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From the Executive Director's Desk

Glynis Nunn-Cearns OAM, Executive Director GCAS

2018 has flown by. The Gold Coast has certainly been a busy place to live. The highlight of this year was obviously the Commonwealth Games and for the Academy to be invited to have eight of its athletes, past and present, to be part of the opening ceremony, was a great honour. I am positive that this moment will be a memory never forgotten.

involvement with a number of athletes highlighted for their dedication and commitment to training, competition and their fellow athletes. Coaches and managers of each sporting program recognise an 'Athlete of the Year' along with an 'Encouragement Award'. Below are the names of those athletes.

"Some lessons have been part of everyday life, many he is still practicing but all of what he has learnt is true. The question that we've all got to ask ourselves is what success is to us. What success is to you. Be brave, take the hill but first answer the question "What's my hill?" We must first define success and then put the work in to maintain it. Make the daily tally. Tend to our garden and keep the things that are important to us in good shape. Create more outcomes that pay us back. Fill us up. Keep your fire lit. Turn you on for the most amount of time in the future.

We try our best, we don't always do our best. Study the habits, the practices, the routines that have led to and fed our success, our joy, our honest pain, our laughter and our earned tears. And we have more to dissect – be discerning, choose it because you want it, and then do it because you want to. Make mistakes and own them. Make amends and move on – turn the page, get off the ride.

You are the author of the book of your life."

I felt that this short piece had some great messages for athletes and families. The GCAS Board, Joanne Daly (Programs Manager) and I, would like to congratulate all athletes on their achievements.

The Academy has had many talented athletes in its programs. There are four major awards given each year – these are: Mayoral award, Chairman's award and Male and Female Athlete of the Year. This is an extremely difficult task to select and after looking at district, regional, state and national competitions, the following athletes were selected. Their achievements are



During the year the Academy programs have been offered to over 400 athletes in ten different sports. Many athletes that we saw during the year have achieved some amazing results in their local, regional and state competitions. We hope in some way, that the core educational and skill sessions have helped athletes to improve and understand what is needed to follow their dreams of representation.

On October 18th the Gold Coast Academy of Sport Awards night was held at RACV Royal Pines. This is the night we recognise ALL athletes who successfully completed programs conducted during the year. All athletes receive certificates to acknowledge their

Sport	Award	
Future Stars	Emelia Surch	Athlete of the Year
	Jetty Jenkins	Encouragement Award
Rugby League	Boston Tagg	Athlete of the Year
	Tom Vayro	Encouragement Award
Rugby Union	Ryan Wildman	Athlete of the Year
	Lachlan Smith	Encouragement Award
Basketball	Zahryn Fetch	Athlete of the Year
	Conor Wilson	Encouragement Award
AWD Basketball	Jacob Hohl	Athlete of the Year
	Jackson Ross	Encouragement Award
Future Stars Upper Coomera SC YR 7	Maddox Hannigan	Athlete of the Year
	Sara Saletele	Encouragement Award
YR 8/9	Kiana Robertson	Athlete of the Year
	Laith Khan	Encouragement Award
senior	Talena Irvine	Athlete of the Year
	Georgia Cutsforth	Encouragement Award
Surf Life Saving	Ava Lorch	Athlete of the Year
	Jayke Menefy	Encouragement Award

On the night, I shared some words from a speech by Matthew McConauey – He spoke about the journey of life, which I think relates so much to lessons learnt in sport. He spoke about what he learnt and most of this was from experiences.



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listed and I am sure everyone will acknowledge that their results show them to be worthy recipients of their respective awards.

Major Awards

Hesed Lote-Felo	Mayoral Award
Jordan Billing	Mayoral Award
Juliet Hackett	Chairman's Award
Jac Preston	Male Athlete of the Year
Kyra Livermore	Female Athlete of the Year

Below are the results and citations of athletes receiving major awards.

Hesed Lote-Felo from the sport of Rugby Union.

This young man has been a pleasure to work with. This is his second season involved with the game and he has already shown evidence that he will be a real asset to the game of rugby. His energetic, polite and cheeky personality makes him a real hit with team mates and those around him. Always the first to ask others if they need help, he is a popular member. Coach, Jack Moon has acknowledged that Hesed's best attribute is his ongoing desire to learn. We wish you good luck for the future.

From the Future Stars program – Jordan Billing.

Jordan is participating at a high level for Basketball, Surf Life Saving and Swimming. She trains mornings and nights most days, sometimes doing two swimming sessions and a basketball session in one day. Jordan is incredibly committed and passionate about sport and working hard to achieve her goals. We certainly hope that her name continues to be associated with the top performers in her chosen sport.

The Chairman's Award – Hackett.

Juliet's sport is Cheering. She has spent a lot of time promoting the sport to increase its profile. This year Jules was part of a team that placed 1st at Regionals, going on to represent at the state championships finishing 2nd. The nationals will be held in November this year. Late in 2017, Jules' team finished 3rd in Nationals achieving the bid to go to the global games in New Zealand. Jules is a level 3 athlete and flyer of the year, achieving all girl MVP for the club.

Cheerleading is taking the world by storm and Jules has created and continues to update her own Instagram page on the sport. At only 15, she has around 55,000 followers. She has the 5th largest cheer account internationally and it is in the top 10 of accounts that is not attached to a product. And, astonishingly, she has achieved this in only two years.

Female Athlete of the Year Award

Kyra Livermore – Upper Coomera State College

This athlete is mature beyond her years, as evidenced through both her achievements this year as well as her ability to deal with a long-term injury. As a 14-year-old this season she played in four different divisions for her hockey club ranging from U15s to division 1 women. She was selected in numerous representative teams including U15 Qld indoor and outdoor, U19s South Coast, U18s Gold Coast as well as being a shadow player for the U16 Qld schoolgirls team and a squad member for the U18 Qld team which comes Kyra Livermore from the Future Stars program linked with Upper Coomera State College together early next year. This athlete listens intently to the information provided to her by her range of coaches, always looking at how she can better herself as a player. She actively utilises the skills presented during the GCAS education sessions to ensure she is optimising her off field development to match her on field achievements. She is a pleasure to work with and is undoubtedly a star of the future. Kyra is a young athlete to keep an eye on. Impressive and most of all, humble.

Male Athlete of the Year Award

Jac Preston from the Future Stars program.

Jac is the 2017 reigning Australian and Victorian State Rotax Pro Tour Junior Max Champion.

He attended the 2018 Australian Rotax Pro Tour Series earlier this year (open age division) (This was held over 6 Rounds and in 4 states) – He competed in the DD2 Class (Direct drive (2 speed gear box). It is a special go kart classification). He finished in 3rd place overall after all the rounds achieving the following results in the series:

Round 3 – 2nd outright

Round 4 – Pole Position 2 Heat wins and 3rd in the

Final

Round 5 – 1 Heat win and 4th in the Final

Round 6 – 1 Heat win

2018 United States Nationals, New Jersey, USA in July 2018

Qualified 3rd / 1 Heat Win / Prefinal Win

Started on Pole for the final – had mechanical issues and had to retire which was extremely disappointing.

New Zealand Round 7 of the 2018 NZ National Rotax Series, September 2018 – he placed 2nd.

Recently Jac competed at the invitation only National 2018 "Race of Stars" at Pimpama in DD2 Class with a chance of winning a ticket to the World Titles in Brazil in November. Qualified 4th – 4/100's off the winner so this was extremely close.

1st 2nd and 3rd in 3 heats and unfortunately didn't finish in the final. Came down to an All or nothing effort in the final. On the 3rd last corner of the last lap – all or nothing – and it didn't come off. I'll ask him more about this later.

He will be travelling to Las Vegas in Nov to compete at the USA SKUSA International race in Las Vegas in the KZ Class – Super Kart USA. (equivalent of national body of USA).

Earlier this year, Jac went to Melbourne to trial for Formula 4 (stepping stone to Formula 1 – junior formula of international motor sport).

He has the world of racing ahead of him

To all athletes who have achieved throughout the year, Jo and I would like to congratulate you. You have embraced the opportunity to improve and we certainly hope that you continue to improve and excel in your chosen sport. We do hope that you stay in contact with us and let us know of your future achievements.

As the year draws to a close, we would like to wish everyone a very Merry Christmas and a Happy New Year. Safe travel to all those venturing away from their home over the festive season. We are looking forward to a 2019 that sees the Academy grow in numbers of athletes and sports. We look forward to welcoming a number of new sports and a new school.

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After the Siren Program – Griffith Sports College



Since 2013 a unique leadership workshop hosted by Griffith University's Griffith Sports College and Runaway Bay Sport and Leadership Excellence Centre has given almost 500 up and coming young athletes an insight into the world of elite sport over the past five years.

After the Siren is a program designed for high school aged elite and developing athletes based around good role modelling behaviour, tips on maximising opportunities and preparation for life as an elite athlete.

Covering topics such as nutrition and recovery, leadership, alcohol, drugs and ethics in sport, social media and public speaking, After the Siren is presented to students identified by their Gold Coast, Logan and Brisbane area high schools as future athletes.

Griffith Sports College Director and former Olympian Duncan Free OAM says it is important to instill good behavior and positive habits into promising athletes at a young age.

"At the Griffith Sports College, we want to be part of educating our young athletes and assist them in making the right decisions, while at the same time

creating opportunities for them. There is a need and want for this type of leadership and guidance in the age group of 15 to 17-year-olds."

With drugs and ethics in sport a contentious topic in the sports industry at the moment it is vital these future sports stars are educated in this area.

"I speak to the students about what drug testing protocols to expect as an elite athlete and why it was important to cooperate with officials as it is all about keeping the sport clean," he says.

"There is also a public perception that a large percentage of elite athletes are on performance enhancing drugs. In reality only approximately 2 per cent of more than 5600 athletes tested by the Australian Sports Anti-Doping Authority in 2017 showed adverse results."

The students that participate are also able to speak directly with current elite and professional athletes, who are also Griffith students and Alumni such as Skye Nicolson, Tom Nicholls, and Matt Hauser. Olympic, Paralympic and Professional athletes have all offered their time to participate in the program over the years to share their experience with aspiring

young athletes most recently Kookaburra's Captain Mark Knowles.

Griffith Sports College Manager and former Olympian Naomi McCarthy OAM imparts her knowledge during the sessions as well as being a constant presence within the University guiding elite student athletes on their journey.

Other speakers have included Griffith's Head of Media & Communications Ben Dobson on social media and media training and Runaway Bay Sport and Leadership Excellence Centre Clinton Curran on leadership.

The After the Siren workshops are growing in popularity each year. For more information please contact Griffith Sports College at GSC@Griffith.edu.au. Early registration is the best way to secure a space at a session which be held again in July and August 2019.

The Gold Coast Academy of Sport would like to welcome a new sponsor to help support the sporting programs we conduct. If you are a club and are looking to travel please do not hesitate to contact All Sports Travel. Please advise them that you are associated with the Academy and they will look after you. We are lucky to have some amazing sponsors and partners and it is important that we support them in their businesses. So, leading into 2019, if you have any plans to travel for competition give Andrew and his staff a call.

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Program Reports – Summer 2018

Future Stars

The year as finished at Upper Coomera State College with the final sessions being conducted in cyber safety and your digital footprint, goal setting and mental toughness. This finishes off another year of partnering with the school. Planning has begun for next year, introducing diverse and fresh topics.

It is also planned to commence a specialised Touch Football program operating from the school. Any participants who would like to participate should contact us to advise of their expression of interest.



Surf Life Saving

The GCAS Surf Life Saving program has been completed. Apart from sessions in the surf, athletes also had a chance to learn about body maintenance, cyber safety and digital footprint, mental toughness and time management with study skills.



Rugby League

The Rugby League program, with 22 athletes has concluded with the final session taking place at RACV Royal Pines Resort. It took the form of a question and answer session with Titan, Jack Stockwell. He spoke of his journey through the ranks from a young boy and how he realised his dreams of NRL representation. In 2012 he was named at prop in the New South Wales Cup team of the year. At this time, he was playing for the St George Dragons. He was released in 2014 to start his 2015 career at the Newcastle Knights. 2018 saw him line up for the Gold Coast Titans under the coaching of Garth Brennan.

Sessions like this are very important to young players as Jack is a role model for young athletes. How the young learn from older players is so important. I hope Jack knows how important this meeting was. He has touched the future of his sport. As an elite performer, you never know who you might influence to chase their dreams. It only takes one moment in time to influence a young athlete's future.

Well done Titans for connecting with the community and the talented youth on the Gold Coast.



Christmas Day Luncheon

Take the stress out of Christmas Day and get your family together at RACV Royal Pines Resort.

Amidst a beautifully themed ballroom, feast on a Christmas buffet lunch offering the freshest Australian seafood, traditional ham and turkey, and a selection of hot dishes, salads and desserts. Includes a 3-hour beverage package along with live entertainment on shared tables of 10.

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Date: Tuesday 25 December, 2018
Venue: Royal Benowa Ballroom
Time: 12 noon - 3pm
Price: \$185 Adults | \$125 Teens (13-17yrs)
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2018 GCAS Awards Night

(left to right) Kyra Livermore with Wayne Hickson, Juliet Hackett with Hon Mick Veivers AM, Jordan Billing with Cr Dawn Critchlow OAM, Hesed Lote-Felo with Cr Dawn Critchlow OAM, Jac Preston with Wayne Hickson



Ignoring Oral Health Could Put Elite Athletes Out Of The Game



This short article is about dental health from the Oral Health Advisory Panel. Did you know that 'mouth care' was important to your total health?

The Oral Health Advisory Panel (OHAP), is a group of independent healthcare professionals with the aim of raising awareness of the importance of good oral health and its impact on general wellness. The Panel aims to take oral health beyond the dental clinic.

Written by Dr Louise McCuaig who is Senior Lecturer in Health and Physical Education at The University of Queensland, School of Human Movement Studies and a representative of the Australian Council of Health, Physical Education and Recreation (ACHPER), she wants to increase the care athletes need to take with their teeth.

When elite athletes are not performing at their best, they might consult their coach, exercise physiologist, psychologist or dietitian for answers. But their dentist? Surprisingly, oral health professionals play a vital, but often overlooked role in ensuring our elite athletes are able to perform at their best. Unfortunately, when it comes to oral health, elite athletes tend to be poor performers. This is despite the fact that oral health problems can lead to long periods where an athlete cannot train or perform at their best.

Oral health research indicates that years of training, dedication and preparation could potentially be derailed by common, yet mostly preventable oral health conditions.

A study carried out during the 2012 London Olympics evaluated the oral health of 302 participating athletes from around the globe.* It found that 55% of athletes presented with dental caries and 45% with dental erosion and periodontal disease (76% with gingivitis and 15% periodontitis).

More than 40% of participating athletes said they were bothered by their oral health. Interestingly, 28% said their oral health impacted their quality of life and 18% said it impacted their training and performance.

While the most common problems reported in the study (dental caries, erosion and periodontal disease) can mostly be prevented, almost half of the participants said they had not had an oral health examination or hygiene care in the previous year.

The same study indicated a number of potential causes for these oral health challenges. They include poor diet, frequent intake of carbohydrates, overuse of sugary sport drinks, decreased saliva flow during exercise, exercise-induced immune suppression, lack of general knowledge about oral health, access to preventative care and how athletes prioritise their time.

So, what can elite athletes and their support teams do to manage their oral health and its impact on their performance? Much of the oral pain and frustration experienced by elite athletes can be overcome by a commitment to some simple preventative measures.

When it comes to oral health, sports people need to follow the same training regime as the rest of the population. This includes:

- Maintain a healthy diet
- Brush twice a day with a fluoride toothpaste
- Drink tap water – in most parts of Australia it contains fluoride that strengthens teeth
- Use a fluoride toothpaste
- Visit your oral health professional regularly for a check-up.

This last point is key. Oral health assessment should be a component of every athlete's routine medical care. Talented young athletes should include oral health care and check-ups into their annual training plan from an early age to help prevent future complications.

Given the substantial financial investment that individuals, their families and governments allocate to the pursuit of sporting success, it is critical that all preventable health bases are covered as elite athletes embark on their journey towards sporting glory.

The path to becoming an elite athlete requires enormous time, effort and dedication. Let's ensure that mostly preventable health barriers do not put our athletes out of the game.

*Needleman I; Ashely P; Petrie A; et al. Oral health and impact on performances of athletes participating in the London 2012 Olympic Games: a cross-sectional study. British Journal of Sports Medicine 2013; 47:1054-1058.



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