

NEWSLETTER

JANUARY 2010

From the Desk of the
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- ◆ NZ Championships
- ◆ Gala March Night



Kiwi Jump & Jive

MARCHING

NEW ZEALAND

Happy New Year

EVERYONE



& welcome to the year 2010.

Trust you all had a great Christmas, Santa was kind (as he is to all good people) and the New Year was a blast !@@!!~*

New Years resolutions have been made (and already broken perhaps) and now it is back to Team practices, Association Committee Meetings planning local Championships, Judges catching up with some revision

It all starts over again, and we are only 10weeks from the NZ Championships.

Have a great month.

Diane Gardiner

www.marching.co.nz

KIDS CORNER

A message from

Marching Molly



Happy New Year to all my marching friends, already it is 2010. Hope your Christmas was great and you got lots and lots of great presents. I got a new I-pod from my Mum and Dad and lots of other presents. My best present was a new bike and a purple bike helmet so now I can bike to marching practise this year. It has been great not having marching practise because I have been spending my time with my not marching friends which has been so cool. We start marching practise again next week which is after we have been to the Colgate Games. I have been going to the training days at the athletics club during the holidays and will be competing in the high jump, 100 and 200metre races and the long jump. It will be great seeing my friends from athletics from all around the country again. Hope you are having a great holiday time too.

Did you no –

Going up a mountain too quickly will make you vomit. At heights over 2,500 metres above sea level, a change in pressure means the body does not get as much oxygen and needs time to acclimatize. If not, **altitude sickness** occurs

Just like your finger prints, your **tongue print** is unique.

Cauliflower ear is caused by blood clots forming on the ear after being hit or by skin being torn from the ear's cartilage, making ugly lumps and bumps like cauliflower.

If your skin did not secrete its naturally antibacterial substances, **you would go mouldy**.

Hair cannot **turn white with fright**, but shock can make pigmented hair suddenly fall out. An older person whose hair is a mixture of colour and grey would then be left with only grey hairs, appearing to turn white overnight.

Characteristics of tetanus are muscle spasms in the jaw and difficulty swallowing, which is why the disease is also known as 'lockjaw'.

Tendons attach your muscles to your bones and look like rubber bands. Like rubber bands, they can also snap.

All your bodily functions stop when you **sneeze**..... even your heartbeat

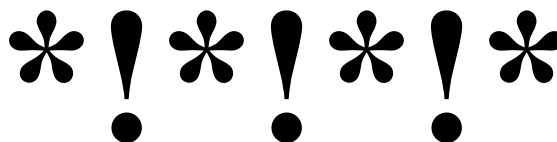
Rhubarb leaves contain a poison that irritates the gut and causes kidney damage. Luckily they taste pretty foul so it's unlikely anyone would eat enough to poison themselves.

To everyone having a birthday in JANUARY



HaPPy BiRThdAy

Bright Idea



Put your sports water bottles in the freezer and when needed top up with a little water to start the melting process and you have nice cold water for your next marching practise.

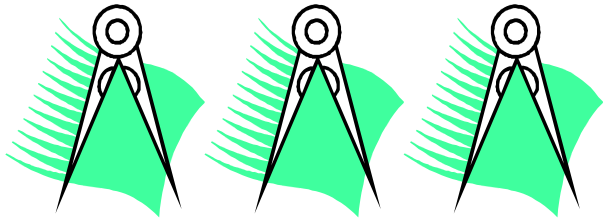


CHAMPONSHIP DATES

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

HAPPY NEW YEAR

EVERYONE



TECHNICAL CORNER



1st December - Page 16 re 'regulated paces'
- Page 4 & 5 of Master Index List
- Setting out requirements



NZ CHAMPIONSHIPS ENTRIES CLOSE SUNDAY 31st JANUARY 2010

Some tips from within the **CHAPERONS KIT**

TAKE CARE OF YOUR FEET –

Our feet are an important part of our body, yet we tend to neglect them. Here are some dos and don'ts to help your way to healthy, happy feet.

Foot Care Do's

1. When drying your feet with a towel, make sure to dry the area between your toes as well. This prevents any fungal infection developing.
2. Always wear cotton socks with shoes as they let your feet breathe well and avoid foot odour.
3. Cut your toenails straight across, taking care not to cut them too short
4. Walk on a daily basis. This provides proper blood circulation to your feet as well as being good for your health.
5. Choose a shoe which is appropriate for the activity you are indulging in i.e. don't wear tennis shoes if you are going jogging and vice versa.

Foot Care Don'ts

1. Don't wear the same pair of shoes every day
2. Ensure socks and stockings are not too short or tight as they can interfere with the circulation of blood to your feet
3. While trimming toenails be careful not to cut down the corner as this may lead to in-grown toenails
4. Don't ignore any foot pain, always seek medical advice

HEALTH TIP

It's the "silly season", but that doesn't mean you need to give up your regular physical activity. This time of year often means our regular dose of physical activity gets missed, whether it's due to increased time pressures associated with Christmas and the New Year, the usual exercise class or session you attend stopped or changed during the holidays, extra people around and increased social occasions to attend – or simply a mindset of "I'll start that next year".

• **EXPECT to stick with it.** Rather than assume you won't get to a class or go for a walk just do your exercise at a different time or swap your regular aqua class for some fun in the sea or river. Try a brisk walk in the evening instead of the morning or jump on your bike as soon as you get home from work rather than sitting down for long periods in the evening.

• **PRIORITISE your physical activity.** The silly season is really only a few days out of the normal routine so stick with your plan of action, especially if you've recently started an exercise programme or started to increase your physical activity and are just getting into a regular routine.

• **PLAN your daily exercise.** Tell people around you what you're doing and why. You may encourage and inspire others to go for a walk or swim or bike ride with you and it's definitely more fun with someone else along.

• **LIMIT 'over indulgence'.** Eat and drink in moderation. If you're at a party, fill up on the lean meats and vegetables first and remember to drink water between your alcoholic drinks. You could try having a night off alcohol and dessert!

• **FIND some physical activity you think you CAN do in 2010.** This could be as simple as saying to yourself "I'm going to do a half hour walk three times this week", or "I'm going to try a class at the gym".

Kiwi Jump & Jive

MARCHING OTAGO

-change of championship date -

Due to unforeseen circumstances we have had to change the date of the Marching Otago Championships from February 28th to Saturday February 27th. Venue will be Logan Park.

'Tips for Coaches'

Stamp out SPORT RAGE

I will:

- remember that players participate for enjoyment and winning is only part of the fun
- never ridicule or yell at players for making a mistake or not winning
- be reasonable in my demands on player's time, energy and enthusiasm
- operate within the rules and spirit of the game and teach my players to do the same
- ensure that the time players spend with me is a positive experience. All players are deserving of equal attention and opportunities
- avoid overplaying the talented players and understand that the average players need and deserve equal time
- ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players
- display control, respect and professionalism to all involved with the sport including opponents, referees, coaches, officials, administrators, the media, parents and spectators. I will encourage my players to do the same
- show concern and caution toward sick and injured players and follow the advice of a physician when determining whether an injured player is ready to recommence training or competition
- obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young players.
- respect the rights, dignity and worth of all people involved in the game, regardless of their gender, ability or cultural background
- promote adherence to anti-doping policies

I will not:

- arrive at the venue intoxicated or drink alcohol at junior matches
- allow the unlawful supply of alcohol at training, games or club functions
- use bad language nor will I harass players, officials, spectators or other coaches

CONGRATULATIONS winners at the
Regional Championships



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



From the
Annual Report (1st April 1979 – 31st March 1980)

- Meeting held at the St George Hotel in Wellington
- 61 Officers and Delegates in attendance
- Mr P Philips was elected President, the Secretary Mr A Mason, NZ Chief Judge Mr JH Lloyd, Treasurer Mrs V Hood, re-elected Executive Members were Mrs J Richards and Mr N McKenzie and new members elected were Mrs I Harbracken, Mrs J Williams and Mr A Moore. Unfortunately the position of NZ Advisory Instructor was not filled at the Annual Meeting and at the first Executive Meeting Mr A Moore was appointed to the position leaving a vacancy on the Executive which was filled by Mr S Marshall
- Introductory Grade introduced and 32 teams registered
- The 3rd Interdominion Championships were held in Christchurch with six teams from Australia and seven teams from NZ competing.
- Pioneers (Canterbury) Glennette (Wellington) and Kilmarnock (Auckland) were respectively the NZ Senior, Junior and Midget Champion Teams
- The budget tabled presented a \$3500 deficit
- There were 299 registered teams and 5257 registered members
- Subs - Individuals \$4, Seniors \$3 and Juniors Midgets and Introductory \$2
- Executive Meeting expenses were \$4029 and Judges expenses for the NZ Championships were \$8468
- Judges sheets were foolscap and different colours for each grade and 35 judges sat grading examinations

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

JUNIOR SPORT POLICY (JSP)

Position Statement

Marching New Zealand in pursuing its main object to promote, encourage, administer and control the Sport of Marching aims to establish a framework for the progressive development of Marching skills in children and young people based on the belief, that all children and young people can participate in Marching at a level appropriate to their interests and abilities as part of programmes and activities of differing levels of skill requirements and challenges in a planned and sequential manner.

Marching New Zealand as Provider - Marching New Zealand will:

- Provide educated adult leadership which is capable of inspiring social, emotional, intellectual and physical growth.
- Present Marching to children and young people in a way which maximises participation to ensure their fun and enjoyment, security and satisfaction.
- Provide frequent opportunities for children and young people to experience personal and group achievement and success in Marching.
- Encourage children and young people to make informed decisions about their own involvement and development in Sport.
- Be aware of and promote the positive contribution Sport can make to the lives and learning of children and young people.
- Provide appropriate facilities and resources for the safe and effective delivery of Marching for children and young people.
- Encourage children and young people to respect and care for the environment, facilities and equipment.
- Cater for the varied needs of all children and young people, from beginners to the most proficient, at whatever stage they are in their Marching development. Special provision may be required for children and young people who are disadvantaged or whose participation is limited for any reason.
- Ensure that the leadership personnel that offer Marching to children and young people are given the opportunity and the encouragement to keep up to date regarding the effective delivery of Marching.

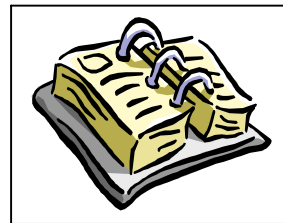
Marchers –Marchers should:

- Enjoy marching activities.
- Be treated with respect.
- Be given an opportunity to experience a wide range of physical activities and Sports.
- Be prepared properly for Marching.
- Participate actively at the level of their interest, maturity and ability.
- Participate according to rules and values appropriate to their level of development.
- Participate in a positive environment which is secure and healthy - physically, emotionally, socially and culturally
- Enjoy the satisfactions of achievement and belonging.
- Experience skilled, qualified and sensitive leadership through their coaches, chaperons, managers, administrators and officials.
- Use suitable good quality equipment and facilities.

- Contribute to the decisions and the leadership and decision-making roles relating to their Marching activities, where appropriate.

Administrators, Officials, Team Coaches and Chaperons -All levels of Adult Leadership will:

- Offer positive well-informed leadership.
- Provide opportunities for all children and young people to be involved.
- Make Marching fun and enjoyable.
- Make sure every young person achieves and feels success.
- Encourage children and young people to make their own Sporting decisions.
- Promote Marching, and indeed all Sport, as being good for health and fitness.
- Provide facilities and equipment which suit the age, size and ability of participants.
- Make Marching safe for children and young people.
- Encourage young people to respect the environment, facilities and equipment.
- Offer modified and increasing skill level activities so the move to adult Marching is safe and gradual.
- Encourage children and young people to live healthy lives and to say “no” to practices which place health at risk.
- Help young Marchers keep up with academic work in conjunction with their participation in Marching.



Calender

of Events

January

24	Competition	Marlborough
31	2in1 Competition	Hawke's Bay
31	March n Go Competition	Canterbury

February

6	Championships	Bay of Plenty
7	Competition	Auckland
7	2in1 Competition	Hawke's Bay
7	Competition	Manawatu
7	Judges Technical Day	Otago
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