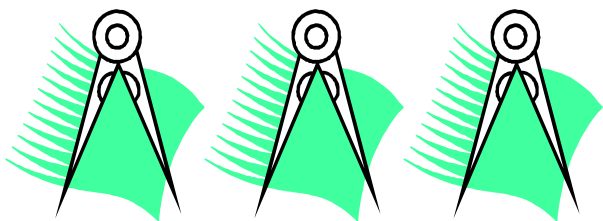
SPARC
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Sport & Recreation New Zealand

WANTED

TRAINEE JUDGES – in every Association. Contact your local Association Chief Judge or MNZ Director of Judging Graham Blue, phone 09 424 4223 or email gwblue@xtra.co.nz for more information

For Sale

UNIFORM – very smart black & white uniform comprising tracksuit jacket and 'polo' shirt ideal with black trousers, shorts. ¾ pant or skirt. Optional extras include sleeveless vest, long sleeved top and tracksuit pants. It can be supplied with complimentary sun visor, clipboard and red biro, and an incentive for adding a Black Blazer. FREE or greatly subsidised to interested persons; Contact your local Association Chief Judge or MNZ Director of Judging Graham Blue, phone 09 424 4223 or email gwblue@xtra.co.nz for more information



TECHNICAL CORNER



Lisa Tolmie from Nelson has been appointed Director of Coaching. Her contact details are – Mrs Lisa Tolmie, 24a George Street, Richmond Nelson 7020
Email: steve-lisa@paradise.net.nz

The TWP needed to make several changes and have been busy getting emails out. Coaches/Judges should check with the Coaching Co or Chief Judge to make sure they now have the updated pages. No doubt this will be covered at the next Coach/Judges meeting. A brief summary of changes include

Email sent 08/08/09

Amended technical details

Standard Drills - Page 14, Paragraph at bottom of page

Senior Grade – Page 5 - pause one beat in the Slow March has been removed

Masters Grade – Page 6 - pause one beat in the Slow March has been removed

Under 12 Grade - Review and Inspection - bold print

Under 12 Grade - Disc 4, Only need to reprint Page 5

Fernz - Your Leader 'may' finish on the disc for the R & I but there is not an expectation.

Under 16's - You're all good to go!!!!

Standard Drills for the Fall In & Inspection

(this year known as Review and Inspection). In the original email out with the new Techs and R & I's you were asked to remove the Standard Drills for the Fall In & Inspection - this was a "woops". Maybe some of you never removed them in the first place - good for you, however contact your Coaching Co for a new copy if you did

Email sent 09/08/09

Under 12 – standard Review & Inspection Drills

Under 16 – standard Review & Inspection Drills

Email sent 27/08/09

General Specifications - Page 13,14,15,16 - No changes on page 15. General Specs have not been electronic so have started and seemed like a good idea to run 4 pages together. Rest have highlighted changes like clarification of armswing height, reg paces etc

Policies & Operations Manual - All grades bar Masters, just highlighted changes.

R & I - Senior, U/16, U/12 - all highlighted. They were marching 9, 5, 5 paces and now going 9, 5, 9. Seniors Special Halt has changed.

Standard Drills for the FALL IN AND INSPECTION, now renamed to REVIEW AND INSPECTION Plus have added the Standing Easy drills back in. Coaches to note, that some of these drills will not be used in the 2009/10 season but they must remain because they are our "Standard Drills". Note that in the Reviews the word "special" has been used to show what is required for a particular drill for this season

Senior Grade – page 6 Disc 11

Under 16 Tech Drill Page 3 - looks like no change but the words "(finishing in the position of attention)" have been deleted in Disc 1, first phase.

Page 6 - no changes but just want to make sure pages all link.

Page 7,8,10,11,12,13 - highlighted changes

General Specifications 2009 - just PRINT PAGE 3 AND 4 ONLY

Under 12 – page 5 Disc 4

Email sent 28/08/09

Updated Fernz Grade R & I with better commands and now 9/5/9 paces to line up with the others.

Updated Senior R & I with the new measurements on there and the disc colour changed to White.

Under 12 R & I Drills in PDF form, previously in Doc form

Email sent 29/08/09

Display Performance Criteria page 3

Email sent 01/09/09

Under 16, Page 10 – updated



SPARC COACH ONLINE WINTER ISSUE

The latest issue of Coach Online is now available at <http://www.sparc.org.nz/sport/coaching/new-zealand-coach>

Coach Online gives coaches access to information and interviews on coaching in a user friendly e-magazine format. Articles include: -

- information on SPARC and the NZAS's Coach Accelerator programme;
- an interview with SPARC's General Manager Community Sport and Recreation – John Reid, about his views on grassroots sport, its influence on young people and the need for quality coaches at this level; and
- reflections on SPARC's Winning on the World Stage event by world renowned Sports Psychologist, Ken Ravizza

'Those who dream by day are cognisant of many things that escape those who dream only at night.'

Edgar Allan Poe – American short-story writer, editor, poet and critic. 1809-1849

OUT 'n ABOUT

Where have all the marching girls gone.... are they Out n About? They have been in ...

WELLINGTON - When the Glennette teams participated at an All Black game, it was a cold and wet day and the organizers had wanted the girls in tracksuits rather than uniforms.

HEALTH TIP

Spring back.... Sometimes it takes a while for our bodies to get out of hibernation mode and back into action. The best way to get more energy and enthusiasm into your day is to just get out there and do some exercise. Because you've probably been spending a bit of time inside, a really great way to get active, is to go for a walk in your nearest park or beach. Other suggestions including making sure you get enough sleep and boosting your diet with a variety of fresh fruit and vegetables.

Sneezes and snuffles.... The best defence against spring allergies is a good offence, this mean being smart inside the home as well as outside. Don't let cats sleep on the bed, or even in the bedroom, and wash linens weekly in hot water to help kill dust mites. Showering and washing your hair before going to bed is also helpful, because you won't be rolling around in pollen all night. If you are susceptible to allergies plan your outdoor activities (where possible) for later in the day when pollen levels are lower. However, sometimes no amount of good planning can prevent the inevitable discomfort of allergies, for relief speak to your Pharmacist.

Smooth and suppleSpring is all about rejuvenation, so it's a great time to get rid of the dry flaky layers of skin that have built up over winter. Exfoliation is a simple but effective method for removing the extra layers for softer smoother skin. Remember that dry skin is an indicator that your body is not getting all it needs, so make sure that you drink plenty of water throughout the day.

Weight management naturally ...Weight crisis is an all year round issue for some people but as summer approaches it niggles at us even more. Many factors play a part in weight gain such as genetics, illness, medicines, emotions and even the modern world of convenience and technology. You may not be able to control all the contributing factors to weight gain but you can manage your weight by being committed and making changes to your eating and physical activity habits. A healthy eating plan and regular exercise are the building blocks of a healthy weight management programme. A healthy eating plan simply means 'eating right' and adopting good eating habits. Plus eat breakfast daily, have at least 3 meals, dish up smaller servings, drink lots of water and turn to healthy snacks when you get hunger signals. And you don't have to be an athlete to benefit from exercise; even moderate amounts of physical activity can take you one step closer towards your weight goal. Get adequate exercise to improve your metabolic rate, burn calories and feel better about yourself.

2009 WORKSHOPS

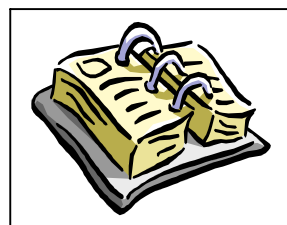
MNZ Accreditation Level One

5 Sept 2009, venue to be confirmed in Hamilton
 6 Sept 2009 venue to be confirmed in Christchurch
 12 Sept 2009 venue to be confirmed in Blenheim



Congratulations
Marching Hawke's Bay

 1st Association to register for the
 2009-2010 marching season



Calendar of Events

September		
5	Level One Accreditation	Hamilton
6	Level One Accreditation	Christchurch
12	Level One Accreditation	Blenheim
20	Field Day	Marlborough
October		
11	Field Day	Wellington
11	Field Day	Nelson
11	Field Day	Canterbury
11	Field Day	Southland
17	Field Day	Waikato
17	Field Day	Bay of Plenty
18	Field Day	Hawke's Bay
18	Competition	Manawatu
18	Opening Day	Nelson
18	Opening Day	Marlborough
18	Opening Day – March & Go	Canterbury
18	Field Day/Opening Day	Otago
18	Opening Day – March Twice	Southland
31	Competition x 2 marches	Waikato
31	Opening Day	Taranaki





Blast from the Past

From the
Annual Meeting - 15th - 17th June 1984

- 58 Executive and Delegates in attendance
- Annual Report referred to Sub Committee work including - Administrative structure, Evaluating the membership recruitment replies from Centres, Evaluating replies from Centres on 'Operation Lifeline', Formulating information leaflets, Evaluating replies from Team interviews to ascertain how we can improve the image of our sport, Preparation of booklet to introduce Marching into Schools, Investigating and formulating proposals for the conducting of Open Island Championships.
- Fifteen Centres continue to exercise their right to function out of twenty provided for under the Constitution
- Notification received that the 6th Inter-Dominion Championship will be held in Sydney on 26th January 1985
- The United Building Society sponsored the 1984 NZ Marching Championships and met the cost of purchasing the trophies for the 2nd Division
- The NZ Executive Committee once again indicated its support to the Arthritis and Rheumatism Foundations national appeal where marching will once again receive substantial nation-wide publicity by way of TV advertising and press and radio reports from its involvement in the appeal and the image our marching girls portray to the general public will assist in building up goodwill for our sport
- Auckland fielded the most teams with 48, a loss of 7 from the previous year.
- Manawatu had the biggest increase in teams, an increase of 6 from the previous year to 20
- Total membership was 5285 members, a decrease of 3 on the previous year
- The Chief Judge had formulated definite ideas on a new judging system and intended to work on these during the next season. With the advent of the 18 March Plan/Set Drill booklet this will give the time needed for the co-ordination of an evaluation judging system
- 81 remits were tabled
- A Fine of \$25 for the late return of trophies (Carried)
- A Display of marching with the team's own choice music with or without vocal be permitted (Lost)
- Disc be blue for Intro, yellow for midgets, bright pink for junior and white for seniors (Carried)
- A panel of judges for National and Island Championships to consist of two judges for each position and that their sheet totals be added together and halved to obtain an average total which will become the results (Lost)

Some tips from within the **CHAPERONS KIT**

WORKING WITH PARENTS/CAREGIVERS

A pre-season meeting - is a good way to meet parents and to discuss expectations and housekeeping matters. Give plenty of notice of the date and time of the meeting through either a short letter, email or a phone call. Hold the meeting at a suitable venue, a single team might meet in the relaxed atmosphere of your home, while a larger venue such as a clubroom or hall might be needed if the meeting involves more than one team as in a Club setup. A simple agenda could include -

- Introductions - Introduce yourself and any assistants and briefly outline your experience and qualifications (First Aid Certificate etc)
- Aims of junior sport — discuss some of the research findings as to why children play sport. Ask parents to think about why their child wants to play
- How important is winning? — explain (briefly) your philosophy, attitude and style. Explain what it is that you wish to accomplish over the season and how you intend to go about achieving your goals. Talk about your expectations of the girls and the parents-caregivers.
- Cover 'housekeeping' matters — explain things such as training times and venue, how cancellations to training will be communicated, equipment and what the girls are required to bring to practice
- Cover uniform requirements
- Membership fees and registrations
- Medical forms
- Seek assistance with as many jobs as possible — these may include uniform officer, transport, competition day helper, practice help 'parent roster', anything that help involve parents more
- Team rules — give a broad outline of any team rules and expectations (participants should have an input into team rules at an early training session).
- Behaviour and how you intend to enforce the rules
- Parents' roles — point out the value of parents taking an active interest in their child's sport, including attending as many games as possible. Discuss how you expect parents and spectators to act at competitions
- Question time — allow some time for general questions

Not all parents will be able to attend so prepare brief notes that cover the main points of the meeting and forward to them.

RISK MANAGEMENT

1. TIME TO LOOK AT THE RISK MANAGEMENT CHECK LIST FOR COMPETITIONS
2. TIME ALSO TO CHECK THE VALIDITY OF FIRST AID CERTIFICATES

CHAMPONSHIP DATES

FOVEAUX	22 nd November 2009
BAY OF PLENTY	6 th February 2010
TARANAKI	13 th February 2010
MANAWATU	20 th February 2010
SOUTHLAND	21 st February 2010
NELSON	28 th February 2010
OTAGO	28 th February 2010
AUCKLAND	7 th March 2010
CANTERBURY	7 th March 2010
WAIKATO	13 th March 2010
NEW ZEALAND	19 th March 2010

Kids and Sport

This month we are going to look at what you say to your child straight after the game. This is a great time to be guided by your child through listening rather than offering advice and coaching tips. If you want to offer advice and coaching tips it will be more successful later when your child is more likely to listen. Parent tips generally focus on 'something' that your child could have done better and this will be the last thing your child wants to listen to if they are already disappointed by some aspect of the game. It is even worse if your child is happy with how the game went and you start to find fault by suggesting improvements.

Communication with your child following competition

- Children don't want to hear they played great when they know they didn't
- Pick out something positive and discuss either skill or sportsmanship. (Be realistic.) Also be sure to ask questions:
 - Did you have fun?
 - How do you feel about what happened in the game?
 - Is there anything I can help you work on?
 - What did you like best or least about the event?
 - Were you a good sport?
 - What did the coach say to you after the game?
 - Did you thank the coach?
 - How do you feel about your play today?
- Don't blame other players, coaches or officials for losses. This teaches children to abandon responsibility by laying blame or making excuses
- Don't say the event was not important – it may not have been to the child
- Leave coaching of the child until practice time and not going to or coming home from competition.

REGIONAL CHAMPIONSHIPS

CENTRAL NORTH ISLAND SHIELD – Hawke's Bay,
6th December @ Napier

MAINLAND CHALLENGE – Canterbury,
5th & 6th December @ Christchurch

NORTHERN PLATE – Waikato,
12th December @ Hamilton

Random Rules - Constitution and Rules of Participation

RULE 4.2 Membership Term

Membership Term - This shall be from 1 October in any year until 30 September in the following year.

RULE 4.4.3 Membership Fees

Membership applicable to the period 1 October in any year to 30 September in the following year shall continue for one further month but shall lapse if the annual subscription is not paid within one month of that latter date.

RULE 6.3.1 Chairperson

The President shall preside. If the President is unavailable, then the persons present shall elect a member of the Board to be the Chairperson of the meeting

RULE 6.5.1 Quorum

The number required to constitute a quorum shall be two thirds of those eligible to attend (excluding Life Members).

RULE 16.1 Association (Objects)

The Objects of an Association of Marching New Zealand are to:

- 16.1.1 Promote, encourage, administer and control the Sport of Marching in a geographic area defined in the Rules of Participation.
- 16.1.2 Create opportunities for all participants (e.g. competitors and non-competitive display performers), within the Association's geographic area, to reach their potential and gain maximum enjoyment from their participation.
- 16.1.3 Create opportunities for all members who participate in a support role (e.g. coaches, judges, administrators and other officials), within the Association's geographic area, to reach their potential and gain maximum enjoyment from their participation.
- 16.1.4 Represent the Sport of Marching in the Association area.

A16.2 Membership & Registrations

Members, (other than Marchers, and Individual (Associate Members if a parent/guardian of a Team (Competitive) Member who has not reached the age of sixteen (16) years of age), are to be a member (other than as an Individual – Associate Member) of the Association in whose area they reside, and may also additionally be a member of any other Association.

A19.6 Communications

Minutes of meetings of the Association Committee will be issued, as soon as practicable, but no later than one (1) month after the date of the meeting, to Clubs, Teams, Life Members and members of the Association Committee.

A21.2 Team Structures

A Team Coach will not be a Team Chaperon. All Coaches must have the approval of an Association before commencing to coach a Team

A21.8 Team Structures

The Team Manager will oversee, and/or be responsible for organising the Team's fund-raising activities, as agreed by way of consensus majority, after consultation, between the Team's Coach/s, Chaperon/s, Manager and Treasurer, or in the case of a Club, by the Club Committee.

RAC2.4 Conducting of Championship/Competition

Associations are to conduct at least two Competitions for each of the Technical Drill and Display phases, between 1 October and the following 31 December.



Trophies won by a Team, should have been returned to the respective Association by 31 August in excellent condition and well cleaned. Follow up now that all trophies have been returned.

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Board Meeting

September 26th & 27th is the next meeting of the Board of Marching New Zealand and among many topics on the agenda will be covering the following issues that will effect your Association and Teams/Clubs

- * Government funding to Kiwisport
- * The future of ACC funding
- * Entry fees for NZ Championships
- * The new SPARC Strategic Plan
- * Replacement marchers
- * Judging Panels for Regional Championships



PUBLICITY WORKSHOP REPORT

17 people from 9 Associations attended the Publicity Workshop in Wellington last Sunday 30th August. Marching Auckland, Wellington and Southland were not represented. Feedback from attendees rated it a great workshop, full on, with some great ideas shared.

Some random comments were ...

*It was very good. I know a lot more now
 Good workshop and many good ideas
 Great workshop, good content, good ideas to take home
 Great to hear other peoples ideas and meeting lots of people with such a passion
 An enjoyable 'hands on workshop'*

And what they liked best about the workshop

*Getting in and all working as a TEAM
 Doing the exercises
 So many ideas
 Ideas about newspaper ads, theme days ...
 Discussion, brain storming- ideas
 Getting ideas from other people
 Learning what other Associations do
 Lots of topics covered*

NORTHERN AREA MARCHING EXTRAVAGANZA



Marching Waikato extends and invitation to all competitive grade teams to attend and take part in a great competition to be held annually.

WHERE: Taupo
VENUE: INDOORS at the AC Baths & Taupo Events Centre Spa Road, Taupo.

WHEN: Saturday 27 February 2010.
REPORT: 11.30am (to be confirmed)
START: 12.30 pm (to be confirmed).
ENTRY: \$120.00 PER TEAM.

EARLY BIRD SPECIAL:
 \$100.00 if payment and entry received by 1st February
SUPER EARLY BIRD:
 \$80.00 if payment and entry received by 1st December

All enquiries to:
 Marie Brown, Secretary Marching Waikato
 Phone: 07 8541062 or Mobile: 027 3357657
 Email: JPWABrown@xtra.co.nz



*Marching New Zealand
 is very grateful to SPARC for their continued
 investment in our sport through till 2010*

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong."
HAPPY FATHERS DAY

DAYLIGHT SAVING

starts on the 27th September, the last Sunday in September, when 2am becomes 3am

