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From the Executive Director's Desk

Glynis Nunn-Cearns OAM, Executive Director GCAS

In my sport of Track and Field I very regularly look to other sports and coaches to learn more - more about competition, preparation, tactics, psychological approaches and so forth. Recently I came across something written by Eddie Jones, the international Rugby coach. If anyone watched the Rugby World Cup a couple of years ago I am sure everyone either watched or heard of the magic Eddie weaved with Japan. Japan grabbed the headlines around the world with its triumph over South Africa scoring the biggest upset in tournament history.

He was asked a question about the development pathway in rugby. He cited the progress of the Belgian women's Field Hockey team. How many coaches in any sport can cite examples outside their sport, much less a male coach commenting on a development of a women's team? His approach to sport is 'leave no stone un-turned'. This is one of many things that makes a great coach. Expand your horizons beyond your sport. There is much to learn from others. Below are his thoughts on building excellence in a sport and there is some substance to his ideas due to results from his efforts in Japanese Rugby and now with England.

Eddie explains that there are 'Five Components to Building a Championship Team'. Each of these is described below. He also credits the Japanese values of pride, respect and courage and how important it is to live those values not just speak them.

Leadership

- The ability to get the best out of the people around you
- Ability to provide a strong cohesive vision that gives the staff direction to follow

- Need to understand cultural differences
- Understanding the key skills of leadership
- Observation skills - Important as a head coach / manager to step back and see the big picture and maintain objectivity
- Ability to learn and adapt quickly
- Ability to plan and implement the plan all the while recognizing that no plan is perfect hence the necessity of staying flexible
- High work ethic
- Passion for details.

Management

- Staff - Get the right staff. No yes-people. A difference of opinions can create a strong staff. Players - Look for consistency. Good today, not yesterday.
- Creating the right environment - Values = Behaviours
- Know when to let staff go - When to cut the cord. While this is not easy it is sometimes necessary.

Knowing Your Strength

- Know your key competitive edge and work constantly to improve it. For Example Eddie knew his Japanese team was smaller than the other teams but turned that to a positive by emphasizing a style of play that took advantage of their fitness, quickness and skill.
- Know where the gaps are - do a thorough and ongoing gap analysis of where are you versus where you need to be and act on closing those gaps immediately.
- Know your opposition - Understand their psyche

- Plan and prioritize based on your strengths. Work on what you are good at. Your strength can overcome your weaknesses.

Develop a Culture of Discipline

- Rules - Very few, very clear and accountable
- Meetings - No longer than 15 minutes
- Communication - Clear and concise
- Evaluation - Clear criteria, no shades of grey
- Selection - not easy but you do not always select best players but select the best team.

Create a Learning Environment

- Learn from other sports
- Learn from other coaches
- Television - Watch coaches' post match interviews
- Internet - this is obvious
- Books - Read everything
- Have the courage of your convictions - Always look for a better way than the way you are currently doing it and be willing to change.

Hopefully this captures what Eddie Jones and 'his system' are about. I know many will read this and think so what, nothing here is earthshaking. Think again. What you have read might just be words on paper BUT, the important element is to commit to what is written. Eddie and his team did. It sometimes takes a 24/7 commitment. A commitment few are willing to give. It is that commitment that truly separates the good from the great.

I obviously understand that the commitment I have given as an example here is at the highest level of performance BUT, it does not mean that it cannot be learnt and applied

earlier in your career. The respect, the dedication, the ability to learn and adapt, the passion, the work ethic and other important skills you learn at this stage will stand you in good stead when the competition gets harder.

Coach Eddie Jones and Japan went their separate ways after the World Cup and since then Jones has taken control of English rugby and led it to the Six Nations Grand Slam and a sweep of successful tests against the Wallabies. His goal for the future is to 'dethrone' the All Blacks in 2019 at the next World Cup in Japan.

'In our world,' GCAS would like to emphasise the things I have highlighted in this article in our programs. The athlete's preparation for training and competition, the importance of committing to what they are doing are essential goals that we need to develop within the Academy. We encourage our athletes to give their best, to listen and learn, to "try" new things, to ask questions, to become more of a student of their sport to ensure they improve. It is an all encompassing

approach to themselves and their team by taking ownership of what they are doing.

2017 is going to be an exciting year. GCAS is looking to expand our sports, excite the local sporting community and join in the excitement of the upcoming Commonwealth Games.

Glynis Nunn-Cearns OAM
Executive Director GCAS

(Continued)
FROM THE EXECUTIVE
DIRECTORS DESK

Carbine Club Partnership



THE CARBINE CLUB
of QUEENSLAND

The Gold Coast Academy of Sport is excited to announce the continuation of the association with the Carbine Club. This joint venture has been started to support a young up and coming athlete in their pursuit of excellence in sport. It was announced early this year (2016) that the award would be named "The Glynis Nunn" award. The Scholarship will be given to an athlete between the ages of 15 and 18 who is striving towards the Commonwealth Games in 2018 or beyond. The athlete will receive a Bursary of \$5000 over a 12 month period with the GCAS selecting and monitoring the process. Mick Ellison, former past president of the Carbine Club of Qld announced the bursary at the Gold Coast Academy Awards night in 2015 while also announcing that it would be a 5 year commitment.

The Carbine Club of Queensland is proud to work with the Academy and help promote Junior sport in Queensland, in keeping with the ideals of The Carbine Club of Queensland. Glynis said she was very humbled and pleased to have her name associated with a program that would be helping promising junior athletes in Queensland.

The athlete will need to demonstrate high standards of responsibility, resilience, courage, dedication, humility, dedication and social skills. It is hoped that the bursary will help an athlete who has had to cope with significant life challenges in their training and competition. Athletes who do not receive any financial support from other bodies and who would like to apply can do so through the GCAS website. The Carbine Club and GCAS will be asking athletes to nominate. All details will be advertised on the GCAS website in the New Year. The board of the GCAS would like to thank the Carbine Club for their generous support of a promising athlete and look forward to the association in the future. The successful applicant will become part of the Future Stars program which is part of the development programs run under the Gold Coast Academy of Sport umbrella.

If you are interested, or know of someone who could be eligible for this scholarship, please go to our website www.goldsport.com.au.



A new era in Women's High Performance Sport

By Naomi McCarthy
Manager Griffith Sports College, Griffith University
Dual Olympian and Gold Medallist, Women's Water Polo



As a former elite female athlete, I am too familiar with the range of gender inequalities that exist in sport. For example, a lack of media coverage has meant reduced opportunities for elite female athletes. We have been lucky, in both male and female sport, to have had support from the likes of the Australian Sports Commission and state academies such as the Queensland Academy of Sport, to support the daily training environment, however we have seen opportunities for females to compete in front of big crowds, be paid as professional athletes and make their living out of sport be significantly less than for most men's sport. There is a change in the winds though, and female sport is now starting to thrive.

Pleasingly, in south east Queensland there is a large concentration of world class female athletes. The opportunities that exist for these athletes are expanding rapidly. A great example of this was the Trans Tasman Netball League grand final last year, won by the Queensland Firebirds. This game sold out in a couple of hours, with more than 11,000 tickets snapped up, and who knows how many more could have been sold, if the games had been held at a bigger venue. I was lucky to secure tickets to take my 8 year old daughter to watch with these screaming fans at the most exciting game of netball you could

imagine. It was incredible for these athletes to be in front of a crowd like this. To showcase netball and secure an amazing victory is all these athletes could ask for, this means so much more to the athletes than money or anything else. For a parent and a former athlete, I loved the opportunity to show my daughter these remarkable athletes, for her to see so many people supporting them and to give her something to aspire to.

Recently we have seen a rise in the number of professional female sports, and a rise in the amount of money these athletes are being paid. While there is still some way to go to achieve financial equity in many sports, there has been a huge positive step forward. We are seeing incredible numbers flocking to the women's Australian Rules Football games, with more than 25,000 people going to the first ever AFL game. Men and boys are also enjoying watching these games. The Women's League competition has also been great, and my football loving son has enjoyed watching some of the women's Roar games and also the Matilda's compete in Rio.

At University, in my role at the Griffith Sports College, I see first-hand the increased opportunities for our female athletes. Griffith University currently has more female sports scholarship holders than male,

with 40 of our 70 scholarships currently allocated to female athletes. The Sports College supports around 500 elite athletes studying at University and currently 230 of these are female, not quite equal numbers but very close.

Further opportunity for female athletes has been born from my personal favourite moment from the Rio Olympics, the Women's Rugby 7's gold medal. The ARU, along with Australian Uni Sport have developed a National Sevens University series for women only, and Griffith University is proud to be one of eight University teams around the country competing in this series.

The expansion of high performance women's sport is great for everyone. The athletes love it, and they deserve it. It gives us all, whether we are male or female, a further set of inspiring role models. It also encourages girls and women to stay in sport and stay active in their everyday life. We want to see this growth continue so we must support women's sport through watching and attending elite female sport, and demanding media coverage of it. We want to see further increases to the opportunities for our future female athletes to achieve their potential and be suitably recognised for it.

Australian Parachute Federation to host World Champs on GC in 2018

Matthew Thomas, Marketing & Communications Officer, Sports Super Centre

Skydiving over the stunning Gold Coast is on many people's bucket list and for the world's elite parachutists, it is now a reality.

Delegates from the Australian Parachute Federation (APF) recently travelled to Portugal for the International Parachuting Commission (IPC) Annual General Meeting, where over 50 parachuting nations met to decide the host for the 2018 World Parachuting Championships. Ten skydiving disciplines are contested every two years at a World Championships with the prestigious event being held in Chicago, the Czech Republic and Dubai in recent years.

APF CEO Brad Turner said: "Australia submitted a bid over six months ago, to host the event right here on the stunning Gold Coast. Our delegates did a fantastic job in Portugal and the vote went in our favour – I am very excited to announce Gold Coast, Australia has been chosen as the venue for the 2018 World Parachuting Championships."

Minister for Tourism and Major Events Kate Jones said the 2018 World Parachuting Championships was another win for Gold Coast tourism.

"We know the 2018 World Parachuting Championships will bring close to 1000 international skydivers to the Gold Coast," Ms Jones said.

"This event will drive more visitors to the Gold Coast, boost the local economy and support tourism jobs.

"It's a great new addition to Queensland's events calendar secured by the Palaszczuk Government through Tourism and Events Queensland in partnership with the City of Gold Coast.

"Events on the Gold Coast are flying high with the Gold Coast 2018 Commonwealth Games (GC2018), Supercars, Magic Millions and Gold Coast Marathon all locked in for the 2018."

The event will be held at the Sports Super Centre – located in the suburb of Runaway Bay – where skydivers will land, pack parachutes and practise routines before leaping from aircraft some 14,000 feet above the Gold Coast.

APF National Development Manager Rob Libeau said: "Spectators are welcome to come along and watch and interact with the athletes. Large LED screens around the venue will broadcast competitions live, as they are scored by the judges."

Gold Coast Mayor Tom Tate said the selection of the Gold Coast reinforced the city's reputation as a leading events destination.

"It doesn't matter whether you're in the sky or on the ground, the Gold Coast is a world class events city, offering a host of other top notch attractions," he said.

Sports Super Centre Director Brendan Flynn said: "We are already an official training venue for the Commonwealth Games, so it is very exciting news for our centre – and Gold Coast sport in general – to be hosting the World Parachuting Championships in the same year. It's another example of a great GC2018 legacy."

The 2018 World Parachuting Championships – Gold Coast, Queensland, is supported by major partners – Tourism and Events Queensland and Gold Coast Events.

APF extends its appreciation to all those who've supported the bid, including City of Gold Coast, the Sports Super Centre, Runaway Cricket Club and Southport Flying Club.

The 2018 World Parachuting Championships – Gold Coast, Queensland will be contested at the Sports Super Centre from the 7th to 13th October 2018.



RACV Royal Pines Resort



Date Claimer

GCAS AWARDS EVENING

All GCAS Athletes and Parents please put this date in your diary.

The Awards evening recognises the achievements of our scholarship athletes who will graduate from the 2017 sport programs.

Thursday 19th October, 2017

Commencing 6:30pm

**RACV Royal Pines Resort,
Marquis Room**

2016 Award Recipients



**DATE CLAIMER -
2017 GCAS AWARDS
EVENING**

Creating Your Competition Nutrition Plan

Preparing for an upcoming meet or competition for some athletes can be as simple as waking up at the right time and remembering their shoes, competition uniform and important equipment. But to maximise performance, you need to start earlier than a few minutes or hours before the competition. All athletes whether elite or recreational, should start their competition preparation weeks before the event.

Nutrition is an important element to consider in your competition preparation phase of training.

Here is a competition nutrition checklist to ensure you are prepared physically and mentally for your personal best performance:

- **3 days out from the meet – do you need to be carb loading?**

Carbohydrate loading can be used as a performance strategy for those competing in long duration events, usually events lasting longer than 2 hours. Not everyone feels a performance benefit to carb loading so it is best to trial this strategy under the guidance of a professional and in training first. And remember, carb loading is not garbo loading, it means eating more good quality carbs, not eating lollies, cakes and biscuits to your heart's content!

- **1 day out from the meet – are you hydrated?**

Increasing your fluid intake in the day before a competition is a simple but effective strategy to ensure dehydration doesn't dampen your best performance. Dehydration can reduce performance by 20%, are you prepared to risk

running 20% slower, or jumping 20% shorter? Aim to increase your fluid intake by 1 litre per day on the day before a competition.

- **The night before the meet – are you restocking the fuel tank with the best quality, performance fuel?**

Have you frozen your drink bottles to ensure cold, refreshing water during a hot competition or game? Have you purchased the appropriate snacks, recovery formulas and sports preparations for the competition? Do you need to pack your bag the night before if you have an early start? And remember to go to bed early to ensure you are properly rested for the meet.

- Have a meal the night before a meet which is: familiar:- doesn't contain too much fat, fibre or spice; makes you feel comfortable and ready to compete – Good choices are a pasta or rice based meal, with a little protein and a few veggies or salad. The larger component of the meal should be fuelling carbs to make sure your fuel tank is topped up and ready for use.

- **The morning of the meet – preparation plus!**

Wake up with plenty of time to eat well, hydrate and get to the meet in ample time for warm up and psychologically prepare. Top up your fuel tank with performance fuel

and continue to hydrate. Check again that your bag is packed with drinks, snacks and all you need for a successful meet.

- At the competition – it is often best to snack on small amounts regularly, about every 2 hours so you never feel too full or too empty. Sometimes the competition doesn't run on time so you need to be prepared for all outcomes. If you have a longer break between events you may like to eat a lunch meal.

- Have you considered your recovery? This is vitally important if you have a multi day event but is also important if you want to prevent being sore and sorry in the next few days after the meet.

- Eating well will help you to compete well. It is one competition tool that you can control.

Future Stars Program

The Future Stars Program is designed for those athletes involved in sports that fall outside of the regular programs offered by the Academy. We would like to encourage athletes from ANY sport to apply to be part of this program (sports such as Gymnastics, Track and Field, Volleyball, Surfing, Touch, Tennis, Cycling, Swimming to name a few). We will also consider those athletes who are already in a scheduled program conducted under the GCAS banner. The Gold Coast Academy of Sport (GCAS) Future Stars Program is proudly supported by Runaway Bay Sports Super Centre and HART Sport.

The focus of training will be on individual skill development and basic fitness. In addition to the skills and fitness training there will be core educational sessions for the athletes to help themselves prepare off the field and grow on a personal level. The program will cater for basic fitness elements of athletes and build on their awareness of important issues/aspects that are essential in the development as an elite performance athlete. We understand that all sports have individual skill needs which the athlete has to target, but the underlying strength and basic movement patterns are general areas that can be worked on, regardless of the competition sport.

In addition to these skill development sessions, athletes will be involved in a number of core educational sessions to help them develop and grow to become a 'student of their own event and sport'. These sessions will include nutrition, psychology, study skills and time-management to name a few. With links to one of our major partners, Griffith University, these educational sessions will help the athletes develop into an all round athlete on and off the field of play. This high performance development program provides physical and mental skill which will benefit the athlete outside of normal club and association trainings.

As with all programs, on completion of the program, all athletes will be recognised at the 'End of year graduation' ceremony conducted at the RACV (19th October).

DON'T FORGET TO PUT APPLICATIONS FORM IN.

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Program Reports - Autumn 2017

Beach Volleyball

The GCAS beach Volleyball 'Come & See Camp' was held at Runaway Bay Sports Super Centre in the last week of the school holidays on the 19th and 20th January 2017. Our enthusiastic and international athlete and coach was Jaclyne Jones.



Sand Drills



Jaclyn warmed up the players with drills in the sand, helping them get their 'sand-legs' before they plunged into more intensive training.

Frequent water breaks and a dip in the pool, helped them beat the heat and stay cool and hydrated as it was so hot at that time of January.

More short camps will be held throughout the year to create more interest in the sport.

Rugby Union

The GCAS Rugby Union Program started on the 6th February 2017 at RACV Royal Pines Resort on the Gold Coast.

Under the guidance of Murray Archibald, this fast paced program will benefit 46 young players and 8 development coaches.



The field was a sea of colour as the coaches guided the players through new drills and formations. The players of the program were also very excited to receive their new 'kit'.

A match is being arranged at the end of the program with a family outing to a Reds game at Suncorp planned for April.



Rugby League

The 2017 Rugby League Program started with an orientation morning for the successful applicants on the 25th February 2017 at Runaway Bay Junior Rugby League Club.

The program will start with an informative camp at Runaway Bay Sport Super Centre at the end of March. This will then lead into the program which takes place on selected Sundays from April till September.



This program, sponsored by the SEQ QRL division, has run successfully for several years. Many young players have benefited from the expertise of our manager Gary Phillips and coach Nathan Antonik.

Future Stars - Upper Coomera State College

March sees the start of our core presentations to the year 7, 8/9 and seniors in the school's future stars program. Nutrition sessions across all year levels will educate the students on basic nutrition, specific nutrition for performance and recovery, supplements, drug testing and meal planning.



This is the second year that GCAS has collaborated with Upper Coomera State College in their HPE program in an extremely successful engagement.

Applications for the following sports will open in autumn:





Introducing Murray Archibald

Rugby Union Coordinator and Head Coach

Rugby Union is the first of our sport programs to commence in 2017. The newsletter gives GCAS a great opportunity to introduce the valuable people who we engage to conduct our programs.

Murray has been involved in Rugby in a playing, coaching and administrative capacity for over 30 years. He is a Level 3 coach and is currently the Director of Rugby at Emmanuel College on the coast. He is also Director at the Surfers Paradise Rugby Club. Later this year he will commence at Downlands on the Darling Downs as skills coach. As a former teacher and Development manager Murray brings knowledge and experience to the Gold Coast Academy Rugby program. We are very lucky to have his involvement.

What was original interest in Rugby? Did you play yourself?

I first played Rugby in primary school. This was for North Coast in the NSW State

Championships in Goulburn. We were coached by ex-Wallaby John Lambie. The team was beaten in the final 10-0 by Metropolitan North. This was when my love of the sport started. I have been involved as a player, coach and administrator since then - which makes it some 30+ years.

When, how and why did you start coaching?

In my first year of teaching the North West Region was looking for a coach for the

Regional Primary School side in Rugby. I put my hand up to do the job and loved the involvement with the game and coaching the students. In 1995 I started working as a Development Officer with NSW Rugby which involved coaching at all levels - juniors, seniors, school, women's and representative. It was a great job to be involved with.

Does your family have the same love of the sport as you do?

Funnily enough, no. My dad was a real Rugby League fan and my older brother played Rugby League. I have three older sisters which meant that Rugby was a one man crusade for me.

Is there anything or anyone who influenced you in your development as a coach?

There was no one in particular I looked up to. I have been really lucky to have coached in so many different 'worlds'. I have constantly learnt from many different people that I have been involved with. I admired Rod Macqueen's coaching style (formally coached Australia, Waratahs, Brumbies and Rebels) - he really changed the landscape of Rugby in Australia.

What gives you the most satisfaction from your coaching?

I enjoy working with all the various levels and ages of people that rugby attracts. It is such a unique game and attracts some very interesting characters. I am in a position to see players of all levels of skill enjoying the game and its culture. It is very satisfying.

What do you consider to be the most essential traits of a good player?

Good players respect their teammates and coaches abilities. They need to be willing to better themselves, accept advice and do the extra work to continue to develop and improve. Having a positive mental approach will complement their natural physical abilities.

network then they will go a long way to reaching their potential. In other words, they have to WANT to work at their game and their individual skills and fitness. It also will help enormously, especially at a young age to have the support of family and friends.

What elements of the GCAS program do you consider is making a difference in the lives of young athletes on the Gold Coast?

The GCAS program allows athletes to learn important life skills - discipline,

independence, teamwork, respect for coaches and peers just to name a few. The program requires commitment from the athletes, organization and communication. It also enables the players build friendships and network with players from other clubs. I think if the athletes leave the program as a more confident person with a better understanding of the game, then we have been successful.

What aspects of the game are you developing with the boys in the program this year?

The focus is on individual, unit and team skill development. There is also attention to

position, specific skills and game sense. We are trying to develop the technical and

tactical aspects of the sport in a challenging but fun environment.

One of the elements of the program with GCAS is that you

are developing other coaches. How important is this?

We introduced the 'Development Coach' concept in 2016 and it was a tremendously valuable inclusion. The coaches are placed in a situation where they can learn new skills, drills and activities while increasing their management skills and general knowledge of Rugby. The athletes get to work with different coaches each week which is also great for them. The coaches can then transfer the experience gained back to their individual clubs.

Do you find coaching stressful? What measures do you take to relax?

All coaches experience 'coach killer' moments, especially in competition. It can be an extremely demanding and draining sport, as many others can also be, so knowing when to take time out and re-energise is important and essential. I try to do this.



How can these be developed, or is a player 'born' to the sport?

Players have innate skills (born with them). Abilities such as speed, good hand eye co-ordination, anticipation and reaction, but the most important personal attribute is attitude. If a player's attitude is positive, then the



development will follow and make them a good player. All innate skills can be improved upon.

Many coaches would rather work with players who are willing to commit and train hard than those players who are talented and think it is just going to happen.

How can a young player be guided to be the very best player they can be?

If a young player is determined, wants to improve their core skills, including fitness, and has a strong support

Follow GCAS on:





One thing we know is that anyone that has ever owned a thoroughbred will tell you watching them race is one of the biggest thrills you will ever experience. Whilst there aren't

any guarantees in racing, being an active part of the thoroughbred racing scene is surprisingly easy and with different forms of ownership it caters to every budget.

You can own a thoroughbred as an individual, in a partnership or with a group of people in a syndicate (friends/family/workmates/sporting team mates). Or you can lease a horse which has no initial outlay involved. Making an investment that suits your budget and meets your expectations is important, so here is some helpful advice to get you started on the right path.

Types of Ownerships include:

Sole Ownership: Being a sole owner means you reap all the rewards, but also carry all the costs. You have total control over the key decisions and will generally deal one on one with your trainer.

Joint Ownership/Partnerships: Partnerships allow you to share in the excitement of horse ownership with work colleagues or friends and split the costs. Up to 20 people can jointly race a horse. Most trainers will have availability in horses, especially after a yearling sale, and they would welcome you to join in with many of their regular owners.

Syndicates: If ownership sounds exciting but you'd rather reduce your cost outlay, then syndication may be the answer for you. Syndication will give you a lesser percentage share in a horse and the selection of the horse, trainer, jockey, etc can be left up to the professionals. Syndicators are licensed with ASIC.

Being an owner in any form earns you the right to appear in the winner's circle after your horse wins so you're in winning photos with the Jockey, Trainer and Horse. The chance to meet up and celebrate after a win is a magical feeling, as anyone that has experienced will vouch for.

Most buyers, agents, or trainers tend to buy from the annual yearling sales. A yearling is a one-year-old and is not yet educated or ridden. Yearling Sales are where you'll have your greatest chance to source that next racetrack star as all the good judges of horseflesh go about looking and comparing and sourcing the yearlings they want to invest in. This can be an exciting time for you to get involved and start the experience of owning a racehorse.

Magic Millions next Yearling Sale will be held at their Bundall Sales Complex, opposite the Gold Coast Turf Club, on 20 & 21 March. All horses in this Sale are eligible for the rich QTIS bonus scheme (Queensland Thoroughbred Investment Scheme). **With a Metro win on a Saturday with a QTIS 2YO or 3YO earning you \$64,700 for colts and geldings and \$76,950**

for fillies, Queensland is certainly a great place to be involved in racing! As well all horses in the sale are eligible to be paid up for Magic Millions' \$10 million raceday each January!

So once you've made a few decisions about what type of ownership suits you, all you need to do is get involved, sit back and as the saying goes "enjoy the ride".

The Magic Millions Gold Coast March Yearling Sale is open to the public, everyone is welcome and entry is free. Open from 9am each day, food and drinks available. For more information visit www.magicmillions.com.au.



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Item	Price	XS	S	M	L	XL
Track Suit	\$50.00	•	•	•	•	
Hoodie	\$25.00	•	•	•	•	•

• Available Size

All tracksuits and hoodies are available from the GCAS office. Please either contact Joanne or Glynis with orders OR speak to Joanne at training sessions. Both of these uniform pieces will be great coming into winter.



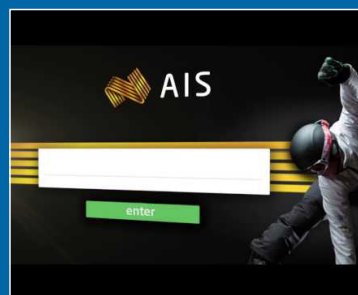
MyAISplaybook

The Gold Coast Academy is committed to offering its athletes the opportunity to extend themselves and look outside their immediate sporting family. The AISplaybook offers athletes an avenue to engage with other like-minded sporting people.

The myAISplaybook supports and educates athletes.

- It is designed for athletes to communicate messages between each other across the world.
- The myAISplaybook has career opportunities whether it be paid or volunteer work.
- Learn about the effect process if decision making through online content.
- View sporting events and follow athletes that are overseas.
- Access hot topics on athletes.

If this interests you, please go onto the AIS website. Directions to find the post are below:



Once on the website – on the Home page, go to heading 'Athletes', click on More for athletes. Once on this page, scroll down to myAISplaybook.

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