

# NEWSLETTER

February 2012

From the Desk of the  
Chief Executive Officer

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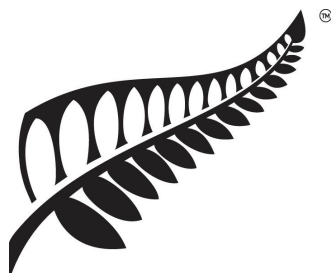
## Technical Memo's

- ◆ Nil



## Coming up -

- ◆ Waitangi Day
- ◆ Association Championships
- ◆ February Board meeting
- ◆ NZ Championships



**SPORT  
NEW ZEALAND**

# MARCHING NEW ZEALAND

## APOLOGIES to

### IMPERIAL GUARDS from Marching Auckland

for incorrect Masters Grade results from **NORTHERN  
PLATE** hosted by Marching Bay of Plenty on 11 December

#### MASTERS GRADE results -

1<sup>st</sup> Technical Imperial Guards (Auckland)  
1<sup>st</sup> Display Imperial Guards (Auckland)

## CONGRATULATIONS to all the Judges appointed to the 2012 NZ Championships Panel

Sue Stenning - Southland  
Sally Costello - Waikato  
Gaylene McRae - Southland  
Janine Brandhoj - Wellington  
Donna Odering - Canterbury  
Pauline Ward - Southland  
Jaqui Butler - Wellington  
Brenda Potter - Hawke's Bay  
Jill Charlton - Waikato  
Bob Gibbison - Wellington

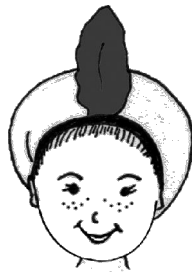


If you are watching the Rugby 7's look out for Glennette U12 and U16 teams who will be carrying the team flags and banners in the parade of nations on Friday night.

## KIDS CORNER

A message from

*Marching Molly*



Hi Everyone,

I had an awesome holiday and hope you did too. The Gondola in Queenstown was neat fun, but my younger brother wasn't that keen when it bumped over the edge coming back down. But still my favourite place of all our holiday places visited was the Cadbury Factory in Dunedin.

We had our first marching practise last Monday - it was so hot we only practised a little then went to the school pool which was heaps of fun. Our coach said we are lucky that the NZ Championships are being held indoors so it won't be so hot and will be the same for everyone. We had a new girl start with our team - Anna has just moved to our area and wanted to be a marching girl so has joined our team and practising hard.

We are doing a fundraiser this weekend - we are having a garage sale at our Chaperones place and we all are taking turns to be at the gate in our uniforms to attract attention and to thank everyone for coming and supporting us. Till next month - happy school days and happy, happy marching days.....

Marching Molly

### Word Scramble - answers for January

- |              |                  |
|--------------|------------------|
| 1. MARCHING  | 2. HOLIDAYS      |
| 3. NEWYEAR   | 4. CHAMPIONSHIPS |
| 5. WAIKATO   | 6. AUCKLAND      |
| 7. SOUTHLAND | 8. ATTENTION     |
| 9. DISPLAY   | 10. WHISTLE      |

### Word Scramble - answers next month

- ASNSCOIIOAT
- TOGOA
- CILERC
- PADEAR
- TUPORSE
- CARLPESLI
- DIAYSPL
- AMSR TA ESSID
- ONLSEN
- LWLINONEGT

## TECHNICAL CORNER



No Memo sent from the Technical Working Party since the email of 27<sup>th</sup> November re the inclusion of start discs at Review & Inspection for Fernz, Under 12, Under 16 and Senior Grades.

To everyone having a birthday in FEBRUARY



# HaPPy BiRThdAy

Good Luck to all the marchers  
taking timeout to do the

## Weet-Bix Tryathlon

Auckland - North Shore	26 <sup>th</sup> February
Auckland - St Heliers	25 <sup>th</sup> March
Waikato - Hamilton	12 <sup>th</sup> February
Bay of Plenty - Tauranga	1 <sup>st</sup> March
Hawke's Bay - Hastings	12 <sup>th</sup> February
Taranaki - New Plymouth	28 <sup>th</sup> March
Manawatu - Palmerston North	21 <sup>st</sup> March
Wellington - Lower Hutt	19 <sup>th</sup> February
Nelson - Tahunanui	4 <sup>th</sup> March
Canterbury - Christchurch	11 <sup>th</sup> March
Otago - Dunedin	18 <sup>th</sup> March

Marching New Zealand  
is now on

## FACEBOOK

[www.facebook.com/marchingnewzealand](http://www.facebook.com/marchingnewzealand)



## CHILDRENS DAY

Sunday 4<sup>th</sup> March 2012

Children's Day is about:

- Giving time
- Praise and encouragement
- Listening and talking
- Love and affection



January The girls got lots of looks and were well received.  
**Wellington – Glennette** U12 and U16 teams will be carrying the team flags and banners in the parade of nations for the Wellington Sevens on Friday night 3<sup>rd</sup> Feb

## Volunteers for January

Special thanks to all our Volunteers, especially

Olive Matheson-Croudiss – Auckland (Treasurer)  
 Raeline Bettridge – Waikato (Treasurer)  
 Shirley Wotton – Bay of Plenty (Treasurer)  
 Tina Oliver – Hawke’s Bay (Treasurer)  
 June Elliott – Taranaki (Treasurer)  
 Aime Merrick – Manawatu (Treasurer)  
 Fiona Collins – Wellington (Treasurer)  
 Kathleen Keir– Nelson (Treasurer)  
 Amanda Hansen – Marlborough (Treasurer)  
 Sharon Wyllie – Canterbury (Treasurer)  
 Michelle French – Otago (Treasurer)  
 Pauline Ward – Southland (Treasurer)

**It is OK to fail, but it is not OK to give up**

## BOUQUETS an’ BRICKBATS



**CITY OF TAURANGA TEAMS (MARCHING BAY OF PLENTY)** – At the end of November the team members participated in the Mount Maunganui Christmas parade including an amazing 9 metre float that was put together by Michelle Holdem. They had around 28 members marching behind the float and around 25 supporters on the float. For their efforts they won 2<sup>nd</sup> prize in the Sports and Recreation section which was a great achievement given there were 55 + entries in the parade. An awesome effort by City of Tauranga teams

## ASSOCIATION CHAMPIONSHIPS

BAY OF PLENTY	4 <sup>th</sup> February 2012
NELSON	12 <sup>th</sup> February 2012
TARANAKI	18 <sup>th</sup> February 2012
MANAWATU	19 <sup>th</sup> February 2012
SOUTHLAND	19 <sup>th</sup> February 2012
OTAGO	26 <sup>th</sup> February 2012
AUCKLAND	3 <sup>rd</sup> March 2012
WAIKATO	10 <sup>th</sup> March 2012
MARLBOROUGH	4 <sup>th</sup> March 2012

CANTERBURY	4 <sup>th</sup> March 2012
WELLINGTON	11 <sup>th</sup> March 2012
HAWKE’S BAY	10 <sup>th</sup> March 2012

*You should never get involved in a good TV show while cooking something in the microwave*



*Marching New Zealand is very grateful to SPORT NEW ZEALAND (formerly SPARC) for their continued investment in our sport*

Tips from within the **CHAPERONS KIT**

## DRINKING GAMES

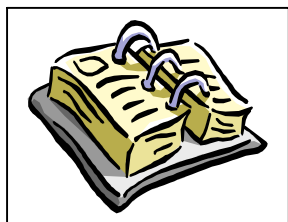
Did you know that for every litre of sweat you lose -

- Your heartbeat increases by 8 beats per minute?
  - Your core temperature increase by 0.03degrees Celsius?
- Dehydration has a major effect on performance and can be outright dangerous, so staying well hydrated is extremely important for a sports person or athlete. Fortunately, a drink bottle now seems to be an integral piece of kit, but there is still confusion about what is the best beverage when and how much to drink.

Recommended fluid intake strategies:

- Drink 500ml of fluid approximately two hours prior to exercise to produce lightly coloured urine. Water might be enough, although a sports drink will be of benefit if extra carbohydrate is needed.
- For exercise under 1 hour duration, water is generally all that is required.
- During intermittent high density exercise of an hour and exercise over an hour duration, a sports drink is recommended.
- Start drinking early during sport or competition and drink at regular intervals where possible.
- Aim to drink 500ml to 1litre of fluid per hour. Sweat rates are highly individual and depend on climatic condition: remember fluid needs in competition, will be somewhat higher compared to training.
- Drink one and a half times the amount of fluid lost as sweat. So if you lose 1kg, drink 1.5litres of fluid. Aim for 1 to 1.5g of carbs per kg of body weight per hour to replenish glycogen stores.
- Don’t stop drinking once you’ve finished, as full rehydration can take some time to achieve – possibly up to24hours
- Do not rely on thirst as an indicator as it’s a reactive, not proactive mechanism.
- After exercise, a specifically formulated sport drink conveniently supplies the right balance of nutrients in a single drink to kick start the body’s recovery processes.

Scientifically formulated sports drinks are the best choice in activities of an hour and longer. Sports drinks are unique in that they contain sodium which enhances the rate of absorption of fluid and carbohydrate, reduces fluid loss (by decreasing urine output) and also increases thirst (and thus desire to drink). Sports drinks also contain readily absorbed carbohydrates that are not too concentrated, vital for supplying energy to working muscles.



## Calender of Events

### February

4	Championships	Bay of Plenty
5	Contest – March & Go	Otago
11	Competition	Waikato
11	March & Stay 3	Canterbury
12	Competition	Wellington
12	Championships	Nelson
12	Contest – March & Stay	Otago
12	Competition (march twice)	Southland
18	Competition	Waikato
18	Championships	Taranaki
19	Competition	Manawatu
19	Coastline Competition Trophy Day	Marlborough
19	Competition	Wellington
19	Championships	Southland
23	Twilight March n Stay	Nelson
25	N.A.M.E. in Taupo	Waikato
26	Trophy Day	Canterbury
26	Championships	Otago

### March

3	Championships	Auckland
3	Closing Day	Taranaki
4	Competition	Wellington
4	Closing Day	Nelson
4	Championships	Marlborough
4	Championships	Canterbury
4	Combined Otago/Southland	Southland
10	Championships	Waikato
10	Championships – Twilight Event	Hawke's Bay
11	Championships	Wellington
16	NZ Championships	Waikato
27	Closing Day	Otago

### April

1	Closing Day / Fun Day	Marlborough
	Closing Disco & Awards	Southland



– copied from Quickstep April 1982

No man is an Island, as the saying goes. Neither is a Public Relations Officer. Unless the others lend their support, the results will be like marching on the spot.

As the PRO your job is to motivate people. There is only one ingredient that will be successful – ENTHUSIASM. It's highly contagious, and raises the temperature of everybody who comes near it.

## NZ CHAMPIONSHIPS

HOSTED BY

# MARCHING

## Marching Waikato

**DATES** – 16/17/18 March 2012

**CHAMPIONSHIP VENUE** – Claudelands Event Centre  
Heaphy Terrace, Hamilton

**GALA MARCH VENUE** – Founders Theatre, Tristram  
Street, Hamilton

**JUDGING PANEL** – has been appointed & circulated

**ENTRIES** – 42 teams have entered  
17 Under 12, 10 Under 16, 12 Senior & 3 Masters Teams

**STREET PARADE** – There will no Street Parade, there will be an Official March Past in conjunction with the Official Opening

**OFFICIAL HOTEL** – is the Ibis Tainui Hamilton Hotel  
Alma Street, Hamilton. (Teams are not to accommodate at the Official Hotel)

### TIMETABLE OF EVENTS –

Thursday 15<sup>th</sup> March  
March Past & Official Opening  
Friday 16<sup>th</sup> March  
Qualifying March for Senior, Masters & Under 12 Grades  
Friday 16<sup>th</sup> March  
Gala March for Senior Grade  
Saturday 17<sup>th</sup> March  
Qualifying March for Under 16 Grade  
Under 12 Grade Plate/Bowl March  
Sunday 18<sup>th</sup> March  
Plate March for Under 16 & Senior Grade  
Championship March for All Grades

### MARCHING FORMAT –

Qualifying March is 'March n Go' and Coach/Judge interviews will be held at the conclusion of the march (as per MNZ Rule of Participation NZC13-1). At the conclusion of Coach/Judge interviews, a copy of the Contest Draw for the Team Championship, Plate or Bowl March will be available from the Director of Coaching. Results from Qualifying March will determine allocation

into the Championship, Plate or Bowl March. (As per MNZ Rule of Participation NZC3-4)

### A winner says

“It may be difficult but it’s possible.

### A loser says

“It may be possible but it’s too difficult”

## The importance of Rest and Recovery in training schedules

Programming rest and recovery into your training schedules ensures important benefits. First, you’ll be healthier—which means you’ll have minimal interruptions to your training from illness or injury, thus your training will be more consistent.

Read the full article in Coach Links on the ‘New Zealand Coach’ website  
<http://www.coachmag.org.nz>

*My favourite part of the game is the opportunity to play.*

### HEALTH TIP

#### Did you know Glaucoma is an ancient disease?

Glaucoma was first described by the ancient Greeks as any eye disease leading to blindness, and is derived from the ancient Greek word that literally means clouded or blue-green hue, probably associated with the glaze or dull sheen of blindness.

Gradually the difference between cataracts, that could be treated, were distinguished from the conditions that could not, but were still called glaucoma. In the 10<sup>th</sup> century AD At-Tabari, an Arabian statesman and physician wrote several medical books, including the ‘Book of Hippocratic Treatment’ in which the association was first made between pressure in the eye (intraocular pressure or IOP) and the eye condition glaucoma.

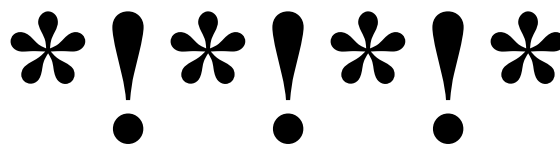
In the early 17<sup>th</sup> century, an ophthalmologist called Richard Bannister, author of the first book of ophthalmology in English, proved the first diagnostic test for glaucoma, by rubbing the eyelid to feel the hardness of the eyeball, and associated IOP as one of four symptoms of eye disease leading to blindness still known as glaucoma. At this stage glaucoma was still a general definition for a long-term eye disease where the eye is inflamed and the pupil appears greenish-blue, as in the original ancient Greek diagnosis.

Finally in the early 19<sup>th</sup> century, a Dr G.J. Guthrie recognised that increased eye tension was the essential feature of glaucoma and gradually, over the next 150years, the definition and diagnosis of glaucoma was refined, until in 1973 a Dr Drance first defined glaucoma as a disease of the optic nerve caused by increased IOP. Now of course we have advanced technology to measure eyeball tension due to IOP, as well as other optometrist tests to help in the diagnosis of glaucoma.

CONGRATULATIONS to all  
Judges appointed to the 2012  
NZ Championship Panel

*You should never make a decision unless you are willing to accept the consequences*

### Bright Idea



Anyone got any bright idea’s to share when packing uniforms, boots etc ready for the NZ Championships?

### The troublesome trundler....

You’ve surely all encountered it, embarrassed by its squeals; the supermarket trolley with the wibbly-wobbly wheels.

Its casters knock like skittles, and you find it quite a trial, to steer the uncoiled monster to the small-goods down the aisle.

You nudge it gently, straight ahead; but it takes great delight, in swerving wildly left or veering to the right. You’ve almost reached the cheese and at last regained your poise, when once again your peace of mind is shattered by that noise.

The other shoppers turn and stare, as if it is your fault. You pause; pretending you’re engrossed in brands of table salt, and vow this pesky vehicle no longer you’ll endure.

You choose another trolley, quite determined to ensure, a better model this will be it surely can’t be worse; but either they’re related or you’re under some strange curse.

The wheels have locked together and they simply won’t release! Fed up - you grab a basket hoping now you’ll shop in peace.



The 'second' half of our marching season is well underway and we look forward to the NZ Championships. The Judges Panel is known, and all are preparing. 42 teams have entered and into quality, not quantity team practises. Marching Waikato is making the final arrangements - have a great month in your preparations everyone

*Diane Gardiner*

CEO MARCHING NEW ZEALAND