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SPORT NEW ZEALAND

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

NZ MARCHING CHAMPIONSHIP

- 2021** in Dunedin @ More FM Arena
- 2022** in Hamilton @ Claudelands Centre
- 2023** ??????

Associations are invited to make application to host the 2023 NZ Marching Championships as outlined in Rule of Participation NZC1-2. All applications are to each the CEO no later than 30th April 2021 for consideration at the May Board meeting.

A DIFFERENT PERSPECTIVE ON WINNING AND LOSING

'Fair Play is when you and your team are playing and one person goes for the goal and they miss or something happens, the rest of the team don't go off at you, they support you'.

No matter what sport they play, everybody likes to win. The pursuit of personal excellence is a commendable goal, but it cannot be measured solely by winning a trophy or finishing first. Too much emphasis on winning may have led to many of today's problems in sport. When winning is the only thing that matters, some people feel that it doesn't matter how you get to win, as long as you do. That leads to cheating, breaking the rules, use of performance enhancing drugs, violence and intense pressure on athletes.

'Competing for fun, being supported and enjoying that sport is 'Fair Play'

Many athletes become frustrated by the constant pressure to win and drop out because they feel inadequate or inferior.

COVID-19

For at least 7-days
 Auckland - Alert Level 2 and
 the Rest of NZ - Alert Level 1



This shift to Alert Levels demonstrates how very important it is that we all 'play by the rules' and remain vigilant to keep the spread of COVID-19 under control.

What we all need to do to keep safe -



Stay home if you're sick →

If you're feeling unwell, isolate wherever you are and call Healthline about a free COVID-19 test. By getting a test, you're helping keep your community safe.



Use the NZ COVID Tracer app →

Scan QR codes everywhere you go, and turn on Bluetooth tracing. The more we scan the safer we'll be.



Wear a face covering →

Wear face coverings on public transport, domestic flights and when you cannot maintain physical distance in crowded places.



Wash your hands →

Washing your hands is 1 of the easiest ways to keep yourself safe. Wash often. Use soap. 20 seconds. Then dry. This kills the virus by bursting its protective bubble.



Cough or sneeze into your elbow →

It will keep the virus off your hands, so you won't spread it to other people and make them sick too.



Clean surfaces →

Regularly clean surfaces that get touched frequently.

For more information go to <https://covid19.govt.nz/alert-system/current-alert-level/>

BE KIND – STAY SAFE- WASH YOUR HANDS



In the Diary Competitions & Events

MARCH

- 6 Waikato Competition at the Hockey Turf
- 6 Taranaki Championships in Stratford
- 7 Auckland Championships
- 7 Wellington Closing Day
- 7 Otago Championships & Closing Day
- 13 Marlborough Champs at Lansdowne Park
- 13 Canterbury Trophy Day at Nunweek Park
- 18 NZ Championships at More FM Arena, Dunedin
- 19 NZ Championships at More FM Arena, Dunedin
- 20 NZ Championships at More FM Arena, Dunedin
- 27 Taranaki Closing Day in Stratford
- 28 Southland Closing FUN Day in Invercargill

April

- 10 Canterbury Closing Day Prize Giving

CONGRATULATIONS

MNZ Service Award Badges & Certificates were presently recently at local events to

MNZ Service Award

Keryn Cawood – Canterbury
Stacey Taylor – Canterbury



MNZ Outstanding & Extended LONG SERVICE

Geoff Cox – Canterbury
Jenny Cox – Canterbury
Lynnette Hills – Canterbury
Bob Gibbison – Wellington

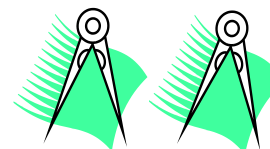
BOARD APPOINTMENTS

As per Rule of Participation A7.4 applications in writing close with the CEO on 30th April 2021 for the following Board Appointments.

- ❖ Technical Manager
- ❖ Judging Accreditor
- ❖ Marketing Co-ordinator
- ❖ Trophy Custodian
- ❖ Publications/Merchandising Co-ordinator
- ❖ Social Media Administrator

All applications will be considered by the Board at the May Board Meeting. The term of appointment is for 12 months, effective 1st July 2021 except for the Technical Manager which is for a 3-year term. For a copy of the Job Profile of any position contact your local Association Secretary or can be downloaded from the MNZ website.

TECHNICAL CORNER



TECHNICAL RESOURCES



JUDGES TRAINING KIT, a resource for judges, that both new and experienced judges will benefit from and should contact their Chief Judge for information. Technical Drills, release date 1st July (and updates) are all available from the MNZ website.

BALANCE IS BETTER

Sport NZ's Balance is Better philosophy is about keeping young people in sport. It focuses on meeting the needs of young people, and the reasons they play sport; to develop and improve, experience challenge, be part of a team, and most importantly have fun with their friends.

"Don't lose the joy"

White Fern Suzie Bates grew up playing everything she could, chasing down her older brothers. She is now a Balance is Better Champion and after spending the past 18 years playing top level cricket, she can honestly say she still has fun.

"Sometimes when you get to professional level like I have, you get paid, the coaches get paid, and you treat it like a job," she explains.

"However, I always like to remember the 'why', why I first started playing and the joy I got from playing then and still get from playing now," says Suzie, also a former Tall Fern. "You can work hard and still have fun; it's how you get the best out of someone." *Continue Reading*

The benefits of being involved in sport are far-reaching. For participants, research shows that sport is a great tonic for making us happier, healthier people. At a community level, we know sport is a great connector. Sport helps us to feel included and supported, with a sense of belonging. It also helps us to feel proud of our communities.

Balance is Better is a way for you to keep up with the play on the latest help, advice and coaching tips from trusted sources.

An initiative by  SPORT NEW ZEALAND



COACHING

DRINKING GAMES

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

- Your heartbeat increases by 8 beats per minute?
- Your core temperature increases by 0.03 degrees 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 to 24hours
- 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.

CHAMPIONSHIPS

Waikato	6 th March	Hamilton
Taranaki	6 th March	Stratford
Auckland	7 th March	Auckland
Otago	7 th March	Dunedin
Marlborough	13 th March	Blenheim
NZ	18 th March	Dunedin
NZ	19 th March	Dunedin
NZ	20 th March	Dunedin

JUDGING

Mental Strength

Ways to enhance your own self-esteem -

Every official goes into a game situation in a specific mental state. Their mental state affects how well they perform and if they achieve their performance results. Officials who are self-confident and believe in their abilities do well on tasks more often than those who are not self-confident or doubt their abilities. A positive attitude and a high level of self-esteem are essential to superior performances. An official who has already experienced success in previous activities will enter into future performance situations with an expectation for future success.

The official must receive self-satisfaction from getting better at whatever they are doing. In this way, the official will remain intrinsically motivated, will want to repeat the task again and increase their level of self-esteem. We often negate or forget about the roles that commitment, Desire, and passion play in performance improvement. Yes, these are types of emotions, and yes, they do have an effect on performance.

It's simple to build confidence – introduce one new task at a time and as your confidence grows so will your self-esteem. This approach guarantees success in raising confidence levels. It also helps create winning streaks. High levels of confidences and high levels of self-esteem start to cycle back on each other, with one producing the other in a seemingly endless virtuous loop. Tips to gain respect for yourself and others. To gain respect for yourself you need to have a high level of self-awareness and be clear about your values. Values and mutual respect are vital for building strong relationships. So how do you gain someone's respect? Certain qualities tend to come up again and again – dependable, honest, trustworthy, and respectful. Your consistent and reliable actions and the way you interact with other people, the questions you ask, your knowledge of your sport, and the actions you take to build relationships are the tools you use to gain respect.

Here are some tips you can use to gain respect.

- Be knowledgeable of your sport and share this knowledge with others.
- Control your emotions: anger manages everything poorly.
- Be honest and straightforward.
- Be objective and avoid appearing biased.
- Be persistent, but never be aggressive.
- Be courteous to everyone.
- Do things that demonstrate your unselfish nature.

GOOD LUCK to all Officials
officiating & **GOOD MARCHING**
to all Teams competing at the NZ
Marching Championships being held
at the More FM Arena, Dunedin.

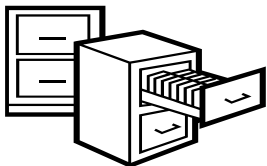
THANK YOU to all our Volunteers



**All Registered
Marchers, Coaches, Chaperones,
Managers, Association Personnel,
Life Members**
(Marching Auckland)

How can we explain the whole season of 20-21 for our Members? They have taken Covid in their stride, worked very hard to try and keep their teams going. Boundary lockouts has meant many marchers could not attend team trainings. Marching Auckland have had to cancel 5 competitions this season, including Northern Plate, Challenge Cup and the Association Championships. We are there to support each other and have all done an amazing effort to support the sport in Auckland. Great work everyone.

MNZ ANNUAL MEETING



76th ANNUAL MEETING
to be held at the
BRENTWOOD HOTEL,
WELLINGTON
26th / 27th June 2021

NOTICE OF MOTIONS-REMITTS

Does your Association have any proposed changes to the Marching New Zealand Constitution, Policies, Rules of Participation to be presented to the Annual Meeting, notice of motions-remitts must be received by the CEO no later than 30th April 2021 and must be endorsed at an Association Meeting first.

ITEMS FOR GENERAL BUSINESS

Does your Association have any item to be included for discussion in General Business? All items to be to the CEO no later than 30th April 2021.

NOMINATIONS FOR BOARD

One Board Member
(Rule 5.3.2 Commencing with the Annual Meeting in year 2016, one (1) of the existing elected Board Members (other than the President) (together with any replacement Board Member) shall retire by rotation at each Annual Meeting. Election shall be for a period of four (4) years. A précis penned by your nominee must be included with the nomination and be received by the CEO no later than 30th April 2021.



Young People Do Volunteer

There are many advantages to including young people in sport volunteering roles. They are energetic and often enthusiastic and can bring new life and fresh ideas into a club.

Encouraging youth participation may pay dividends in the future. If early life experiences include sport volunteering it is likely people may volunteer later in life. To appeal to young people, volunteering will need to position itself as being as much about fun and good times as about helping others out. Sport organisations need to provide experiences that allow young people to test out activities and practices without creating a role that is onerous or involves a great deal of responsibility. Providing role counselling prior to taking up commitments is important because young volunteers can better understand the commitment that is required for the role and what skills they need to have.

Young volunteers like many others can be *investors* wanting to see others achieve or their sport do well. They are also likely to be *Cautious but Keen* types and hence a bit anxious about whether they can perform as a volunteer. The roles they are typically looking for are junior or assistant roles as these carry less risk and offer more opportunity for mentoring and skill and confidence development. Satisfied younger volunteers will be those whose roles have the right balance of 'safety' and the sociability they seek.

Young people are likely to have commitments as sport players and students, as well as social commitments. As a result, they are sometimes less able to commit to volunteering. Young people often require more intensive training and closer supervision than more mature volunteers and for the younger volunteer, volunteering can add to the pressure they feel to gain an education, or the learning required for their work commitments. Voluntary roles can often be seen as onerous, boring, full of responsibilities, providing little reward and not delivering on the social pleasure and interaction they crave, i.e. uncool.

END OF SEASON

Invite your young **VOLUNTEERS** to organise some fun activities for **CLOSING DAY**.

Let them make it a **FUN DAY**. **TEAMS** can **present displays** and show off their Championship Medals and share season experiences and highlights. The **VOLUNTEERS** could add some **games** and **challenges** like Cricket and Softball or Skipping and Egg/Spoon races where everyone can join in. And afterwards share a **LOLLY SCRAMBLE** or a **BBQ**



2021 NZ CHAMPIONSHIPS

hosted by **Marching Otago**

Thursday/Saturday 18/19/20 March 2021

More FM Arena, Dunedin

PROGRAMME

DAY 1 Thursday- Welcome, March Past & Official Opening, Pre-Contest Meeting and Leaders over the Course.

DAY 2 Friday - Qualifying March for All grades. Qualifying March is 'March n Go' and Coach Judge Interviews, to ask clarifying questions only, will be held as per MNZ Rule of Participation NZC13-1. At the conclusion of Coach Judge interviews, the Contest Draw for the Bowl, Plate, Championship March will be available from the Technical Manager. Results from Qualifying March will determine allocation into the Championship, Plate or Bowl March (MNZ Rule of Participation NZC3-4)

DAY 3 Saturday - Bowl/Plate/Championship March followed by Presentation of Awards, Parade of Champions and Flag Ceremony

VENUE More FM Arena, corner Portsmouth Drive & Teviot Street, Dunedin. Flooring is carpet laid tiles, marchers can wear boots (but NO heel or toe plates please). There are NO practice facilities available at the venue, although Teams are able to hire a court in the next-door Edgar Arena (bookings at the Edgar Centre are a must). Practice facilities as advised.

TICKETS Friday \$5 per person
Saturday \$25 Adults, \$15 Child (aged 5-12 years), Under 5 Free (not guaranteed a seat, may need to sit on your knee, for a guaranteed seat purchase \$15 Child ticket)

SEATING Spectator seating upstairs. Wheelchair provision at the ground floor. Team seating in West Stand will be FREE.

FOOD The venue will be operating a Café with a varied menu. ABSOLUTELY NO McDonalds, KFC etc and NO chilly bins. Teams may bring a packed lunch - there will be no orders for lunches available.

JUDGES Tech A Jenny Cox/Sue Stenning
Tech B Gaylene McRae/Dianne Cox
Tech C Nicola Rillstone/Clare McKissick
Tech D Katharine Simonsen/Pauline Ward
Display Victoria Kingsley-Holmes/
Brenda Potter/Bob Gibbison

Comp Marcella Burke

DRAW Qualifying March Draw on the website.

COVID MNZ/Marching Otago will be complying with Alert Levels (if any). You must not participate if you have COVID-19 symptoms.

SOUVENIR Orders will only be accepted on the Souvenir Order Form returned to the email address provided on the form and available on the MNZ website.



Marching Otago Badge	\$10	Drawstring Bag	\$8
NZ Champs Badge	\$12	Pen	\$2
Penguin	\$15	Programme	\$5

Pre-orders close on 14 February 2020. There will be limited stock available for purchase at New Zealand Championships.

OFFICIAL HOTEL



Scenic Hotel Southern Cross
118 High Street, Dunedin

HERTZ Discount Rental Code is still available to use for the hire of Vans, Cars and People Movers for those attending NZ Championships in Otago 2021. Contact your Association Secretary for the Promo Code Number prior to making your

bookings with **HERTZ RENTALS NZ**

Please support HERTZ, they have been great supporting marching over the past season and for this we very much appreciate their involvement and support.



Supporter of
Marching Otago
hosting the NZ
Marching
Championships
in March 2021



ASSOCIATION NOTES

Risk Management of Events

- × We want the people developing and running the activity /event to be safe.
- × We want the athletes/participants to have an enjoyable experience and recommend it to others.
- × We want the spectators and other members of the public to be safe.

It impacts on our activity / event brand. Actions you should take now -

- ✓ Review your risk management and emergency management plans.
- ✓ Develop and implement incident reporting and investigations processes.
- ✓ Have an accident register and list of hazardous substances on site.
- ✓ Provide training to your Volunteers.



We are required to take all reasonable, practicable steps to ensure that no-one is exposed to noise above the following levels -

- 8-hour continuous sound pressure level of 85 db (A) and
- Peak sound pressure level of 140 db (A).

Some display music's are reaching 'higher' levels and need to be monitored as does the placement of speakers. It is considered that Judges who are seated in close proximity of speakers at Competitions and Championships for lengthy periods, particularly in indoors stadiums where sound pressure levels are enhanced, are at risk of experience hearing loss. Accordingly, it is recommended that all Judges are provided with ear plugs for their personal use in these situations.

Planning is the key to the future of your club no matter the level, activity or size. Whether at a national or local level, your club needs to make long term plans in order to progress and grow. Too often, planning is not done or not done well. What does planning do?

- Looks at where your club has come from and where it is now, where it wants to go and how it is going to get there.
- Identifies the main objectives of your club.
- Encourages your members to get involved in the development of your club.
- Adjusts to the changes that happen around you that have an impact on your club.
- Evaluates your club and brings order into the hectic business of running a sporting club.

When you are designing your plan, think not in terms of what you need to do, think in terms of what you need to achieve."

Announcement

From the Board of MNZ CEO's Retirement

On behalf of the Board of Marching New Zealand, I announce that Diane Gardiner, our long-standing Chief Executive Officer, has indicated her intention to retire from the Chief Executive role in the near future, once the Board has sourced a suitable replacement. Diane has carried out many roles for Marching New Zealand and its predecessors over a period of many years. Diane is a life member and was also an inaugural Board member for two years from April 2001 for the newly formed Marching New Zealand. Diane became our second only CEO in August 2003. She is also currently an active Display Judge in the Nelson region. Diane also serves as a coach and mentor for Special Olympics Nelson Golf. During Diane's 18 year tenure as CEO, Marching New Zealand has faced many and varied challenges and the Board has been diligently and gracefully advised, supported and directed by Diane. Diane's leadership and guidance has positively impacted Marching as a sport and our members over a sustained period and her wise counsel will be missed around the Board table and beyond.

The Board of Marching New Zealand has been blessed to have had Diane's guidance for such a long time, but we are also truly excited for her as she enters into a new chapter in life. Diane has many friends within our Marching membership, and we will be ensuring that we give you all the opportunity to celebrate her service over the months to come. For now, please join the Board in thanking Diane for her exceptional commitment and loyalty to Marching in New Zealand and to the governance of our Sport, and congratulate her on her accomplishments and upcoming retirement. May you enjoy the time to come with your partner Gary and family Diane.

Our members can be assured that the Board will search diligently to find the best qualified candidate to succeed Diane as our next Executive Officer. This is a process we are starting now. Sheffield are working with us on appointing Diane's replacement.

To view the full job advertisement and briefing document, and to apply in strict confidence please visit www.sheffield.co.nz/Job-Search and complete the 'apply for this job' application form, attaching your cover letter and CV, or email your cover letter and CV to cvchc@sheffield.co.nz quoting 7467aa.

Applications close on 28 March 2021.

For more information

please phone Julie Black on +64 21 611 498.

Victoria Law

President Marching New Zealand

