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EDITORIAL

Lighting The Way From Behind: Lesson For Coaches And Parents

By Rod Murrow

I read this article of a distance runner and had to share it because we ALL have days like this. Whether you are an athlete or just a 'normal' person, we all have to deal with the bad days. And sometimes it is nice to know you are not alone.

Eilish McColgan is an accomplished Scottish distance athlete. Recently she competed in the US in her lead up to the World Championships in Doha in October. She wanted to run a qualifying time in the 10,000m. What she wrote here resonated with me and shows that even some of the best athletes in the world have 'days from hell'. Things did not go to plan for her.

What she posted on Instagram and Twitter had no filter and was quite emotive. It is good to read that life is not all about your sport – about the training sessions and strict diet and controlled life choices. There is fast food, crying and feeling miserable.

Her post:

"I was tempted to just pretend last night didn't happen and continue on that running is all rainbows and unicorns, but then I thought 'why do athletes avoid their bad days?'" she started.

"Five days before the race, I picked up a shin injury from absolutely nowhere. I was advised not to race but after five days of icing my leg like a lunatic it started to ease a little," she said.

"With my leg essentially gaffer-taped together by K tape and Walmart compression socks I felt it was manageable to race. During my warm up, I realised I was getting my period," she added, explaining how it makes her run "like a walrus".

"I took a heap of painkillers to stop my stomach from feeling like a horse was kicking me in the ovaries and set off in the race hoping for a minor miracle to get me round 25 laps." But she didn't finish the race - five laps from the end, she had to pull out.

"I called my mum, cried a little, walked to McDonald's where they refused to serve us at the drive-thru because we didn't have a car, proceeded to walk to Safeway and bought a \$8.99 Red Velvet cake for my tea before sitting up to 5am feeling sorry for myself



and over-thinking every day of my life for the last 28 years."

This post shows that even the best are human and things don't always go to plan. Some responses from people who read her post follow:

"Massively helpful to average runners like me. Bravo Eilish," wrote one person.

"Thanks for sharing your human side. It's easy to think elite athletes train all day every day, don't eat cake and do run like lightning. It's good to be reminded that our sporting heroes have similar challenges to the rest of us," added another.

"What a breath of fresh air to read this. Insta only shows the highs so we think people are perfect. Well done for being so honest," said another.

"This is going to help so many young female athletes who read your post," another fan wrote.

When I do look at Instagram, Facebook and Twitter, I see a virtual world of polished workout videos. It doesn't seem real to me.

Eilish's raw comments and honesty about cake-fuelled, tear-stained disappointment is real. Too many times, the public only see the good times and the bad times are hidden. Thank you Eilish for being truthful

and open to what really happens. The thing is – there is always tomorrow and another competition. And while you can be disappointed at a performance, so long as you learn from that effort, it has been worth it.

I would like to take this opportunity to thank our many partners and sponsors who help to make the Gold Coast Academy programs happen. The Gold Coast City Council are a major partner and we thank them for their contributions. Other partners and sponsors that need to be acknowledged are: RACV Royal Pines where the Rugby Union program and presentations were held. It is an amazing venue with such welcoming employees.

Magic Millions continue to support programs throughout the year along with Chempro, Cambio Group, Sea FM, Channel 9 NBN, Griffith University and Hart Sport. I would like to thank Southport Sharks for being host of our beginning Future Stars program. Athletes will have the opportunity to use the amazing fitness gym available there. All Sport Travel who deal with travel of any type are also a new sponsor in 2019. They deal with individual and team travel so please take the opportunity to see what they offer. I did, and was pleasantly surprised with their service and prices. Last but certainly by no means least, Spot Productions who help us put this newsletter together.

A change in Leadership of the Academy Board

It is with regret that we say goodbye but not farewell to our Founding Chairman, Mick Veivers. Mick has been the Chair of the Gold Coast Academy of Sport since the day of inception in 2009, but at the last AGM, he decided it was time for someone younger to lead the Academy. Mick has brought a great deal of professionalism and passion to the Academy and to the programs conducted.

We would like to thank Mick for his time and leadership at such an important time. While Mick is stepping down from being the Chairman, we are not letting him disappear. He will still remain as part of the board and be part of the daily processes of the programs within the Academy.

A few words from the Incoming Chair, David Eckersley

You have been on the board now for some years, taking over the Chairmanship from Mick Veivers is special. What vision have you for the Academy?

Mick's energy and passion for all things sport and particularly kids sport has always amazed me and it is an honour to take over from him. Continue the Academies vision of promoting sport to Gold Coast kids but most importantly provide a skill set that is more than just the athletic side of their sporting passion.

What sets the Academy apart is the focus on and provision of high class programs that instil in the kids solid life lessons – psychological, nutrition, body

maintenance and cyber protection programs. These aspects are just as, if not more, important than the athletic skill set required to successfully compete and enjoy your sport at any level.

Looking forward to help promote the academy to ensure we reach as many kids as possible to ensure the region produces highly skilled but also well-rounded athletes that are well equipped to pursue whatever dream and sporting goal they may have.

What is your background and interests in sport?

Always played it, watched it and with a household of 4 boys pretty much continue to live and breathe sport 24/7!

CARBINE CLUB – recipient Ellie Beer

Each year the Gold Coast Academy of Sport links with the Carbine Club to help one very special athlete in their dream to reach their potential. The Scholarship is given to an athlete between the ages of 15 and 18 who is striving towards 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.

Mick Stevens, President of the Carbine Club of Qld will officially announce the bursary at their special luncheon held around State of Origin time. This year we were extremely pleased with the number of applications received for this scholarship with all being of such a high standard. It was extremely difficult to select one athlete from the seven applications received.

We are happy to announce that the recipient for this year is **Ellie Beer**. Ellie was recently selected to be part of the 4 x 400 Australian team to compete at the World Relay Championships in Yokohama. Ellie, a student at Marymount College, won the 200m and 400m in her age group of U/18 at the recent Australian championships in record time. Ellie is known for wearing long coloured socks when she runs and is ranked 2nd in the 400m event in the open age group. At present the athletes ranked 1st and 2nd are both aged U/20. At 16 years of age, she has a big future ahead of her.

The board of the Academy would like to congratulate all of the applicants on their performances and would encourage them to apply again as dreams never die. Congratulations Ellie – you are a very worthy recipient.

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.

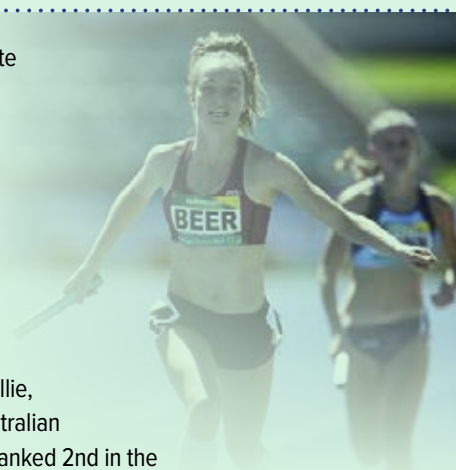
The board of the GCAS would like to thank the Carbine Club for their generous support of a promising athlete and look forward to the association in the future. The successful applicant will become part of the Future Stars program which is part of the development programs run under the Gold Coast Academy 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.



FUTURE STARS PROGRAM

The latest sporting program to commence is the "Future Stars" program. In this program the Gold Coast Academy of Sport (GCAS) offers educational and skill development opportunities for all sporting athletes on the Gold Coast.

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).

This year we have athletes from Track and Field, Rugby League, BMX and Triathlon. 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).

The program will be held at the Southport Sharks Club in Ashmore. All sessions will be held there with athletes receiving a six-month membership to the gym where they can pursue their strength programs. The Academy looks forward to a strong relationship with the club.



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Hosting over million visitors annually, Southport Sharks is one of the largest clubs in Queensland with over 55,000 members. Our facility offers a multi-purpose events centre, dining options, bars, AFL grade ovals, sports facilities, 24/7 fitness centre, kids club and free entertainment, plus a 120-room Mantra hotel!

Since 1961, our objective has been to foster and promote the growth of AFL on the Gold Coast. This involves supporting athletes at a grassroots level, more specifically through our Junior Sharks football club with over 450 players. Former juniors now play in the national league which we consider a huge success in terms of our initial objective.

Although we are a football club, Southport Sharks' efforts go far beyond just footy. We are a not-for-profit community club, with \$1 from every membership donated to one of four incredible charities:

- **Headspace Southport**
- **Gold Coast Hospital Foundation**
- **Junior Sharks Football Club**
- **Sharks Community Benefits Fund**

Our community involvement also extends to the lecture room. Since 2016, Southport Sharks has run a Community Study and Development Program which aims to provide local and international students a pathway into the hospitality industry.

Thanks to the diversity of the business and location in the Gold Coast Health & Knowledge Precinct, Southport Sharks has provided many opportunities for budding hospitality professionals to gain practical experience and skills.

A milestone for the club has been our most recent addition, Mantra at Sharks. The construction of the hotel has complemented our facilities to turn Southport Sharks into the ideal venue for all occasions- social, corporate, sporting and leisure. We invite guests to stay and play!

We consider our sporting and fitness facilities the perfect location for sporting camps or training venues. Fankhauser Reserve, one of two AFL grade ovals on site hosts NEAFL home games, AFL team training sessions and has even served as a landing pad for a helicopter!

We invite you to visit the club soon to experience all we have to offer.

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2019



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As a part of the Australian Institute of Sport's Elite Athlete Friendly University network, we work one-on-one with students and directly with teaching staff to provide a supportive environment and balance commitments for elite athletes.

Griffith led the way at both the Rio 2016 Olympics and Gold Coast 2018 Commonwealth Games, where Griffith had the most student athletes from any Australian University competing at both of these Games.

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Our travel sponsor All Sports Travel has been busy over the past few months, working with their clients on a number of large events taking place on the Gold Coast in 2019.

The National Clubs Carnival (Gymnastics) will be held at the Gold Coast Sports & Leisure Centre in September for the second year running and will see almost 4,000 young athletes competing over 18 days. All Sports Travel are managing the travel arrangements for several of these clubs that travel from all around Australia, in groups from 16 to 66. As in the past, a company representative will meet and greet these groups on their arrival at Gold Coast Airport, which ensures these young athletes (many who will be travelling for the first time) and their coaches and chaperones will feel safe and supported and let them concentrate on their performance.

The July school holidays will see the inaugural Premier Invitational soccer tournament attracting male and female players aged 8-18 from around Australia to the Gold Coast. All Sports Travel are proud to be the Tournament Travel Partner and look forward to this event becoming an annual feature on the Gold Coast sporting calendar.

All Sports Travel have also recently teamed up with Qld Touch Football as their Official Travel Partner and amongst other events will be managing travel for their Junior State Champs event in 2020.

These are just some examples of their extensive experience managing travel for sporting groups, particularly minors. So, if you have any travel requirements for your club, school or organisation, please support our sponsor and contact All Sports Travel for a competitive quote. Ph: 1800 001 191, visit www.allsportstravel.com.au or email info@allsportstravel.com.au.

"All Sports Travel are also happy to help with the travel requirements of individuals including friends, family members and supporters and can even look after your family's leisure holiday. I have used them personally and the service I received was amazing."

Glynis Nunn OAM.



Sports Report 2019 Autumn

Rugby Union

The Rugby Union program was a great success with 48 players. It finished in April with the participants putting their new learned skills into a friendly game on the final day. Some highlights of the program at RACV Royal Pines Resort included a sausage sizzle and also a visit by Australian Rugby Union legend Andrew Slack. Andrew spoke to the young players about his experiences and then led them through some drills.



Future Stars Pimpama

Psychologist Jackson Hill has recently worked with the Future Stars group of athletes at Pimpama State Secondary School. Jackson also led the two groups of students through a challenging presentation on mental toughness and how to deal with pressure. He will also attend in the coming week on "personal branding" and how you should present yourself to the world. What everyone needs to remember is that you are always remember for your last contact with someone so you need to remember that it should always be positive and uplifting.

Netball

The Academy took great pleasure in spending two sessions with the Hinterland Representative netball squads. Sessions were delivered to the 12/13 year and also the 14/15 year age groups. Both large groups of 40 enthusiastic players listened intently, participated in activities and interacted with the presenters. Topics delivered were Nutrition, Body Maintenance and Psychology.



Hockey

In March the Academy commenced presentations to a group of state players from Gold Coast Hockey. This was all done at the new Commonwealth Games facility at Labrador. Two specialist running sessions have been conducted and also presentations on Time Management and Sports Psychology. Further sessions will be conducted to many other players in the period ahead.



Sports Report 2019 Autumn continued

Future Stars - Upper Coomera State College

At the end of May, the Academy conducted sessions to groups of students from Year 7 to Senior on the topic of Strength and Conditioning. Each group was challenged with different approaches. The Year 7 students were taken through a range of bodyweight activities which they can do at any time, in any space without equipment. It was great to see them engage with the activities and it is hoped they will now take the challenge up and do some work in their own time. The older age groups were challenged with developing their own weights program after discussing what makes up a successful strength and conditioning program. The senior students were particularly good, actively learning variations to many exercises and how they can develop a program to suit their needs. In all situations, students needed to ensure they understood the outcomes from various exercises and what the aim of the program was to be.



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How much training is enough?

This is a fairly straight forward question with complex implications for the development of an athlete. It requires a shift in thinking away from quantity of training to quality. It is not how much but how well the training is executed that ultimately counts toward performance improvement. The concept is to find the optimum training level that will stimulate an adaptive response but will allow the athlete to recover sufficiently to train as they need to in subsequent training sessions.

Optimum load is the goal that an athlete and coach is looking for. Not too much that the athlete is too tired to then train well in sessions for the rest of the training week and enough to bring on a training benefit.

Along with finding this optimum load, the coach and athlete also needs to recognise that training is cumulative. It accumulates day to day, week to week, month to month and year to year. Therefore, an athlete does not have to do it all now, straight away. They also do not or cannot make up for sessions lost due to other commitments, injury or sickness. It takes time and taking time will ensure development of a robust adaptable athlete who can handle the loads imposed by the competitive demands of their sport.

It is SO important that an athlete in any sport learns proper movement patterns in pulling, pushing, squatting, jumping/landing and rotation. Next in progression is to continue to open development pathways in developing speed and more complex movements. Then the athlete can start adding strength development. The biggest problem can be that a lot of young athletes are not performing the basic movement patterns well. To this point, it means that when they get older and are looking to refine their skills that the coach need to break down movement patterns so they are able to progress

further with skills and performance. The most important age group to work on the basic movement patterns are within the 8-16 age bracket. This is where the energy and focus should be.

In this letter to his younger self, US shot putter Ryan Crouser, gold medallist in the Shot at the Rio Olympics, reveals how a passion for learning and an interest in a range of sports was crucial in his development from talented teenager to Olympic champion.

Ryan,

You are doing just fine. You may not be aware, but you already have many of the pieces in place for your future success.

Your parents have instilled in you the importance of being curious and to never stop learning. This is something you have fully taken on board.

Remember how you used to love dinosaurs and as a toddler and you could rattle off the names of many different types of dinosaur? Your passion for learning has continued in the classroom.

You are a straight A student with a fondness for maths and the sciences. Continue to study hard. Your academic pedigree will open up as many doors in the future as your athletics career. You will go on to become a valedictorian at high school and later complete a masters in finance in one year – the same year that you will strike Olympic gold in Rio – even though many thought achieving both at the same time was impossible.

As a 12-year-old boy keen on outdoor pursuits and playing many sports, keep on doing what you're doing. You are a real all-rounder competing in shot and discus but also sprints and long jump. You are a pretty decent sprinter and will go on to win the state triple jump title (Oregon) as a high school freshman.

Just continue to have fun with friends and not get too caught up in performances. Just remember, you are not going to break any world records at the age of 12.

Ryan, you are also a passionate American footballer and basketball player and playing several sports will form the foundation of your future success. You are right not to specialise in a sport too early.

Track and Field produces a lot of repetitive movements whereas playing basketball is more reactive and teaches a broad array of body movements. This background, Ryan, will prove very helpful when you eventually specialise as a thrower because you will have a much better understanding of what your body can and can't do.

Occasionally, you are prone to be a little hard on yourself. But here is the rub: striving for excellence is one of your strengths but it is okay to sometimes miss out on your goals.

Remember that time you were super-excited to compete in your first meet of the year as a seventh-grade student? And when you didn't throw so well. Instead of letting out a normal yell, your voice cracked and went into a super-high pitch? That may have been a little embarrassing and you were upset for about a week with the way you performed (finishing second), but don't worry. Chill out. In the bigger picture, it will make absolutely no difference.

All is good, Ryan. Just keep on having fun playing a bunch of sports and continue to work hard academically and everything will turn out just fine.
Ryan

In other words – it is important to be focus driven on performance BUT, it is so important to be practicing the “RIGHT movement patterns”. Learn the basic of any sport well and this will prove to be the best grounding an athlete can have.

Help for athletes to be part of GCAS sporting programs

The Gold Coast Academy of Sport is thankful to two companies who have helped to make it possible for some young athletes to be part of programs offered through the Academy. Southport Sharks and Classic Sports wear and donated some money which will allow athletes who might otherwise not be able to participate in our programs the opportunity to take advantage of educational sessions.

The Academy offer 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.

Programs with the Academy range from \$200 to \$380 for extensive sports education.

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.

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