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2019 has started with a bang. Our Rugby program commenced with 48 young boys participating in some inciteful sessions on Strength and Conditioning, Nutrition and some great skill sessions. And what a great venue – RACV has again gone above and beyond catering for the needs of the boys and the parents. We have recently started some educational sessions with the Hinterland Netball division which is quite exciting and Labrador Hockey. New sports brings new opportunities.

The new year brings with it many realizations. One thing I know for sure is there is a lot more that I don't know than I do know. I continue to learn and grow in my knowledge each day. Like many, it seems like yesterday that you think you had all the answers. Now I have all the questions. Why did it take 50+ years to figure this out? One thing I know for sure is that I am very wary of anyone who suggests they have ALL the answers.

THE MORE YOU LEARN THE MORE YOU KNOW YOU HAVE MUCH MORE TO LEARN!

The following story was one that was shared with me and I think it is a great story for all parents and coaches.

EDITORIAL

Lighting The Way From Behind: Lesson For Coaches And Parents

By Rod Murrow

When I was in high school, I was involved in forensics in addition to cross country and track. Forensics tournaments are in the winter, which means short daylight hours. We often left for forensics tournaments early in the morning when it was still dark, and then got home after dark. My family lived in the country with no sidewalks or streetlights.

One winter Friday night my junior year, I was grumbling that I probably wouldn't be able to run the next day due to a forensics tournament. We'd had a lot of snow and running on icy, snowy roads in the pitch dark probably wasn't my best play. I complained that because my two biggest rivals at the state meet both lived in larger cities where they had streetlights, sidewalks, and plowed roads, they were going to be able to run on a day that I likely wasn't. I didn't like the thought of them getting that edge on me, even for one day.

My dad casually offered to follow me in the pickup after I got home from the forensics tournament so I could run in the headlights. I happily took him up on his offer and as soon as I got home the next day I changed my clothes and headed out to run. Dad idled along behind me with the emergency flashers on, allowing me to run in the headlights to see where I was going.

It's funny the tiny details that sometimes remain vivid decades later from an event that didn't seem that significant at the time. Even now, nearly 40 years later, I can still hear the crunch of snow beneath my feet, feel my breath freezing on my face mask and hear the old Ford pickup idling behind me.

We repeated this ritual numerous times over the next couple of years while I was in high school whenever I was late getting home from forensics tournaments or some other obligation in the winter. I still have my old training diaries where I noted that Dad followed me in the pickup while I ran in the headlights.

After high school, I went on to college running and never really thought much more about it.

That is, until 2008.

My father died rather suddenly and unexpectedly from a late-diagnosed, very aggressive, inoperable brain tumor. I gave the eulogy at his funeral, and one day while mowing the yard I was thinking about what I wanted to say. For some reason, Dad following me in the truck so I could run in the headlights kept popping into my head, but I couldn't figure out exactly why.

Suddenly it hit me, and I stopped mowing dead in my tracks.

I couldn't believe I hadn't seen it before.

Dad following me in the pickup wasn't just a simple act allowing me to run. It was a parable with some invaluable lessons. Right away, two things jumped out that made Dad's simple act of following me in the truck much more profound and meaningful.

The first thing I realized was something that Dad didn't do. He didn't tell me I had to run. He didn't tell me that if I didn't run I was going to get my butt kicked by my competitors. He didn't say he was going to be disappointed in me if I didn't run. All he did was remove a barrier to me being able to run that I couldn't eliminate myself. Everything else was up to

me. It was up to me to have the passion and discipline to come home after being at a forensics tournament all day, change into multiple layers of clothes and go out into the cold night to run on snow-packed roads. Dad was smart enough to know that you can't make someone want to do something, but he was also smart enough to know that sometimes even motivated people need a little bit of help removing barriers that they cannot remove themselves.

The second thing Dad did was -- both literally and figuratively -- light the way from behind. Standing in the backyard, stopped in my tracks with the lawnmower still running, I realized that was a metaphor for how we as both coaches or parents need to approach our kids. It is so easy to fall into the trap of wanting to blaze the trail in front of them, removing all obstacles, giving them a straight, smooth road to "success" and showing our kid to the world. This trap takes many different forms, and none of them is helpful to the kid or flattering to the parents or coaches who do it.

It is not helpful to the kids or athletes because they don't learn how to overcome challenges when the road is made entirely smooth for them, and all difficulties, learning opportunities, and need for self-motivation are removed from their path. By doing so, they are denied the opportunities to develop the grit and tenacity that are the essential precursors to fulfilling their potential.

It isn't flattering to the parents or coaches who do it because -- let's just be brutally honest here -- those parents and coaches are making the kid or athlete's success about them, not about the kid or athlete.

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They're calling more attention to what they did for the kid or athlete's success than what the kid did themselves. Think about it like this: If a coach or parent is lighting the way from the front, the coach or parent with the light is the first thing people would see, with the kid being second, obscured behind them. But if a coach or parent lights the way from behind, the kid is the first thing someone would see, and that is as it should be.

It is an easy, seductive trap to fall in to and it is usually done with good intentions. Parents and coaches justifiably want to give their kids and athletes the best opportunities possible to succeed or pursue something about which they are passionate. But what

often gets lost in those good intentions is that the best chance for a kid to succeed at something they are passionate about is by allowing them to struggle, fail, learn to think for themselves, become a student of their sport, and then develop the grit to find a way to succeed.

There's no better advantage for future success you can give a kid or athlete than grit, but they have to develop it themselves. You can't give it to them.

Dad knew where he could do me the most good, and that was from behind me. On those dark, snow-packed roads Dad, again literally and figuratively, had my back.

But my back was all he had, nothing more, nothing less.

He knew that the day would come when he wouldn't be around any longer, and I was going to have to learn how to overcome hardship on my own. Sadly, that day came on April 13, 2008 and it wasn't until after he was gone that I fully understood what he was teaching me by lighting the way from behind, and what it meant for my own athletes and kids.

If you are a coach or parent, or both, it is my humble recommendation that you go and do likewise. Get behind your kids to light the way, but let them travel the path on their own.

GCAS: Strength Training



Welcome to 2019. A new year, maybe a new approach for sport. I am sure many parents are looking at how they can help their children in their sporting endeavours.

Strength training is a topic of interest for many parents, coaches, researchers and practitioners. When to start? How much is enough or too much? What exercises to prescribe? These questions and many more are constantly debated. At present there is compelling scientific evidence which supports participation in appropriately designed youth resistance training programmes that are supervised and instructed by qualified professionals. This is the important area – qualified strength and conditioning professionals, not an interested parent. The benefits of strength training starting at a young age can have long-term positive health and fitness adaptations and sport performance for children.

Firstly, let us NOT confuse strength training with weightlifting, bodybuilding or powerlifting. These activities are largely driven by competition, with participants vying to lift heavier weights or build bigger muscles than those of other athletes. This WILL put too much strain on young muscles, tendons and areas of cartilage that haven't yet turned to bone (growth plates), particularly if proper technique is sacrificed in favor of lifting larger amounts of weight. Strength training uses low resistance and repetitions to gradually build strength and conditioning.

For kids, light resistance and controlled movements are best with a special emphasis on proper technique and safety. Young athletes can do many strength training exercises with his or her own body weight or inexpensive resistance tubing. Free weights and machine weights are other options but only under strict supervision and guidance.

There are many myths about youth and weight training. Comments like:

"Kids can't do strength training; they'll get injured."

"Won't too much fitness training stunt my kid's growth?"

"Won't weights make my daughter muscly?"

Fitness is important, but it also needs to be age-appropriate. Training for kids is only safe and beneficial when it's age-appropriate, when it's progressive, and when they're taught and monitored for correct form.

With childhood obesity on the rise, youth training programs have become increasingly widespread and popular. Parents, if you want your child to start strength training, make sure you follow some basic guidelines. Just as adults need to build a foundation for strength training with exercises in balance and proper form and movement, children also require practice, exercises and progressions that match their age and fitness levels.

In general, if your child wants to work with weights maybe stick to these guidelines:

Athletes as young as 7 or 8 years old can participate in strength training activities if they want. Exercises should be fun and include activities for the total body, using only body weight as resistance. Some examples are star jumps, pull-ups, push-ups, sit-ups, squats and lunges. The person leading the activity should encourage simple games that involve running, with starts, stops, relays, jumping, skipping and throwing.

By age 9 or 10, if they have been doing the activities I just mentioned, children may be physically ready to begin training with light external resistance. Exercises need to be simple and monitored. The use of resistance bands or very light weights can be introduced.

Many coaches and physicians suggest young children should not begin any type of weight training before puberty. This is very individualistic with emphasis placed on basic strength. Children should not be put too much strain on their young muscles, tendons and growth plates if they have not participated in activities beforehand. By 13, generally, if your child has been active, their nervous system and muscles should be developed enough to be introduced into the weight room.

At age 14 or 15, if athletes have had a history of activity in the strength area, sport specific exercises can be introduced and the volume of training increased.

By age 16, most athletes are ready for entry-level adult programs, but only if they have gained a basic level of training experience. Start with higher volume and lower intensity work then gradually build to lower volume and higher intensity work.

No matter what age your child starts weight lifting, his or her first year should be spent learning correct exercise technique and developing a general fitness base.

Next week I will follow this article up with further guidelines on my philosophy on strength training. Please understand that my philosophy comes from being involved with Track and Field and sport in general for over 40 years. I am also a Level 5 coach in Track and Field and have been mentored in the area of Strength and Conditioning by one of Australia's leading strength coaches in Athletics.

I hope in reading this piece, some parents might start a conversation your young athlete. Let me stress here also, that what I say are my thoughts and beliefs. There are many other ways people look at this topic and mine is just one train of thought, but having been involved in sport for some fifty years, I have seen the good, the bad and the ugly.

We need to understand that "children are not miniature adults". Because of their immature physiological and psychological state, they should be prescribed

appropriate exercises and programmes relative to their lifting ability, their maturity and stage of development. It is important to take into account the athlete's growth and maturation and when considering strength and conditioning, every athlete should be treated as an individual.

There is significant research to indicate that strength training, or resistance training can significantly improve performance in muscular strength, muscular endurance, power production, change-of-direction speed and agility, balance and stability, coordination and speed of movement in youth athletes. Having said this, the athletes should be introduced gradually to the notion of strength development. This additional form of training can also have positive effects on health and improve the young athlete's emotional state, as well as and helping to reduce injury providing it is approached in a sensible manner.

I must stress here again, that the prescribed strength training undertaken should be both safe and effective for children and young adolescents. The program needs to be consistent with the needs, goals and abilities of each individual.

I am a great believer in taking the time and effort to teach young athletes to lift correctly and learn the basic Olympic lifts, particularly, the 'Clean'. Funnily enough, I never learnt how to lift until after the Olympics, and when I did learn I learnt from one of the best – Dean Lukin's coach. I also believe that young athletes have the ability to perform basic plyometrics early in their development. Benefits from these activities are:

1. The exercises put more emphasis on multiple joints, flexibility, and complicated muscle coordination, which is great for growing bodies. It is important when learning the Olympic lifts that technique comes first, with athletes even commencing the learning pattern with broomsticks and progressing onto empty bars before adding any weight.
2. You can make strength training and plyometrics fun. It's all about attitude of the 'teacher' and the athlete. Make the learning process fun for the athletes.
3. This kind of training sets athletes up for making a lifelong habit of strength training and good fitness.

Parents, you can be rest assured that their child will not be a 'Schwarzenegger'. They need to perfect their lifting form and technique of plyometrics before progressing to more difficult and heavier activities. When a young athlete lands on the ground while doing plyometrics, the load placed on their body of hitting the ground is 2-10 times their bodyweight which goes through their bones and joints. Without learning the proper way to jump and land, and without a strong and gradual foundation to absorb the impact of landing, a young athlete has a much higher risk of injury.

Overall, performed properly and with the correct progression, resistance/strength training can:

- Increase your child's muscle strength, coordination, power and endurance
- Help protect your child's muscles and joints from sports-related injuries
- Help to improve your child's performance in nearly any sport, from dancing and cheering to football and soccer
- Develop proper techniques that your child can continue to use as they grow
- Adds variety to their training program
- Develop a routine for future development into their late teens.

Strength or Resistance training can also be a great activity for the young child who doesn't have any interest or inclination for sport. It can be as a way to get them doing some form of activity, which, let's face it, is something all parents are trying to do. For these young people, strength training can:

- Strengthen their bones
- Promote healthy blood pressure and cholesterol levels
- Help maintain a healthy weight
- Improve confidence and self-esteem

If you have a child you just want to get involved in some physical activity, here are a few guidelines:

ASK. Commence training with someone who has experience with youth strength training. Speak to a gym and ensure you ask for the person's qualifications – you may also ask for references from other parents – 'word of mouth' is very powerful. They need to be responsible to create a safe and effective strength training program based on your child's age, size and skills.

Warm up and cool down. Before starting their workout they need to do some cardiovascular activity for at least five to ten minutes. Activity such as walking, jogging or skipping. Even though they think they are warm, the muscles need to prepare for what is to come – 'some vigorous activity'. Some gentle stretching after each session is also a good idea which will help with flexibility. Again, ask the instructor for guidance.

Intensity - keep it light. All athletes, people, particularly, young people need to follow a progressive program. This includes commencing at light weights and increasing over a period of time as they become more competent and their technique becomes more competent. There is no disgrace in just starting with basic body weight work. Again, resistance work does not need to come from lifting weights. Resistance exercises can be performed with tubing and body-weight exercises. Exercises such as pushups, sit ups, lunges, and the such are very effective exercises.

Stress proper technique and progression. The program can progress by increasing the resistance or number of repetitions. In most cases, one or two sets of 10 to 12 repetitions should be followed. Again, it should be stressed that the young athlete should only progress if the technique is solid.

Supervision. Adult supervision by an instructor with a background in strength and conditioning and who knows proper strength training technique is extremely important. Please do not let your young athlete do it alone.

Rest. Make sure they take enough rest between sessions. RECOVERY is an essential part of adaptation of the body to exercise. Two or three strength training sessions a week is plenty for the growing body.

Keep it fun. The routine needs to vary to prevent boredom. It should be advised and encouraged that the program be changed every couple of months.

Remind your child that results won't happen overnight. Doing new exercises might mean that they will experience soreness which makes it important to stretch and continue the exercise routine. If their approach to this type of training is "stop-start", they will continue to suffer from soreness. The benefits will be lifelong.

Along with strength training, there are some young athletes who might look for the so called 'short cuts'. I hate to speak of short cuts but feel that it is worth mentioning. There are some studies that show anabolic steroids are particularly harmful to adolescents because they actually freeze growth plates in bones which stunts growth. It is my hope that no one thinks of using this method of helping to increase strength but worth mentioning in the environment of weightlifting should someone be exposed to the option. I am happy to hear from anyone who has any questions in this area.



CARBINE CLUB

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. When first established, it was announced that the award would be named "The Glynis Nunn" award. The Scholarship is given to an athlete between the ages of 15 and 18 who is striving towards for excellence in their chosen sport. The athlete will receive a Bursary of \$5000 over a 12 month period with the GCAS selecting and monitoring the process. Charles Wright, President of the Carbine Club of Qld will officially announce the bursary at their special luncheon held around State of Origin time.

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 is 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 have been advertised on the GCAS website and in the local Gold Coast Bulletin.

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.

Past recipients include:

2016 - Amy Coulston – represented Australia in Track and Field at the Oceania Championships.

2017 - Tianah List – was successful in qualifying in Javelin for World University Games but was unable to attend due to injury. Now resident in the USA on scholarship to a University. Also represented Queensland in Softball winning a national championship.

2018 - Regan Hackett – Ice Hockey – was studying and playing in Ontario in the Eastern Canadian Midget hockey league. He gained selection in a number of representative teams while there – captain of team North America. After training with a leading coach in NSW during 2018, Regan was scouted and now resides in Canada pursuing his dream of Ice Hockey excellence.

INTERESTED IN APPLYING FOR THIS SCHOLARSHIP??

OR KNOW SOMEONE WHO MIGHT BE ELIGIBLE?

PLEASE SHARE

FUTURE STARS PROGRAM

The Gold Coast Academy of Sport (GCAS) offers educational and skill development opportunities for all sporting athletes on the Gold Coast. In the team areas, GCAS offers programs in Rugby Union, Rugby League, Basketball, Soccer, Aussie Rules, Cricket and Surf Life Saving. The 'Future Stars' program is designed for those athletes involved in sports that fall outside of the many regular team programs offered by the Academy. Athletes from ANY sport are encouraged to apply to be part of this program (sports which have been included in the past are: Swimming, Tennis, Track and Field, Go Karting, Cheering and Ice Hockey with other sports such as Gymnastics, Volleyball, Surfing, Touch and Cycling could be included). Athletes who are already part of a scheduled program such as Rugby or Basketball are able to be part of this program as there are further educational units/topics which are covered and discussed.

The focus of training will be on individual movement development and basic fitness. In addition to these skills and fitness training there will be core educational sessions for the athletes to help them prepare on and off the field whilst also growing on a personal level.

The program caters for basic fitness elements for athletes and builds on their awareness of important issues/aspects essential in the growth as a developing and high performance athlete. We understand all sports have individual skill needs which the athlete has to target, but the underlying strength, coordination and basic movement patterns are general areas that can be focused upon, regardless of their chosen 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, rehab and recovery, 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 performance development program provides physical and mental skills which will benefit the athlete outside of their normal club and association trainings.

It is understood and accepted that once an athlete is accepted into the program that they will attend all compulsory training and educational sessions as set down by the coordinator that are scheduled. If, for some reason, the athlete is unable to attend due to sickness/other commitments, it is expected that the coordinator/GCAS is advised. On completion of the program, all athletes will be recognised at the 'End of year graduation' ceremony conducted at RACV Royal Pines (October).

Here are some feedback from athletes and parents involved in past Future Stars programs.

"It's been a busy year for the boy, Lachlan and myself think the sessions with Future Stars and GCAS Cricket have helped him through, especially with the mental and physical approach to the game".

"Casey was a wonderful program facilitator and it was evident when at the conclusion of the proceedings that the Future Stars gathered together for celebration, congratulations, photos and friendship. Casey did a great job of fostering a positive and productive team environment. I have personally thanked her but want to ensure I let everyone know. Self-belief was the biggest hurdle that had to be overcome in my son's career.

"The program was great. Lots of good information. Perhaps fitness to be part of every session. Casey was excellent as a coordinator and leader - she made all sessions fun and interesting. I hope I can do a program again".

"Excellent program for young athletes. Has made me a better person and more educated about my sport. It has also given me information to pass on to others". "The most important thing I learnt was how to look after my body before and after all sessions - very good practical knowledge and very informative".

The Gold Coast Academy of Sport (GCAS) Future Stars Program is proudly supported by the RACV Royal Pines Resort. If you would like to apply for this program, please go to the website or contact us via email, Facebook or call 0403 676 897. The program normally commences in April/May runs through to October.





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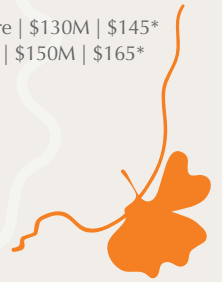
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Sports Report – Newsletter 2019 Autumn

Rugby Union

The Rugby Union program started the year off with a bang with a record number of participants of 48 players. Head coach Jack Moon and assistant coach Rob Bradley are putting the boys through their paces during the 16 sessions at RACV Royal Pines Resort. Specific professionals presented core educational sessions of nutrition and strength and conditioning have been presented to the young players.



Future Stars Pimpama

In 2019 GCAS started another school program – this year it was with Pimpama State Secondary College. The first presentation was nutrition by Melanie Macdonald who currently works with Triathlon Queensland and a number of other leading sports team. She presented to the junior and seniors of the school's sporting program on all aspects of diet.



Upcoming programs

2019 has been an exciting year so far. We are extremely pleased to share that, at the time of going to press, the Academy was preparing to deliver the first educational sessions for Netball and Hockey.

The Carbine Club grant has been advertised and application forms are on our website. Applications are open for our Future Stars program and Basketball is in the planning stages.

We would encourage anyone and everyone to share the news of our sporting programs to parents and athletes they know. At a time when activity is so important to our daily lives, GCAS is proud to offer programs that are affordable and challenging.

Jack Moon

GCAS Rugby Union Coach

Question and Answer



You have played Rugby from an early age. Can you share some of your achievements?

As a youngster I started playing at my local club 'Old Brodleians,' located in Halifax, Yorkshire. As a team we went on to win seven County Cups. From there I gained County honours with Yorkshire where we went on to win a national championship. At the age of 15 I joined a professional team -Yorkshire Carnegies academy where I spent four years training full time before enrolling into Leeds Metropolitan University where I spent three successful years playing in Britain's top university league.

When, how and why did you start coaching?

As I started playing at a higher level, I became very interested in the range of coaches I was playing under and how their styles and management skills were so different. At university, I was also training to be a teacher. In 2018 I went under the knife for the fifth time in as many years. My injuries forced an early retirement from the sport, which has led to me taking a keen interest in coaching. I particularly enjoy forming a new team from scratch and putting foundations in place to ensure we have success both on and off the field.

What made you come to Australia?

I have always been interested in Australia. The attraction of living by the beach and constant sunshine was certainly something that I wanted in life. In England I was teaching and coaching at a school that came on a rugby tour to Australia in 2014, once the tour had concluded I decided to stay on and see how things developed. 5 years on I am still here.....

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

I've been lucky enough to have several top coaches who have all had their own influence on me. The first one I must talk about is my junior coach at Old

Brodleians, Clive. This coach was awesome and really brought the best out in everyone. He set high standards and truly believed in putting the team above anything else. Secondly, there is Tiff. He was our coach at the academy. He was a 6 foot 7 giant and technically one of the best I have worked with. Lastly, I must mention my mum, Jane. After initially dealing with the setbacks of being unable to play she pushed me to not walk away from a sport in which she felt I could still give a lot, so I must say thanks to her.

What gives you the most satisfaction from your coaching?

My greatest satisfaction as a coach is seeing a player many months/years later and seeing how my coaching has influenced their life.

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

I value attitude and work ethic above all else. I have coached some very talented athletes who just expect to achieve results easily. The real talent is in those players who never stop working. The ones who always want to improve and bring out the best in those around them.

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

I believe that there are lots of naturally gifted players who were born with a high level of skill. However, to succeed at the top of any sport a player needs to have the correct support and be involved in a culture that develops them both on and off the field. Players need to have the ability to self-motivate and live a lifestyle that helps them flourish physically and mentally. The need to develop the correct life skills.

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

A lot of my coaching is based on 'man-management', honesty and creating an environment which is fun ensuring the players want to keep being involved. As a teacher and coach, I tell all my students to surround themselves with good people who will always push them and make them think about the choices you are making. If things don't work out the first time, players need time to reflect and consider

what they can do differently to ensure success next time.

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

I feel this program gives our players the chance to develop in an environment that is run slightly different to what they experience at their clubs. They are training with players of a high level which naturally means the skill level is of a high standard. Players tend to rise to the level of those around them, and if they don't they soon figure out what they need to do. The GCAS program tends to recruit expert coaches in their field, apart from skill development. We also have access to professionals in nutrition, physiotherapy and strength and conditioning coaches.

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

A large focus of this year's program is based on upskilling the ball handling skills of our players. The way the game is moving you can see that there is an expectation that every player in any position is expected to be able to catch and pass under pressure. No-one can hide and say that it's not their job to create opportunities to score. Every player at the top level is now accountable for the choices they take. A big issue at this age is the difference in size of players – we need to take care of the developing athlete. We spend a large amount of time looking at tackle and ruck technique to ensure players are in a better position to turn defence into attack as quickly and efficiently as possible.

To finish can you tell us a little about what other interests the coach has?

I particularly enjoy being outside. I spend a lot of time down at the beach and on the water, paddle boarding. Living in England for 22 years I had the pleasure of being a short flight from the Alps so in the cold wintery months I would go skiing. After the rugby season has concluded I try and switch off completely from the sport. I love going and finding new places to explore and seeing what this great country has to offer.





OUR LATEST SPONSOR

Our latest sponsor, All Sports Travel, has been operating on the Gold Coast for over 30 years and have certainly earned their tagline of "The Sporting Group Specialists" by managing the travel arrangements of 850 sporting teams and over 18,000 customers every year.

Andrew Growcott, CEO of All Sports Travel, lives and breathes local sport. Not only has he competed in the Pan Pacific Masters Games (Baseball), as well as the Bowls Australian Open (as a self-proclaimed rookie), he also coaches a local AFL team, and is actively involved in his local Baseball and Nippers clubs. And that's just in his spare time!

During business hours, he runs All Sports Travel, which is the Preferred Travel Partner of a number of Gold Coast and Queensland organisations including the Gold Coast Marathon, Pan Pacific Masters Games, Burleigh Bears RLFC and the Gold Coast District RU. All Sports Travel is also the Official Travel Partner of Gymnastics Queensland and in 2018 managed the travel arrangements for over 800 athletes and coaches from 32 clubs around Australia to the National Clubs Carnival held on the Gold Coast.

Last year Andrew approached the Academy to become a sponsor after learning about its role in supporting local sporting organisations and athletes. Andrew

says "We are so excited about the future of sport on the Gold Coast. As locals we are fortunate to have such a diverse range of sports available for all ages and abilities, and to have a professional organisation that focuses on development and enrichment opportunities for athletes, coaches, officials and administrators ensures the ongoing success of this important industry. We see great synergies with GCAS and look forward to supporting them in 2019".

In addition to sporting groups both large and small, All Sports Travel are happy to assist with the travel requirements of individuals including friends, family members and supporters.

We value the support of our sponsors and urge our member associations to support them in return where possible, so if you have any travel requirements for your club, school or organisation in 2019, please contact Andrew and his team for a competitive quote.

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Opportunity to be part of the **GCAS sporting programs**

The Gold Coast Academy of Sport recognises that the cost of involving children in sport is becoming increasingly difficult to fund. Giving your child every opportunity possible to improve can sometimes stretch the family budget. I know the feeling well having two very active children growing up with a variety of interests. It is great to give them the chance to experience a number of different sports. Mine jumped from Karate (as real little ones) to Soccer, Little Athletics, Ballet, Rugby Union, Showjumping, Eventing, Gymnastics and Basketball. When they were old enough and finally found their true love, they settled on one activity, but the journey was exciting.

The Academy offers programs for a variety of different sports and we are always trying to make the programs affordable. All programs are conducted at 'cost neutral' to ensure availability and value for money. For parents who are having difficulty finding the full registration fees, please contact us for an application for a grant.

Classic Sportswear has kindly donated a sum of money to the Academy to help parents register their children in proposed programs. I also write a piece for the Bulletin each week and they are currently searching for a sponsor for the page to further enhance this 'GRANT' opportunity. I would love to bolster funds to help all athletes on the coast to be part of Academy programs as we have had such great responses from past athletes saying they have grown in so many ways from their involvement.

Please share this information with as many parents as possible as we would like to engage with as many keen athletes on the Gold Coast as we can.

Send an email to program@goldsport.com.au to find out more.



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A Sporting Chance to be a champion!

Each year in January, Magic Millions hosts an exciting unique carnival that brings glitz and glamour, sporting legends, celebrities, serious horse buyers and many other visitors from all over the world to the Gold Coast.

The thunder of hooves galloping across AQUIS Park on the second Saturday in January is the platform to showcase the talented thoroughbreds sold the previous years at Magic Millions auctions. These horses and jockeys are all chasing the glory and a share of the \$10million prizemoney on offer, to be won by the fittest and fastest equine athletes who dedicate themselves to rising to the top of their sporting game, dreaming of becoming a champion and the best that they can be.

No longer just a sport of kings, horse racing is a rewarding industry that favours those who are dedicated, committed, passionate and who persevere either through ownership or participation – or both like Magic Millions ambassador Billy Slater. The Queensland rugby league star started his career riding trackwork for Gai Waterhouse before becoming a sensation on the football field. In retirement Billy has now turned his hand back to farm life, breeding racehorses, and having great success in the sales ring at Magic Millions.

Magic Millions are immensely proud to sponsor young athletes of the Gold Coast Sports Academy as they progress along their training journeys and encouraging them racing towards achieving their sporting goals in the future!





The GOLD COAST ACADEMY OF SPORT

2019 Collection

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.

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

• Available size



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