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From the Executive Director's Desk

Glynis Nunn-Cearns OAM, Executive Director GCAS

Social media can be used in many ways. I have only been part of the social media world for a few years; since my son

went to in America on a soccer scholarship. It is a great way for me to see what he is up to and to keep in contact with him for minimal cost. We can facetime and actually see each other regularly.

Whilst it can be used in negative ways (which is extremely disappointing), there are little elements of messaging that are wonderful. Recently there have been a number of postings that have resonated with me which I would like to share with you.

The first was about a gymnast, who at a young age was going to be a 'champion'. She injured herself, lost confidence, put some weight on and basically lost her way. The heading was "I was broken!" Gymnasts, by way of the sport are normally young when they reach the world stage and the pressure of performance is ridiculous. Gymnastics can be a brutal sport for many reasons. Her name – Katelyn Osashi. She was on top of the world, an Olympic hopeful, unbeatable in all that she did until she wasn't. Gymnastics was her world – had it all, the trophies, podium finishes and fans. Then she realised she just wanted to be a normal girl – eat junk food, go out at night with friends and do normal things other kids did. She was on a path of invincibility until her back gave out. She had difficulty telling people how she felt. How could she tell someone that she actually enjoyed being injured? Not even her parents. They had all seen her perform and expected the best. She compared herself to a bird that couldn't fly. She was overweight, she was embarrassing at how big she had become, she hated herself for feeling this way and really couldn't accept herself. Gymnastics had become her worth – but she enjoyed not having the

pressure of performance placed on her shoulders.

What it took was finding a new coach at a new college to bring her desire back. The coach placed a 'new' importance on performing. She found a joy and love that she never had before – a different path and goal to follow. It was about the Bruin family – trust, togetherness, the family, the enthusiasm, the passion and about being very unique and everyone bringing different things to the fibre of the team. Parents weren't happy when she gave up competitive gymnastics to go back to college but eventually saw the new love of life and accepted her choice. She found a new type of happiness – one she had not experienced in a long time.

The second story came from a military man talking about his basic 'seal' training. He spoke about doing the simple things well, the first being to make your bed every morning. Every morning the instructors, who were all Vietnam veterans would inspect their beds. Corners would need to be square, the covers pulled tight, the pillow centred just under the headboard and the extra blanket folded neatly at the end of the rack. A simple task but every morning this was a requirement. It was something that many of the trainees could not understand when there were more important things to learn – training to be battle hardened warriors to save the country. A simple act but there was much wisdom in it.

The bottom line – if you make your bed every morning you will have accomplished the first task of the day. It will be a small sense of pride but will encourage you to do another task, and another, and another, and another. By the end of the day, that one task that you had completed will turn into many tasks that have been completed. Do you know what? Making your bed in the morning will also reinforce that the very simple things in life matter. If you can't do the simple things right then you will never

be able to do the big things right. AND, if by chance you have a miserable day, at least when you come home to a bed that is made. A bed that you made and it will give you encouragement that maybe tomorrow will be better. So, the simple message is – if you want to change the world, start off by MAKING YOUR BED!

I really enjoyed listening to these messages. Social media can be educational – it can give you messages. Parents – Do you know what your children are posting? Are the messages positive? Athletes – are you being encouraging of others, posting performances and sharing wisdom and experiences?

I hope so. The pressure of performance and results can be immense. Sport is supposed to be enjoyable, social and team building. Here are a few things about social media that people should keep in mind:

1. Protect your privacy online – Set your personal accounts to private
2. Don't give out too much key information online
3. Be wary of free WiFi – it is not very secure, so do not use it to access any key accounts
4. Disable geo-tagging – not all apps need to know your location
5. Don't be a bully – be encouraging.
6. Protect your reputation – what you write now could well be online in years to come. Many people have lost the options for employment through things that have been posted online

Last message is – **Social media used positively can be a great tool for your image and your sport.**

Want to know more – go to <https://www.thinkuknow.org.au/>
This is a website any parent could wish to find out about social media.



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Our future-focused degrees span various aspects of sports, including exercise science, sport science and engineering, medicine, musculoskeletal and physiotherapy, nutrition, sport development and sport management. Our industry integrated learning, research and teaching expertise produce high-performing graduates, ready to hit the ground running and meet sporting challenges of the 21st century.

Our physiotherapy and exercise science degrees pave the way for careers in community and sports organisations, rehabilitation, health promotion and sports medicine. In the Bachelor of Physiotherapy, you'll undertake biomedical, physical and behavioural science courses as well as physiotherapy academic and clinical courses. After graduation you'll be eligible to register to practice as a physiotherapist where you may find work in a variety of settings, including hospitals, private practices, community health centres, schools, sporting teams and the armed forces.

In a bachelor of Exercise Science, you'll gain skills and knowledge in the physical, biomedical and psychological sciences needed to become an exercise specialist. You will also learn the role of exercise

in health maintenance and rehabilitation. You will be prepared for work as: an exercise specialist for community or sports organisations, a clinical scientist specialising in cardiac, respiratory and sleep medicine, a rehabilitation, sports or recreation manager, a strength and conditioning coach, or an occupational health and safety officer.

If you're passionate about fitness and sport, our Bachelor of Sport Development could be the degree for you. You'll gain knowledge of the academic and applied aspects of community sport, health and fitness. You'll learn about human anatomy and physiology, exercise and health promotion, performance analysis, fitness training and coaching, psychology, communication and management. This can provide a solid foundation for work as a sport coach, team manager or for positions in community organisations promoting health. You may also find work as part of the program staff or management at sport and recreation centres and resorts, as an executive officer with national and state sporting organisations, as an event manager or coordinator, or as a sport marketing and media officer.

If you love sport and would like to study business or management, you can study sport management as a major in our Bachelor of Business and Bachelor of International Tourism and Hotel Management degrees. This gives you a solid foundation in management, accounting, business statistics and marketing plus in-depth knowledge and experience in your areas of interest. You'll develop specialist knowledge of the sport industry and gain solid business skills to

enable you to manage professional and not-for-profit sport organisations and clubs. Sport management graduates may find opportunities in government departments, local, national and international sporting clubs and event management organisations. You may also find positions in sport tourism, marketing, media and athlete representation.

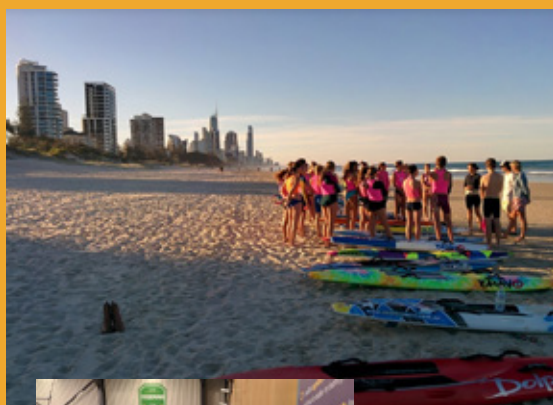
If you'd like to work as a primary or secondary physical education teacher, then an education degree could be right for you. Through our Bachelor of Education, you can major in either primary or secondary education and choose health and physical education as a minor.

After completing a Bachelor degree some students go on to further study in post graduate degrees. Griffith offers post graduate degrees such as Master of Physiotherapy, Master of Musculoskeletal and Sports physiotherapy, Graduate Diploma of Exercise Science, Master of Business specialising in sport management, Master of Electronic and Sports Engineering, and Master of Secondary Teaching.

At Griffith, we work closely with leading sport institutions, academies and professional sporting teams to develop pathways for students and elite athletes. These partnerships open the door for internships, research and professional opportunities, and new avenues of learning to carry you through your university years and on to your career in the industry.

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Women In Sport Workshop

The Gold Coast Academy of Sport held a Women's forum at RACV Royal Pines 4/5 August. You might ask why only for women? Over the past century the key roles in sport have been held by men. Despite the success of women in the international competition arena the leadership roles within sport held by women remains low.

And what is the relationship of the women's workshop with junior sport? It is a fact that women are the backbone of many sporting organisations, particularly in the junior domain.

Junior sport needs volunteers. The Academy is helping to address how we can help people who are putting their 'hands up' to do the tasks to deliver competition for these developing athletes. These women both in volunteer and in paid positions, need to gain the confidence and tools to make their roles more effective.

Research undertaken by Johanna Adriaanse of the University of Technology in Sydney found that women fill only 19% of the Chief Executive Officer positions and 16.3% of Board positions. Of these positions, women are most likely to take on these roles in the sports with a relatively small participation base.

No woman has ever been in the top leadership positions in sport. All The presidents of the International Olympic Committee (IOC) and the Federation Internationale de Football Association (FIFA) have been men. Only 7% of international sport federations are chaired by women. In summary men fill 93% of chair or president roles and 81% of the chief executive roles.

Having said that this is the case in sport, women now fill positions as Prime Ministers of 2 of the strongest world economies (Theresa May, Great Britain & Angela Merkel, Germany).

When discussing issues that women have to contend with, many felt that they often feel like the "token woman" and that their views are not taken seriously. Reaching a critical mass of women in leadership roles requires a greater number of women prepared to put themselves forward to ensure the views of 51% of the world's population (women) is heard.

In Australia, Kate Palmer was appointed the first female chief executive of the Australian Sports Commission. Palmer left a highly successful reign at Netball Australia where she oversaw massive surge



in revenue, and a landmark pay deal for players. Her appointment is the first women in the role in the ASC's 31-year history.

The weekend brought together women from Judo / Outrigging / Event management / Equestrian / Baseball / Track and Field / Surfing / Jujitsu / PCYC / Canoeing and school head of sports department. There was an amazing amount of experience and talent in the room but also an overwhelming realisation of self-doubt and high work load for volunteers. The workshop gave individuals the skills to approach leadership, coaching and mentoring more confidently.

All present were there to make the outcomes from sport much more meaningful for the young athletes who participate. All participants undertook a HBDI assessment (Whole Brain Assessment). The way an individual, team or even an entire organisation thinks, has a profound impact on the results it achieves. Whole Brain® Thinking allows people to adapt and use different approaches to achieve outcomes. It helps to create better results by improving decision making, problem solving and communication.

The way we think can have an impact on virtually everything we do, including communication, decision making, problem solving and managing styles. To understand how we think gives us a new perspective of ourselves and all people we deal with. This assessment identifies the preferred approach to emotional, analytical, structural and strategic thinking. It also provides individuals with a significantly increased level of personal understanding. It helps organisations to:

- Improve individual and team effectiveness, productivity and communication
- Increase creativity that will keep you light years ahead of your competition
- Increase performance and bottom-line results.

Over the weekend the women listened and discussed different ways of learning, communication and problem solving, all wonderful skills that help in their leadership and dealing with sporting associations and the duties that need to be undertaken.

Ultimately, these skills will have benefits to the way sport is organised and conducted which will make the engagement and enjoyment of parents, families and athletes better. To put it simply – creating a network where women are given tools to reach out for help and become more efficient in their roles.

The workshop was a great success and we hope to conduct more in the future. A big thank you to RACV Royal Pines and the wonderful women who took part.



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Program Reports – Spring 2018

Rugby League

The Rugby League program is well on its way with 22 athletes benefitting from extra skills training and a good selection of educational presentations to enhance their understanding of the game.

Training sessions take place on crisp, sunny Sunday mornings. Towards the end of the program, fitness testing will take place and there is a possibility of a friendly match to round off the program.



Surf Life Saving

The GCAS Surf Life Saving program, which is a now pathways program for the sport to representative selection, has attracted a keen bunch of athletes. The sessions run out of Kurrawa beach begin with a practical skills session. The athletes then move from the surf, into the classroom to learn about topics that pertain to their sport, such as injury prevention, study skills, time management, psychology and cyber safety.



Future Stars

Our Future Stars have enjoyed several presentations by professionals in certain fields. Recently the group were privileged to have physiotherapist Alex Beck speak to them on injury prevention and 2nd year dietician student Tatjana Warners with a brilliant presentation on nutrition in sport.



Basketball

Ten athletes have taken to the court this season to learn as much as they can from former NBL player Thalo Green. This program is run every year with the emphasis on court skills and also an educational component covering nutrition, psychology and injury prevention.



Future Stars Upper Coomera

This is the third year that we have provided presentations for the sports excellence program at Upper Coomera State College. This term's presentation will cover body maintenance and injury prevention. The presentations are delivered by a physiotherapist. Content pitched to the Year 7s, Years 8/9 and seniors is tailor made for each level.





Future Stars Athletes, Brother and sister, Regan Hackett, Ice Hockey player and Juliet Hackett, Cheerleader

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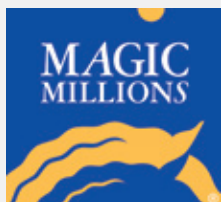
Item	Price	XS	S	M	L	XL
Track Suit	\$50.00	•	•	•	•	
Hoodie	\$25.00	•	•	•		•

• 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.



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