

NEWSLETTER

FEBRUARY 2010

From the Desk of the
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Technical Memo's

- ◆ Nil



Coming up

- ◆ St Valentine's Day
- ◆ Children's Day
- ◆ Association Championships
- ◆ NZ Championships
- ◆ Gala March Night



Kiwi Jump & Jive

MARCHING

NEW ZEALAND

Congratulations

2010 NZ CHAMPIONSHIPS Judging Panel

Under 12 Grade Panel

Raewyn Rice - Taranaki - Technical A
Gay Cubitt - Waikato - Technical B
Janine Brandhoj - Wellington - Technical C
Sherryn Palmer - Canterbury - Technical D
Bob Gibbison - Wellington - Display A
Tessa Conrad - Canterbury - Display B

Under 16 Grade Panel

Alwyn Hawkins - Auckland - Technical A
Gay Cubitt - Waikato - Technical B
Donna Odering - Canterbury - Technical C
Pauline Ward - Southland - Technical D
Bob Gibbison - Wellington - Display A
Janis Tobeck-Blue - Auckland - Display B

Senior Grade Panel

Alwyn Hawkins - Auckland - Technical A
Sally Costello - Waikato - Technical B
Janine Brandhoj - Wellington - Technical C
Sherryn Palmer - Canterbury - Technical D
Tiffany Rose - Auckland - Display A
Janis Tobeck-Blue - Auckland - Display B

Masters Grade

Sally Costello - Waikato - Technical B
Donna Odering - Canterbury - Technical C
Pauline Ward - Southland - Technical D
Tiffany Rose - Auckland - Display A
Tessa Conrad - Canterbury - Display B

KIDS CORNER

A message from

Marching Molly

Postcard from Molly reads



Sorry folks I am still on holiday, having an awesome time camping with my family. See you seen and looking forward to the NZ Championships next month.

Marching Molly

Did you know –

Only **female midges** bite you and will slurp up your blood for up to four minutes.

The fangs of the Australian **funnel-web spider** are so sharp that they have been known to penetrate fingernails and soft shoes.

Some **cockroaches** can run at over 5km per hour, travelling 50 times their body length each second.

Some **spiders** spit special sticky goo at their prey so that it's literally glued to the spot

Camels have three eyelids. They need them for protection against sun and sand.

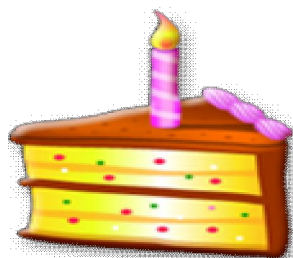
Fire ants are so called because a bite from one feels like a nasty burn on your skin.

The New Zealand **huhu beetle** is otherwise known as a 'haircutter'. It has sharp hooks on its long legs and antennae, so if one lands in your hair and gets entangled you need a haircut to get it out.

Hyenas have extremely acidic digestive juices. This means they can digest every bit of their prey, including teeth, hooves and horns.

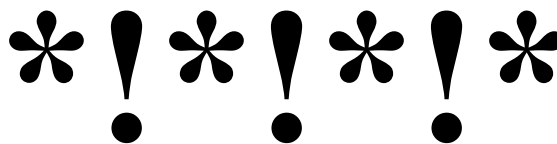
Whales vomit every 7-10 days to get rid of any indigestible items that they may have swallowed.

To everyone having a birthday in FEBRUARY



HaPPY BiRThdAy

Bright Idea



Summer sizzle... tantalising BBQ's
Don't add salt to your marinades as it can draw out the juices from the meat. Try a light squeeze of lemon juice on your food instead while it's cooking



CHAMPONSHIP DATES

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



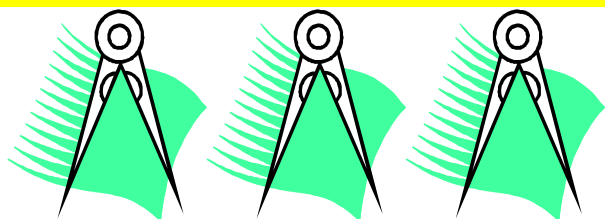
MARCHING MANAWATU

Unfortunately the Manawatu Competition scheduled for the 7th February 2010 had to be cancelled.



CONGRATULATIONS MARCHING OTAGO

At the December Committee Meeting of Marching Otago, the President of The Caledonian Society, Mr. Wayne Allen and Secretary Mr. John Stinson along with some of their committee visited to present Marching Otago with the Albert Wheeler Trophy in recognition of their participation at the Caledonian Games. In receiving the trophy, President, Mrs. Shona French, thanked the Caledonian Society for their ongoing support of Marching Otago. The Caledonian Society also congratulated Marching Otago on the recent performance of the girls at Mainland Challenge



TECHNICAL CORNER



No recent communications from the TWP



NZ CHAMPIONSHIPS ENTRIES CLOSED

50 teams have entered

- 10 - Senior Teams
- 12 - Under 16 Teams
- 21 - Under 12 Teams
- 7 - Masters Teams

Kiwi Jump & Jive

Some tips from within the **CHAPERONS KIT**

EATING TO WIN –

Competition day calls for special preparation to see you ready and confident to put yourself on the line. Now is the time to eat to win.

Competition nutrition strategies will vary according to the needs of your sport and the practical consideration of your competition timetable and rules. However, the following guidelines should help you gain that winning edge.

1. Fuel up for your event
Fuelling up body carbohydrate stores is a key part of competition preparation. Some athletes think that this activity involves great gluttony over the days or night before a competition, often involving foods of low nutritional value. This type of preparation can leave the athlete feeling full and uncomfortable. In addition, if high-fat foods have been eaten instead of true high-carbohydrate foods, then muscle fuel stores may not fully benefit. You should already be an expert at high-carbohydrate eating, since this is the basis of a winning training diet. You might like to further increase high-carbohydrate foods in the meals leading up to competition, but stick to the eating patterns that you know and trust. Twenty-four hours of tapered training or rest, together with high-carbohydrate eating will ensure well-stocked muscle fuel stores suitable for most events.

2. Eat a high-carbohydrate pre-event meal
The pre-event meal provides a final opportunity to top-up fuel and fluid levels. This may be important if you're still in recovery mode from your last event or workout. Most importantly, your last meal should keep you feeling comfortable throughout the competition. It can often be difficult to eat anything if pre-event nerves leave you with butterflies in the stomach. A high-carbohydrate, low-fat meal or snack is the perfect choice for a pre-event meal. It is best to eat bigger meals three to four hours before you compete, although a light snack can usually be eaten one to two hours before you warm-up.

Suggested high carbohydrate, low-fat pre-event meals include

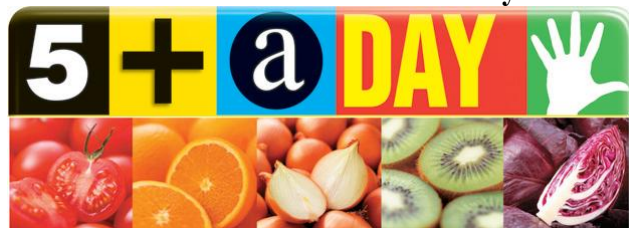
- Breakfast cereal + low-fat milk + fresh fruit
- Muffins or crumpets + jam/honey
- Pancakes + syrup
- Toast + baked beans (high fibre choice) or spaghetti
- Creamed rice made with low-fat milk
- Rolls or sandwiches with banana filling
- Fruit salad + low-fat fruit yoghurt
- Pasta with tomato or low-fat sauce
- Baked potatoes with low-fat filling
- Sports bars or cereal bars & sports drinks
- Fruit smoothie with low-fat milk + fruit + low-fat yoghurt/ice cream

Next month -

- 3. Eat and drink to recover quickly after events
- 4. Avoid dehydration with a fluid intake plan

HEALTH TIP

FRUIT & VEGETABLES - 5 + a day



How many servings should I get? – NZ guidelines recommend you eat five or more servings of fruit and vegetables every day: specifically, three or more servings of vegetables and two or more servings of fruit. This recommendation of five servings per day is seen as a minimum requirement for good health.

What is a serving? It is about a handful and everyone uses their own hand so a child's serving will be smaller than an adults.

Why should I eat my colours? By eating your colours every day you will stay fit and healthy. Colourful fruit and vegetables contain many of the vitamins, minerals and phtochemicals, (fight-o-chemicals) your body needs to maintain good health and energy. They also protect against the effects of aging. Many of the phtochemicals and other compounds that make fruit and vegetables such healthy foods also give them their colour. There are many different phtochemicals and compounds associated with the colour – so to ensure you get a wide range of them you need to try and eat fruit and vegetables from each of the colour groups every day

What happens if I eat 5+ a day everyday but don't always cover all the colours? For good health it is essential to eat at least five servings a day and ideal if you can eat from each colour group. That is why we say 'eat 5+ a day and try to eat the colour way'. By eating the colour way you will give your body even better protection.

Next month – the 5 colour groups

CONGRATULATIONS all Judges appointed for the NZ Championships



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

Blast from the Past

The first New Zealand Senior Championship was held in Timaru in 1946 and was won by Manahuna from Timaru. NZ Senior Champion Leader was shared between L Bezzant (Manahuna) and M Wright of Shaw's Kilties from Hastings.

The first New Zealand Junior Championship was held in Christchurch in 1957 and was won by Hamilton City Silver from Waikato. NZ Junior Champion Leader was J Bills of Otaki Tuis.

The first New Zealand Midget Championship was held in Christchurch in 1968 and was won by Invaders from Manawatu. NZ Midget Champion Leader was L Burrows of Invaders.

ST VALENTINE'S DAY

FEBRUARY 14th



Valentine's Day or **Saint Valentine's Day** is a holiday celebrated on February 14 by many people throughout the world. In the English-speaking countries, it is the traditional day on which lovers express their love for each other by sending Valentine Cards, presenting flowers or offering confectionery. The holiday is named after two among the numerous Early Christian martyrs named Valentine. The day became associated with romantic love in the circle of Geoffrey Chaucer in the High Middle Ages, when the tradition of courtly love flourished.

The day is most closely associated with the mutual exchange of love notes in the form of "valentines". Modern Valentine symbols include the heart-shaped outline, doves, and the figure of the winged Cupid. Since the 19th century, handwritten notes have largely given way to mass-produced greeting cards.

NZ CHAMPIONSHIPS



ROTORUA - 18-21 March 2010

Thursday 18th March - Street Parade & Official Opening

Friday 19th March - Qualifying March (Senior & Under 12) and Gala March with the 'Topp Twins' in attendance

Saturday 20th March - Qualifying March (Under 16 & Masters Grades) followed by Under 12 Bowl/Plate March

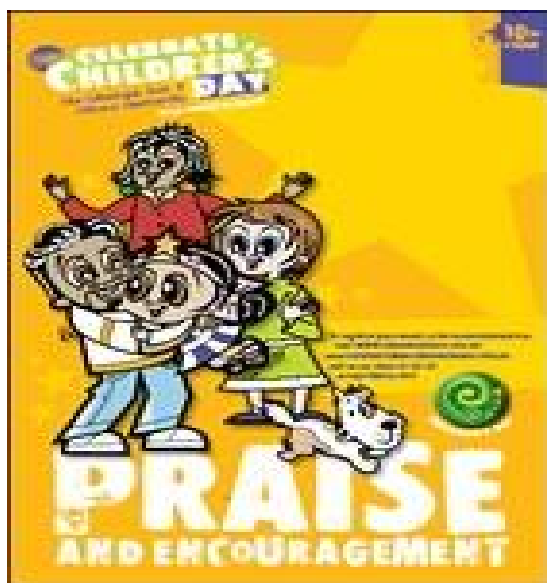
Sunday 21st March - Plate March (Under 16 & Senior Grade) followed by Championship March All Grades.

OFFICIAL HOTEL -

Marching New Zealand extend sincere thanks for the effort and co-operation of the **Kingsgate Hotel Rotorua**, Fenton Street, Rotorua in providing the accommodation for the Judges and other Marching New Zealand officials for the Championships.

CHILDRENS DAY

Sunday 7th March 2010



This years theme is 'Praise and Encouragement' so

Mums & Dads, Gran and Granddads praise and encourage children at every opportunity.

Coaches and Chaperon praise and encourage the marchers at practise and competitions.

FAIR PLAY, CONDUCT & BEHAVIOUR POLICY (FPCBP)

Position Statement

Marching New Zealand in pursuing its main object to promote, encourage, administer and control the Sport of Marching aims to improve the quality of life for New Zealander's wishing to participate and achieve in Marching, and regards exemplary conduct and behaviour, and the principles of fair play, as tantamount to the attainment of maximum enjoyment from participation in the Sport

Marchers

- March to enjoy the involvement.
- March by the various rules and requirements.
- Train hard for yourself and your Team.
- Co-operate with your Coach, Chaperon, Manager, Treasurer and other Marchers of your Team.
- Treat Marchers of your own and other Teams as you would like to be treated.
- Be a good sport. Congratulate the winners from other Teams.
- Respect your opponents.
- Never dispute a result or marking with a Judge or Official.

Coaches

- Coach to enjoy the involvement.
- Coach by the various rules and requirements
- Be reasonable in your demands on Marchers' time, energy and enthusiasm.
- Endeavour to balance the time given to Marchers, especially those of just average ability.
- Remember that Marchers take part to enjoy the Sport and that winning is only part of their motivation.
- Never ridicule or publicly admonish a Marcher for an error.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of your Marchers.
- The scheduling and duration of training should take into account the maturity of the Marchers.
- Develop Team respect for the ability of opponents as well as for the judgement of Judges.
- Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of Marchers.
- Recognise demands on the time, energy and enthusiasm of Parents and Caregivers.

Administrators, Officials, Judges and Team Chaperons, Managers and Treasurers

- Involve as wide a cross section of the membership as possible in planning, leadership, evaluation and decision making related to the activity in question.
- Ensure that equal opportunities for participation are made available to Marchers, regardless of ability, size, shape, sex, age, disability or ethnic origin.
- Equipment and facilities must be safe and appropriate to the ability level of participating Marchers.
- Rules, requirements, equipment, lengths of competitive and non-competitive activity and training schedules

should take into consideration the age, ability and maturity level of the participating Marchers.

- Ensure that adequate and appropriate supervision is provided by Coaches and Chaperons capable of developing appropriate sports behaviour and skill technique.
- Downplay the importance of rewards such as medals, and encourage the Marcher's participation to be primarily for enjoyment and personal achievements.
- Avoid programmes to become primarily spectator entertainment. Focus on the needs of the participants rather than the enjoyment of spectators.
- Provide seminars and workshops aimed at improving the standards of coaching and judging, with the emphasis on appropriate sports behaviour and skill technique.
- Ensure that parents, coaches, chaperons, managers, treasurers, sponsors, administrators, officials, judges and marchers understand their responsibilities regarding fair play in Marching.
- Modify rules and requirements to match the skill level of Marchers and their needs.
- Compliment all Marchers and their Teams on their efforts.
- Be consistent, objective and courteous in calling all infractions.
- Promote fair play and appropriate sports behaviours.
- Use common sense to ensure that the "spirit of Marching" for Marchers is not lost, by overcalling violations.
- Publicly encourage rule and requirements changes which will reinforce the principles of participation for fun and enjoyment.
- Ensure that behaviour is consistent with the principles of good sportsmanship, both on and off the field.
- Make personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of Marchers, both in a physical and psychological sense.

Supporters

- Give Marchers and their Teams, positive support.
- Accept Officials decisions
- Condemn ugly behaviour, and the breaking of rules.
- Respect the opposition and their supporters.
- Enjoy each Championship and Competition for that is what Sport is all about.

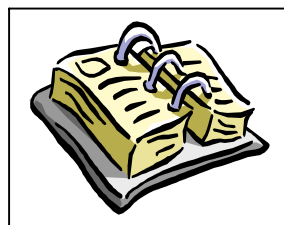
Disciplines

Marching New Zealand will refer to its Constitution as providing the powers to discipline members for committing a contravention of this Policy.

In this regard, an Association on receiving a complaint from a Club, Team or Member, will in the first instance gather details relating to the complaint, and make whatever inquiries are felt necessary, before communicating with the Board.

The Board on receiving advice from an Association relating to a complaint received by the Association will investigate the matter and take appropriate disciplinary action, as provided in the Constitution, if considered necessary.

The Board in respect of a New Zealand Championship or International Challenge, or an Association in respect of an Association (or Regional) Championship, Competition, Display or Gathering, may initiate an inquiry without necessarily waiting to receive a complaint, if the suggested contravention of this Policy relates to one of their own conducted events.



Calender

of Events

February

13	Combined Competition	Waikato
13	Championships	Taranaki
14	Competition	Wellington
14	March & Stay Competition	Canterbury
14	Competition	Otago
14	Competition	Southland
15	Competition	Nelson
20	Competition	Waikato
20	Championships	Manawatu
21	Competition	Auckland
21	Competition	Wellington
21	Southern Shield	Timaru
21	Championships	Southland
27	N.A.M.E. Competition	Waikato
27	Championships	Otago
28	Championships	Nelson
28	Trophy Day Competition	Canterbury

March

6	Competition	Waikato
7	Championships	Auckland
7	2in1 Competition	Hawke's Bay
7	Competition	Wellington
7	Closing Day	Marlborough
7	Championships/Closing Day	Canterbury
7	Combined Competition at Gore	Otago
13	Championships	Waikato
14	Competition	Wellington
26	Closing Disco & Awards	Southland
28	Fun Closing Day	Auckland
28	End of Season	Otago

Good Luck to all the marchers
taking timeout to do the

Weet-Bix Tryathlon

The 'second' half of our marching season is well underway culminating in the NZ Championships in Rotorua on 19-21 March.

The Judges Panel is known, and all are preparing for their appointed panels. 50 team entries have been received and all teams are now into quality, not quantity team practises. Marching Bay of Plenty is making the final arrangements and in just over 6 weeks times the NZ Championships will be held.

Have a great month in your preparations everyone.