

# NEWSLETTER

August 2011

From the Desk of the  
Chief Executive Officer

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## Technical Memo's

- ◆ Nil



## Coming up -

- ◆ Recruitment Seminar
- ◆ Level One Accreditation
- ◆ New Coach Workshop
- ◆ Technical A Judge Workshop
- ◆ Display Judge Workshop



Kiwi Jump & Jive

# MARCHING NEW ZEALAND

## Nominations are now open



## Congratulations

To all elected Association Committee  
personnel and Association appointees.

## Enjoy the 2011-2012 season

Thank you all for taking on these important positions on  
Association Committees and trust you will get huge  
satisfaction through your contributions to the sport

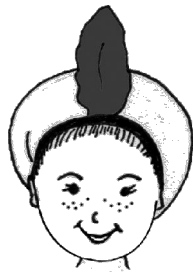
Marching New Zealand  
is now on  
FACEBOOK

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

## KIDS CORNER

A message from

*Marching Molly*



Hi Marching Friends

School holiday time over and back to school this week. Term Three means it is closer to summer time and of course marching season. Our marching coach has said no marching practise until netball is finished so we will be starting real soon because in three more weeks we finish our netball competition and then have 2 more weeks of fun games before the season ends.

Our tenpin bowling day was lots of fun and we all got prizes - my prize was for the 'slowest' strike, I just couldn't bowl the ball fast. We have one more fun day before we start practise and this time we are going to a special place that we might go to again if our team can practise hard during the season. We are all trying to guess where it might be but no-one has guessed right yet. Hope you had a great holiday and enjoy being back at school again. Marching starts real soon now.

Marching Molly

To everyone having a birthday in AUGUST



**HaPPy BiRThdAy**

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

TECHNICAL	WORKSHOP	LINE
HOLIDAYS	MEETING	UNIFORMS
CHAPERON	COACH	DISPLAY
TRAINING	SOUTHLAND	NELSON

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



### TECHNICAL CORNER



#### Judge Workshop

At the Brentwood Hotel, Wellington -  
3<sup>rd</sup> Sept - Technical A  
4<sup>th</sup> Sept - Display

#### Coach Workshop

At the Brentwood Hotel, Wellington -  
28<sup>th</sup> August - New Coaches

## Kiwi Jump & Jive

### 2011 WORKSHOPS

#### MNZ Accreditation Level One

Sunday 7<sup>th</sup> August @ Rotorua  
Sunday 14<sup>th</sup> August @ Palmerston North  
Sunday 14<sup>th</sup> August @ Invercargill

#### Judge Workshops

Technical A Judge -  
Saturday 3<sup>rd</sup> Sept @ Brentwood Hotel, Wellington  
Display Judge -  
Sunday 4<sup>th</sup> Sept @ Brentwood Hotel, Wellington

#### Recruitment Seminar

Sunday 7<sup>th</sup> August @ Brentwood Hotel, Wellington

#### New Coach Workshop

Sunday 28<sup>th</sup> August @ Brentwood Hotel, Wellington



## Volunteers for JULY

Special thanks to all our Volunteers-

Nicole Harvey – Waikato  
Sharon van Stijn – Otago

# VOLUNTEER OF THE MONTH

**Nicole Harvey**  
(Marching Waikato)

Nicole is one of new committee members this past season, taking on that job that no one else wants to do: Publicity and Promotions. For a newbie Nicole did us proud here in Waikato. For the first time in a very long time we had a TV crew from CTV attend our competition filming marching and interviewing our President, a coach and a marcher. This went to air in early March. Not sure how many people got to view this, but we have a copy of it which is now on our website. As well we had several photos and write ups in the Waikato Times. Nicole now starts the big job of promoting and publicising our Nationals. Well done Nicole on a splendid first season in this role. We all know just how hard this job is

*You deserve to know how  
special you are. You of all  
people should have the  
privilege of knowing how  
much nicer life is with you  
in it*

## COMPETITION DATES

A reminder to Associations, when dates have been settled on for the 2011-2012 competition season forward details to the CEO for inclusion in the monthly Newsletter 'Calendar of Events'

## SPARC

### SPORT VOLUNTEER AWARDS

Your nominee can be a coach, judge, administrator, fundraiser, competition day official or other marching volunteer who has volunteered in the last 12 months. There are Three Nomination Categories;

- Wattie's Student Sport Volunteer Category –for volunteers aged 18 years or younger.
- SPARC Sport Volunteer Award- for volunteers aged 19 years old or older
- Lifetime Achievement Award – for those who've given more than 25 years of service as a volunteer in a sporting environment.

One winner will be selected for each award category in each region. Nominations close **midnight, 23 August, 2011.** Source: [www.sparc.org.nz/volunteers](http://www.sparc.org.nz/volunteers).

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**RECRUITMENT  
SEMINAR**  
to be held at the  
**Brentwood Hotel, Wellington**  
Sunday 7<sup>th</sup> August 2011  
10am – 4pm

## FOR SALE

At \$20.00 +GST advertise here your excess marching uniforms, practice uniforms, boots etc ..... contact the CEO at [ceo@marching.co.nz](mailto:ceo@marching.co.nz) with details for inclusion in the August Newsletter

## WANTED

**TRAINEE JUDGES** – in every Association. Contact your local Association Chief Judge or MNZ Director of Judging Janine Brandhoj - email [judge@marching.co.nz](mailto:judge@marching.co.nz) for more information

Congratulation to

**Jackie Smith & Trevor Hall**  
**MARCHING TARANAKI**  
who were elected Life Members at the Annual Meeting held 2<sup>nd</sup> July 2011

## New Coach Workshop

- \* Planning a training session \*
  - \* Training stations \*
- \* Training basics and drills \*
  - \* Placing a team \*
- \* Movement structure \*
- \* Marking out movements \*

## BOUQUETS an' BRICKBATS



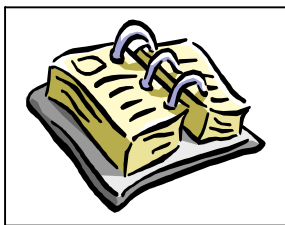
**MARCHING Taranaki** – registering 3 people to attend Recruitment Workshop

**MARCHING Hawke's Bay** – registering 3 people to attend Recruitment Workshop

### Bright Idea



To avoid disappointment register **NOW** for **New Coach** 28th August at the Brentwood Hotel, Wellington



### Calender of Events

#### August

7	Recruitment Seminar	Wellington
7	Level One Accreditation	Rotorua
14	Level one Accreditation	Palmerston Nth
14	Level One Accreditation	Invercargill
28	New Coach Workshop	Wellington

#### September

3	Technical A Judge Workshop	Wellington
4	Display Judge Workshop	Wellington
17	Field Day	Bay of Plenty
24/25	Board Meeting	Wellington
25	Field Day	Taranaki

### HEALTH TIP

#### UNDERSTANDING YOUR JOINTS

Joint discomfort is often due to the breakdown of cartilage. Cartilage is the protective shock absorber between the joints that acts as a smooth, weight-bearing surface, cushioning the joint and allowing the bones to slip freely over each other, providing the easy mobility we take for granted.

In its early years, the body is able to renew cartilage and maintain healthy joints by producing two special substances, Glucosamine Sulfate and Chondroitin Sulfate. However, with age and general wear and tear on the joints, the ability to produce these substances and repair cartilage may diminish.

Glucosamine is the building block of joint cartilage and assists the production of special compounds that help form the structure of the joint and assist joint repair.

Chondroitin Sulfate acts as a 'fluid magnet', drawing fluid and nutrients into the cartilage, providing the nutrients needed to enable it to grow and be replaced. It also helps to form joint cartilage and supports joint elasticity.



*Marching New Zealand  
is very grateful to SPARC for their continued  
investment in our sport through till 2011*

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#### WORLD NETBALL CHAMPIONSHIPS



Awesome effort & congratulations to the  
**SILVER FERNS**

# MARCHING

NEW ZEALAND

## JULY BOARD MEETING in brief

- No change to NZ Championships entry fees – Under 12 \$300, Under 16/Senior/Masters \$370
- Director of Coaching has planning well underway for the New Coach Workshop on 28<sup>th</sup> August
- Registrations received for Level One Accreditations – 2 in Tauranga, 10 in Palmerston North and 10 Invercargill
- New Introduction to Coaching certificates being printed
- Board Members presented reports from visits to Marching Bay of Plenty (Pam Findlay), Waikato and Manawatu (both Lois Gyde)
- Marching Wellington still to be visited by Board Members Craig Rhodes and Shona French
- Target goals set for new Investment schedule with SPARC to be completed/signed off
- Annual Financial Statements received from four Associations
- No changes made to the Board Organisational Policies
- FERNZ Grade DO NOT have blue disks
- Copies of the Policies Operations Manual (Technical) are now available to members at a cost of \$30.00
- Copies of the Technical & Display Identification DVD are available again.
- Appointment of Auditor - Hilson Fagerlund Keyes of Christchurch
- Appointment of Honorary Solicitor: - Mr Garry Barkle of Nelson
- Following successful Association visits, Board Members have agreed to 'mentor' Associations
- Association Mentors are

Auckland	Marie Brown
Waikato	Lois Gyde
Bay of Plenty	Pam Findlay
Hawke's Bay	Craig Rhodes
Taranaki	John Lloyd
Manawatu	Lois Gyde
Wellington	Craig Rhodes
Nelson	Shona French
Marlborough	Shona French
Canterbury	Pam Findlay
Otago	Marie Brown
Southland	John Lloyd



## 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.

## NZ CHAMPIONSHIPS

hosted by Marching Waikato at the

### Claudlands Event Centre Gala March - Founders Theatre

16/17/18 March 2012



## ENTRY FEES

### 2012 NZ CHAMPIONSHIPS

Under 12 - \$300.00

Under 16, Senior & Masters - \$370.00



The following teams were eligible to compete at the fifth Interdominion Championship in Hamilton on 29<sup>th</sup> Jan 1983

Newmans Acme Pioneers (Canterbury)  
Avanettes (Wellington)  
Continental Guards (Auckland)  
McRae Metro Ford (Wellington)  
Valley Guards (Wellington)  
Shamrock (Wellington)  
McAlpine Stars (Canterbury)  
Windsor Guards (Auckland)

Tips from within the **CHAPERONS KIT**

The road to recovery

Strenuous exercise places many demands on your body. These include fatigue, dehydration and muscle soreness.

For optimised recovery, you should

1. Replenish carbohydrate and protein stores
2. Eat a snack containing both carbohydrate and protein immediately after training
3. Replace vitamins, minerals and anti-oxidants
4. Replace fluid and electrolytes
5. Replace the water and electrolytes you lose through sweat

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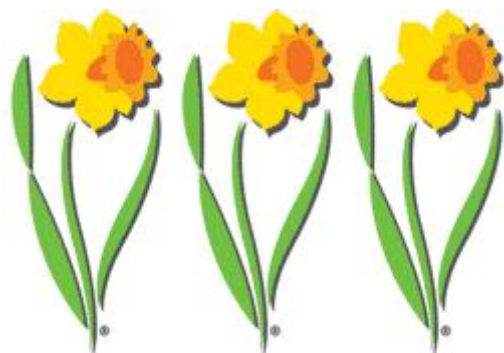


Trophies won by a Team, are to be returned to the respective Associations by 31 August each year, in excellent condition and well cleaned.



# OUT 'n ABOUT

Has 'Marching' been Out 'n About in your region? Share your profile ideas: send into the CEO for next months Out 'n About section.



**~Daffodil Day~**  
**Friday 26<sup>th</sup> August 2011**

# THANK YOU

## to all our

## volunteers

### Meetings

Meetings at work should start on time. Do you start on time, or do you wait for the stragglers? I live a fair distance from the main city, so when people invite me to an early morning meeting in the city, I need to be up at 5.00am to get ready and leave home before 6.00am so that I can get there at 7.00am. I need to do this even if the meeting is scheduled to start at 9.00am because if I were to leave home at 8.00am, I would not get through the unbearable traffic until 10.00a. This is a tricky juggling act. So I arrive early, wait two hours until 9.00am, and have to put up with life-wasters ho say, "Oh, let's wait a few minutes for those who might be caught in traffic." Then they say, "Oh look. It's 9.30, why don't we have an early morning coffee break while we're waiting?" By 10.00am, when the meeting starts, I would have been up for five hours!

At first, I give some people the benefit of the doubt, but I later become nonchalant, or do not arrive on time, or choose not to go. When will people learn that adults are just like children? If a child gets the chocolate after ranting and raving, that child is being conditioned. If chair people wait for late-comers, I would rather a few extra hours in bed and they can wait for *me*.

### REGIONAL CHAMPIONSHIPS

CENTRAL NORTH ISLAND SHIELD – Manawatu  
Date and venue to be confirmed in December

MAINLAND CHALLENGE – Southland,  
Date and venue to be confirmed in December

NORTHERN PLATE – Waikato,  
Date and venue to be confirmed in December

The new season is fast approaching. Teams are getting together, Judges are purchasing new red pens, Chaperons' are at the Drycleaners getting uniforms cleaned, Grounds people are checking the discs and buying the whitewash for the lines, Association Committees are planning Field Days and Opening Days – everyone is getting ready for another busy and fun marching season.

*Diane Gardiner*, CEO MARCHING NZ