

NEWSLETTER

November 2011

From the Desk of the
Chief Executive Officer

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Technical Memo's

- ◆ Email date 27th October



Coming up -

- ◆ Santa Parades
- ◆ Regional Championships
- ◆ Board Meeting



MARCHING

NEW ZEALAND

REGIONAL CHAMPIONSHIP JUDGING PANELS



NORTHERN PLATE – BAY OF PLENTY

Technical A: Jenny Cox (Canterbury)
Technical B: Gaylene McRae (Southland)
Technical C: Shirley Atkinson (Manawatu)
Technical D: Sue Cornelius (Nelson)
Display A: Brenda Potter (Hawkes Bay)
Display B: Nikki Kergozou (Southland)

CNIS – MANAWATU

Technical A – David Miller (Wellington)
Technical B – Sally Costello (Waikato)
Technical C – Nicky Rillstone (Marlborough)
Technical D – Sherryn Palmer (Canterbury)
Display A – Jill Charlton (Waikato)
Display B – Viki Yates (Otago)

MAINLAND CHALLENGE – SOUTHLAND

Technical A – Sue Stenning (Southland)
Technical B – Gay Cubitt (Waikato)
Technical C – Donna Odering (Canterbury))
Technical D – Jaqui Butler (Wellington)
Display A – Bob Gibbison (Wellington)
Display B – Tessa Conrad (Canterbury)

Congratulations to all Judges

KIDS CORNER

A message from

Marching Molly



Hi Marching Friends

School holidays were great but I missed not going to marching practice but our team did get together sometimes and Tayla came and stayed for 3 days at my house.

Now we are back to school we are also having a full marching practice after school on Tuesdays which is great fun with our new coach Kris. First we get to have afternoon tea which the Chaperon brings along for us: last week it was iced water, bananas and chocolate chip biscuits that she had made especially for us. They were real hummmmy, next week she is bringing us marshmallow biscuits that she makes. We have learnt the Review & Inspection and just finished the march plan but we aren't very good at it yet, but both Kris and Sarah (our coaches) were happy with what we did for Opening Day. Our display is real fun to do with a really tricky move when I go backwards past Anna and Pru. Sometimes at practice I do bump into them but I have promised myself I will get it right for the next competition. Ashley gets to go backwards too and she bumps into Tayla sometimes and we all get the giggles but we love practising the display

Marching Molly

Word Find - Can you find the following 'marching' words -

REGIONAL	CHAMPS	JUDGE
SANTA	PARADES	COMPETITIONS
SALUTE	DISPLAY	RANK
FILE	TEAM	COACH

R	E	Y	E	T	U	L	A	S
A	E	A	W	E	T	N	C	N
N	E	G	D	U	J	J	G	O
K	M	F	I	L	E	M	D	I
P	T	Y	U	O	U	C	I	T
M	C	E	A	Y	N	O	S	I
H	A	T	T	H	G	A	P	T
P	G	E	B	N	E	C	L	E
S	A	N	T	A	W	H	A	P
P	A	R	A	D	E	S	Y	M
S	R	T	B	N	Z	C	U	O
C	H	A	M	P	S	V	J	C



TECHNICAL CORNER



Email 27th Oct - Changes are:

- correct wording relating to where the coaches and chaperones sit for the Quickstep / Compliments / Movements and Display
- colour of finish disc for the R & I to be orange
- slight sift to look of seating for Coaches
- Chaperones hat the Review and Inspection
- order of teams alternating Technical Drills and Display

Congratulations

Renwick Kilties
(Marching Marlborough)
**1st Kiwi Team to register for the
2011/2012 season**

KIWI GRADE TEAMS

City of Tauranga – Bay of Plenty

Glennette – Wellington

Renwick Kilties – Marlborough

Shontae Starlets – Marlborough

Onyx – Otago



All Marching New Zealand Championships trophies must be returned by 30th November. Trophies should be cleaned, carefully packed to avoid breakages and posted or couriered to MNZ Trophy Custodian, Mrs Sherryn Wells, Waterford Paint Accessories 80 Stoddard Road, Mt Roskill, AUCKLAND 1041

Marching New Zealand

is now on

FACEBOOK

www.facebook.com/marchingnewzealand

Volunteers for OCTOBER

Special thanks to all our Volunteers, especially

Denise Morrison – Auckland
Olive Matheson-Croudin – Auckland (President)
Tony Rennell – Waikato (President)
Ross Branson – Bay of Plenty (President)
Tony Dimock – Hawke's Bay (President)
June Elliott – Taranaki (President)
Shirley Atkinson – Manawatu (President)
Janine Brandhoj – Wellington (President)
Lisa Tolmie – Nelson (President)
Julia Virtue – Marlborough (President)
Trish Flanagan – Canterbury (President)
Shona French – Otago (President)
Robyn Powell – Southland (President)

VOLUNTEER OF THE MONTH

Denise Morrison (Marching Auckland)

Denise has been involved in our Sport over a number of years and coached Teams in all Grades. Last year she supported the Marching Auckland Committee as the Competition Organiser as well as filling the role of Coaching Coordinator from November. She also trained a Masters Team and a Senior Team. Denise was one of only two Committee Members after the sad passing of Tiffany and the resignation of Chris. She wholeheartedly supported the fostering and developing of our Sport locally, to ensure its continuation and encouraged a number of members to consider training as Judges to increase our Judging panel numbers. She is currently training a Team and filling the Association Committee role as our Coaching Coordinator. She is always responsive and encouraging with our Team Coaches and has organised a Workshop weekend for Janine with Judge training on the Saturday and Coach training on the Sunday. One big huge thank you Denise

To everyone having a birthday in NOVEMBER



HaPPy BiRThdAy

BOUQUETS an' BRICKBATS



Marching Hawke's Bay for having all Teams marching in the Blossom Parade

Marching Canterbury for distributing 400 flyers to a local School: response 3 parents calling for info later in the day

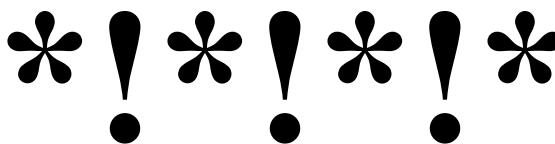
Marching Hawke's Bay Life Member Dawn Ladd for helping with the recording at recent competition

MENTOR PROGRAMME FOR JUDGES

Judging Mentors for this season are -

Technical A – Jenny Cox (Canterbury)
Technical B – Sally Costello (Waikato)
Technical C – Janine Brandhoj (Wellington)
Technical D – Sue Cornelius (Nelson)
Display – Bob Gibbison (Wellington)

Bright Idea



Longer lasting pantyhose add 1
tablespoon of vinegar to the rinse water
when washing and your pantyhose will
last longer

Congratulations

Shontae Stars
(Marching Marlborough)
**1st Fernz Team to register for the
2011/2012 season**

FERNZ GRADE TEAMS

Burlington – Hawke's Bay
Ashton Cadets – Nelson
Shontae Stars – Marlborough
Shakespeare Pioneers – Marlborough

Tips from within the **CHAPERONS KIT**

Domineering Behaviour

All groups will include children of varying skill levels, abilities and experience, who may intentionally or unintentionally dominate sessions. This can become disruptive to the coach and affect the involvement of others.

Identifying behaviours Children may:

- Assume team leader roles and direct children
- Dominate discussions and questions by the coach
- Continually influence the pace and direction of activities
- Intentionally or unintentionally ignore those less skilled in the group
- Dominate the games or activities

What you can do.

Simple changes to activities may help to address domineering behaviour in group activities. Remember to address a child's behaviour and not their character, and be a good role model at all times.

- Use smaller groups and evenly space out more experienced children between teams
- Allow more experienced children to demonstrate a skill
- Highlight examples of co-operative play and issue bonus points to reward desirable behaviours
- Score in a way that allows children to individually challenge themselves to achieve success
- When questioning children about changing an element of an activity use responses such as: 'That was a very valuable suggestion, does anybody else have another idea that we could use?' Recognising comments in this manner will help to increase esteem and create an environment in which others feel comfortable contributing
- Delegate extra roles to more experienced children as part of an activity, such as keeping count of the number of passes, to provide more of a challenge



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

Congratulations

Onyx Militaires

(Marching Otago)

1st Under 12 Team to register for the 2011/2012 season

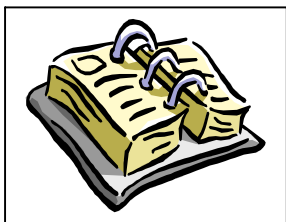
UNDER 12 GRADE TEAMS

City of Tauranga – Bay of Plenty
Buckingham Guards – Hawke's Bay
Burlington Kilties – Hawke's Bay
Te Arakamu Royale Guards – Taranaki
Glennette – Wellington
Ashton Kilties – Nelson
Cordeaux – Renwick - Marlborough
Shontae Allstars – Marlborough
Pioneers of Canterbury – Canterbury
Clutha Currents – Otago
Onyx Militaires – Otago
Blue Jay – Otago
Rosedale Kilties – Otago

ASSOCIATION CHAMPIONSHIPS

FOVEAUX	20 th November 2011
CALEDONIAN	27 th November 2011
TAURANGA	10 th December 2011
BAY OF PLENTY	4 th February 2012
NELSON	12 th February 2012
TARANAKI	18 th February 2012
MANAWATU	19 th February 2012
SOUTHLAND	19 th February 2012
OTAGO	26 th February 2012
AUCKLAND	3 rd March 2012
WAIKATO	10 th March 2012
MARLBOROUGH	4 th March 2012
CANTERBURY	4 th March 2012
WELLINGTON	11 th March 2012
HAWKE'S BAY	10 th March 2012

RUGBY WORLD CUP
Congratulations to the
ALL BLACKS on
an awesome result



Calendar of Events

November

5	Competition – 2 marches	Waikato
5	Competition	Taranaki
6	Field Day	Auckland
6	Competition	Manawatu
6	Competition	Wellington
6	March & Go 2	Marlborough
6	Southern Shield	Canterbury
6	Twilight March	Southland
12	Competition	Auckland
12	Competition – 1 march	Waikato
13	Combined Day competition	Auckland
13	2 in 1 March	Hawke's Bay
13	Friendship Day	Nelson
13	Combined @ Balclutha – 2marches	Otago
19	Competition – 1 march	Waikato
19	Competition	Bay of Plenty
19	March & Go 3	Marlborough
20	Competition	Manawatu
20	Competition	Wellington
20	March & Stay 3	Marlborough
20	March & Go 2	Canterbury
20	Foveaux Champs	Southland
24	Twilight (March & Go)	Nelson
26	Competition – 1 march	Waikato
26	Comp – City of New Plymouth	Taranaki
26	March & Stay 2	Canterbury
27	2 in 1 March	Hawke's Bay
27	Competition	Wellington
27	Caledonian Christmas Champs	Otago
27	Christmas March	Southland

December

3	CNIS – Regional Champs	Manawatu
3	Mainland – Regional Champs	Southland
4	CNIS – Regional Champs	Manawatu
4	Mainland – Regional Champs	Southland
10	Competition	Bay of Plenty
11	Northern Plate Regional Champs	Bay of Plenty
17	Competition – Xmas Theme	Taranaki

COACH MENTORING

Pat Barwick from Sport Canterbury has a wealth of experience in administration and coaching, having coached various hockey teams at different levels, including the New Zealand women's team at the Barcelona Olympics.

Recently, Pat kept hearing the word 'mentor' being used around the coach development scene and found that people didn't quite understand what it meant, so she decided to investigate further.

Read the full article on the new 'New Zealand Coach' website <http://www.coachmag.org.nz>

Congratulations

Onyx Militaires

(Marching Otago)

1st Under 16 Team to register for the
2011/2012 season

UNDER 16 GRADE TEAMS

Buckingham Guards – Hawke's Bay
Burlington Majors – Hawke's Bay
City of New Plymouth Guards – Taranaki
Coastal Xtreme – Taranaki
Glennette – Wellington
Excelsior – Nelson
Shontae – Marlborough
Clutha Currents Ngatahi – Otago
Onyx Militaires – Otago

CHANGES TO THE - CONSTITUTION and RULES OF PARTICIPATION

Changes from decisions of the Annual Meeting to the Constitution and the Rules of Participation have been updated. Association Secretaries have been sent updated pages to keep on file and provide copies from for anyone who wants (needs) them. There were no changes to the Policies. Incorporated Societies have not yet advised the rule changes to the constitution have been registered. You will be advised when they are registered.

OUT 'n ABOUT

Has 'Marching' been Out 'n About in your region?

Marching Canterbury - Pioneers of Canterbury U12, U16 and Senior were invited to march at the RWC Fan Zone at Hagley Park. U12s and Seniors both did their technical drill and display and the U16s did there display.

Marching Auckland – Kilarn Senior Girls marched at the RWC Opening Ceremony and also as part of the Auckland Festival held at the Queens Wharf

Marching Canterbury - McVicar U16s attended the Grey Hound Races in full uniform carrying placards out on to the race track alongside the dogs.

Marching Canterbury – had two Coaches undertake two "have a go" marching sessions in the lunch hours, at Queenspark School and Parkview School, to help the coaches of established Under 12's get more team members. The sessions went really well and were lots of fun!

Marching Nelson – Ashton Kilties invited to march at a local school gala on November 12th

HEALTH TIP

SLEEP DEEPER

A good night's sleep is an essential part of healthy living.

As the experts would say, sleep is your best medicine. With all the available data from sleep clinics around the world, we are now able to gauge the detriment of sleep deprivation and its long-term effects on the body, which may have an accumulated effect. Insufficient sleep has been shown to impact on our physical, emotional and mental health. In fact, our need for sleep is such that it would be possible to survive three times as long without food than without sleep.

Sleep is not only a period of rest during our waking lives, but is needed to keep our bodies and minds functioning smoothly. Like many things in life, we rarely consider its importance until there is a problem. When the internal clock – known as Sleep Homeostatis – and the external influence of the Circadian Timer – which means 'around the day' and is the 'body clock' that influences how we function during the 24-hour day – work in unison, the body is programmed to sleep at night. This natural rhythm may be interrupted or, in some cases, the automatic nature of the need to sleep challenged, causing insomnia and other disturbances.

The recent discovery that our natural biological clocks may dictate a natural sleep cycle from midnight to 6am and from 2pm to 4pm, confirms the current view that we are not getting enough sleep. It is believed most adults need between 7-9 hours sleep, but this can differ between individuals: so whether you are going through menopause, have a career where shift work is involved, are experiencing the life-changing phase of a newborn baby, or as a consequence of a high-stress lifestyle, you need to address sleeplessness quickly. The longer you leave it, the more serious the problems can become.

A good night's sleep is essential for the body and mind to operate at its best when awake. There are many methods, both orthodox and unorthodox, to overcome sleeplessness – consult your health professional for the best method for you.

Congratulations to all the winners



Well done to Marlborough finalist in the student section, **McKayla Hansen** from Marching Marlborough

Congratulations

Twin-City

(Marching Taranaki)

1st Senior Team to register for the
2011/2012 season

SENIOR GRADE TEAMS

City of New Plymouth Guards – Taranaki

Misfits Majors – Taranaki

Twin-City – Taranaki

DASH – Wellington

Skellerup Militaire Guards – Canterbury

Rosedale – Southland

NZ MARCHING CHAMPIONSHIPS

to be hosted by Marching Waikato at
Claudelands Event Centre
Gala March at Founders Theatre
16/17/18 March 2012

Official Hotel Ibis Tainui Hamilton



Guy Fawkes Night, also known as Guy Fawkes Day and Bonfire Night, is an annual commemoration observed on **5 November**, primarily in Great Britain. Its history begins with the events of 5 November 1605, when Guy Fawkes, a member of the Gunpowder Plot, was arrested while guarding explosives the plotters had placed beneath the House of Lords. Celebrating the fact that King James I had survived the attempt on his life, people lit bonfires around London, and months later the introduction of the Observance of 5th November Act enforced an annual public day of thanksgiving for the plot's failure

Blast from the Past

Editorial –
August 1 1955 Quick March

First Decade

The New Zealand Marching Association is ten years old. The anniversary is an important one, and it provides an opportunity for a look backward at the progress the sport has made in the past and a look into the future at likely further progress.

Every person actively associated with marching can be justly proud of the fact, for it is, in a nation of many kinds of sports, one of the most valuable. It has the additional distinction of being unique to New Zealand: it was evolved here, and from here it has spread to many parts of Australia.

Nobody knows exactly why girls like marching, or why men give up all their spare time to its administration. Those concerned cannot tell themselves. All they know is that they enjoy it, despite its invariable difficulties and disappointment. Almost certainly the principle reason for the fascination of marching is associated with its teamwork. There is no place in marching for the selfish person, yet plenty of room for leaders both on and off the field

The value of marching, both to the individuals participating, and to the community as a whole, has been demonstrated beyond question. National and civic leaders everywhere recognise it as a great power for good. Numerically, the sport grows stronger year by year. The gloomy ones who used to mutter that it was 'only a passing craze' have been confounded by the facts, as marching continues to flourish.

What the future holds, of course no one can say. Today there are difficulties to overcome, as always. But there were difficulties in the past, and they were overcome. So it will be in the years ahead.

The many thousands of marching supporters throughout New Zealand can look forward with confidence to a second decade as successful as the first has been.

Congratulations

Glenbrae

(Marching Manawatu)

**1st Masters Team to register for the
2011/2012 season**

MASTERS GRADE TEAMS

Glenbrae – Manawatu

REGIONAL CHAMPIONSHIPS

CENTRAL NORTH ISLAND SHIELD – Manawatu
4 December in P/North at Memorial Park

MAINLAND CHALLENGE – Southland,
3/4 December in Invercargill venue to be confirmed

NORTHERN PLATE – Bay of Plenty
11 December in Tauranga at the QE Centre

*Learn from the mistakes of others. You won't
live long enough to make them all yourself*

Congratulations

Kintyre

(Marching Marlborough)

**1st Open Team to register for the
2011/2012 season**

OPEN GRADE TEAMS

Central – Marlborough

Kintyre – Marlborough

Onyx Militaires – Otago

SPARC = SPORT NEW ZEALAND

The Minister for Sport and Recreation Murray McCully has announced that SPARC will be changing its name to Sport New Zealand. The change won't take place until early next year, with a re-branding process to be rolled out over the next three months in order to minimize costs, both for SPARC and partners.

He said there have recently been significant changes to the New Zealand sports landscape with the establishment of High Performance Sport New Zealand (HPSNZ) as a subsidiary of SPARC. There have also been changes to SPARC's strategic focus in the last few years. The new name - Sport New Zealand – better reflects the organizations role now and into the future – which is to lead New Zealand's single sport system, invest in community sport and build capability across the sector. Sport NZ is all encompassing of sport and recreation activities. Many countries are similarly using the word 'sport' in this way, and recreation will remain a key focus for us.

Have a great month of marching fun on and off the field.

Diane Gardiner, CEO MARCHING NZ