

## Our Proud Sponsors:



## EDITORIAL

## From the Chair

from the Executive Director's desk

*I am publishing this column I wrote for the paper late February so that I can get the message out to the Gold Coast family how important keeping a track on your health is. I would also like to acknowledge the partnership that GCAS has with the Carbine Club and how special the scholarship program is to aspiring athletes.*

**Glynis Nunn OAM**  
**Executive Director GCAS**

Some five weeks ago I was admitted into hospital acutely suffering from inability to breath. I could have never imagined something as serious as what I was suffering from could have happened to me. I am very active in work and life on my little farm, I run, I coach and am not sedentary in any way. I have never smoked, have had surgery multiple times many years ago, had 2 children and not, what I would say overweight, but, and yes, there is a but, am on HRT and have been for some years to deal with symptoms that in themselves drive a woman crazy.

Being healthy and a past elite athlete does not prevent a person from developing blood clots. I didn't feel sick but have been told that I could have died. Pretty confronting. A few weeks before this episode I had a sore calf – there was no redness, no swelling, no heat. The thought of DVT did pass through my head after a few days as it didn't feel like a pulled muscle. But then the pain passed and only came back every now and again and in my busy life I put in on the back burner. I did head to the doctor to check be it some weeks later and he sent me off for a scan which was negative. I was diagnosed nurofen to deal with the occasional pain – seemed logical. A day later I began to be short of breath. I thought I just had the start of a virus and was a little out of shape. I rested, and my breathing went back to normal. With this in mind, I figured my body was just being dramatic and went back to work.

As the days went on, I became tired, my breathing worsened to the point where I could not walk from the bedroom to the front door or down the paddock to feed the horses. I asked to be taken to hospital. On presenting to the Beaudesert hospital (by the way Dr Timothy Devine, you were terrific – thank you for making me realise this was quite serious), I was sent to Gold Coast Private for a CT scan. Apart from having an elevated pulse at the time and increased

respiration, my blood pressure was a little elevated but I had no other physical signs.

My CT apparently showed a 'large clot burden' in both lungs. I was in shock to actually receive that diagnosis. I wasn't bulletproof after all. With no real cause for the clot other than maybe the low dose HRT I am on, I am still in the dark. My biggest take away from this experience is that you have to listen to your body and don't dismiss ANY symptoms. I can hear my family and friends breathing a sigh of relief.

I have been advised that my relative level of fitness and good health saved my life and the ability of my lungs to stop the clots from travelling further was a bonus. I was immediately given clexane and started on blood thinners. Something I will have to get used to for the rest of my life because while I am on them, I am in no danger of further clotting. I am following the treatment to a 'T'.

The most important things is to help educate others about the signs, even though I didn't have any. Shortness of breath, pain on breathing, light headedness, anxiety, rapid pulse, sweating, fainting and coughing. No matter how old you are, or how fit you are, don't discount anything.

Whilst I am on the mend, I am struggling with what has happened. I have been told that I need to appreciate that significant deconditioning can occur with such a life changing and threatening event. I used to feel invincible and suddenly to be very vulnerable and even disabled and told not to do too much is hard. Anxiety and depression is rearing its ugly head quite often. I would like to thank those around me for 'dealing' with my moods and swings of emotion. I am grateful that I have people who care and are so supportive – thank you.

There are no guarantees to anything we do. Despite my physical background, my successes, all the preparation

and training, there was no guarantee I was going to get the result I so craved. That's life. In those moments of discomfort, of pushing through to complete training sessions, I believed it was worth it. I held onto that belief, because that was all I really had. None of us know what is going to happen tomorrow. But we have to believe that anything is possible. Listen to your body.

The above words are more than just about running or training. Running is merely a metaphor, and a good one at that, for life. Keep believing and keep working. And keep dealing with the discomforts that come your way. It's the belief, the ability to imagine the possibility, that makes us ALL human.

Now to my message in explaining this. People need to take opportunities when they can. The Gold Coast Academy of Sport along with the Carbine Club of Queensland is offering a \$5000 scholarship to a talented young athlete 14 – 18 years of age. Doesn't matter about what sport you do – whether it is high profile or not. Don't question if you are good enough, don't put it off. Grab an application form and send it in. Let the selection committee decide who is most worthy.

What is there on offer to young aspiring athletes? Not a lot other than parental support. I cannot encourage athletes or parents enough to apply for this bursary. It can and will help parents to overcome the costs of coaching, travel, equipment and other expenses of sport. There are movies that I am sure many have seen where an athlete or person have been given an opportunity of support and then risen to great heights.

"The Blindside?" A great story about a young black man who was taken in by a family because he was alone and on the streets. He went on to be selected in a major national football team. Makes me cry everytime I watch it.

"Dead Poet's Society" with Robin Williams. On

the first day of classes, they are surprised by the unorthodox teaching methods of the new English teacher John Keating, a Welton alumnus who encourages his students to “make your lives extraordinary”, a sentiment he summarizes with the Latin expression *carpe diem*, meaning “seize the day.”

I am telling you to seize this day! Don't put things off. Don't let the opportunity of being in line for a \$5000 scholarship slip through your fingers because you didn't apply.

How do you apply? Simply go onto the website [www.goldsport.com.au](http://www.goldsport.com.au) or contact via email or phone to enquire about the application form. The successful applicant will be announced in April so please do not hesitate to contact us.

**Whilst i have everyone's attention,**

**i would also like to stress how important it is to support our GCAS family of sponsors.**

**RACV ROYAL PINES** – FOR ACCOMMODATION, FUNCTIONS OR JUST A MEAL OR NIGHT OUT.

**SOUTHPORT SHARKS** – FOR A MEAL, FUNCTION, ACCOMMODATION IN MANTRA OR MEMBERSHIP OF A GYM

**CHEMPRO** – FOR EVERYTHING MEDICAL AND ALSO FOR LITTLE NIC NACS.

**ALLSPORT PHYSIOTHERAPY** – FOR TREATMENT OF INJURIES OR ASSESSMENT OF WHERE AN ATHLETE IS AT. THE COVER THE GOLD COAST WITH NUMEROUS CLINICS.

**ALLSPORT TRAVEL** – FOR EVERYTHING INVOLVING

TRAVEL – FLIGHTS, ACCOMMODATION, INSURANCE AND EVERYTHING ELSE THAT GOES ALONG WITH GOING AWAY

**HART SPORT** – FOR ANYTHING TO DO WITH SPORT – EQUIPMENT AND UNIFORMS

**SPOT PRODUCTIONS** – WHAT SOMETHING PRINTED? ASK SPOT

**BOQ** – LOOKING FOR A BANK THAT SUPPORTS THE GOLD COAST? GO AND SEE DUNCAN PLASTOW AT NERANG BOQ.



## DATE CLAIMER

**All GCAS athletes / parents please put this date in your diary GCAS AWARDS EVENING**

The Awards evening recognises the achievements of our scholarship athletes who will graduate from the 2020 sport programs.

**Thursday 15th October, 2020**

**Commencing 6:30pm**

**SOUTHPORT SHARKS - PARKWOOD**



# Easter

## AT SHARKS

### Easter Weekend Entertainment

<p><b>GOOD FRIDAY</b> 10 APRIL</p> <p><b>ALEX FIETZ</b> 5.30PM-9PM (SOLOIST)</p>	<p><b>EASTER SATURDAY</b> 11 APRIL</p> <p><b>SLIDING DOORS</b> FROM 8.30PM (ROCK, BLUES &amp; JAZZ)</p>
<p><b>EASTER SUNDAY</b> 12 APRIL</p> <p><b>FACE PAINTING 4-7PM</b> <b>KIDS EASTER SHOW 5-7PM</b> WITH THE LOL CREW <b>ACOUSTIC SOUP 7.30-10.30PM</b> (DUO)</p>	<p><b>EASTER MONDAY</b> 13 APRIL</p> <p><b>MARCO</b> FROM 6PM (SMOOTH COVERS)</p>



For more information, including special trading hours over the Easter long weekend visit [southportsharks.com.au](http://southportsharks.com.au)





There are over 85,000 women urgently needing our help this year. Your generosity will make a real difference to women who are struggling to meet the financial burden of having their period.

**Thank you for helping us**  
**SHARE THE *Dignity***  
**THIS MARCH**

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# Easter Golf Festival



## 10 - 13 APRIL 2020

Join in the fun at RACV Royal Pines Resort Easter Golf Festival. Show off your skill in this four day golf tournament over the Easter long weekend. Play all four days for only \$260 and receive a complimentary round to use before June 2020.

Program of Events		
Friday 10 April	Men's & Ladies Stableford	6:30am - 12:30pm
Saturday 11 April	Easter Cup - Men's & Ladies Stroke	6:30am - 9:30am (Members) 9:30am - 12:30pm (Visitors)
Sunday 12 April	Medley 4BBB Stableford	6:30am - 12:30pm
Monday 13 April	US Masters Challenge Men's Black Tee / Ladies Yellow Tee	SGS 10:00am

**REGISTER NOW: Call 07 5597 8733**

**or email: [royalpines@golf.racv.com.au](mailto:royalpines@golf.racv.com.au)**

**ENTRIES CLOSE: 5PM MONDAY 6 APRIL 2020**



# Advertise with our **Academy Family**



**Share your expertise with the Academy Family.**  
**Contact us: [programs@goldsport.com.au](mailto:programs@goldsport.com.au)**  
**0403 676 897**

## Friends of the **Academy Family**

The Gold Coast Academy is extremely proud of the partner connections that we have in the community. Sponsors include Gold Coast City Council, Chempro, Southport Sharks, Magic Millions, RACV Royal Pines, All Sports Physiotherapy Group, All Sports Travel, Hart Sport, Spot Productions and Cambio group. The Academy publishes a newsletter four (4) times a year and it is available to all families who have been part of previous and current programs, all Academy partners and sponsors and on our website.

To support the sponsors who support the Academy, I can't stress enough that if you are looking for suppliers or for a particular service please support those group that support the Academy to help us deliver the sporting programs to your children.

**Gold Coast City Council** – GCCC has been the major supporter of the Academy since its inception. Without their financial backing programs would be conducted. We are truly grateful for their continued support.

**Chempro** – all your health supplies and anything that you might think of. A great all round provider. Also coming into Winter, start thinking about your flu vaccinations.

**RACV Royal Pines** – for dinner, accommodation and maybe a game of golf. Looking for a venue for a conference – don't forget to give them a call.

**Southport Sharks** – Dinner in a few different restaurants, for special functions, for a meeting, accommodation in the Mantra

**All Sports Physiotherapy** – for assessment and rehabilitation of injury or any little niggle that you may have. Please advise you are a GCAS Family member for a special rate.

**All Sports Travel** – for ANY travel that you might be considering to take be it personal, business or team. Please just let them know you are a GCAS family member.

**Spot Productions** – Spot is a Brisbane based business but kindly coordinate these newsletters and print GCAS certificates and other materials. Wonderful family trusted business. Need cards, promotions etc done – give them a call.

**HART Sport** – for all of your sporting needs – all you need to do is contact HART – they are a one stop shop with great customer service.

**Cambio** – An accountant group who can look after your financial needs.

### **NEW OPPORTUNITY.**

This is a great opportunity for our immediate GCAS family.

I know that many parents have family businesses that they run. If you own a business or are a professional offering specialist services please consider looking to advertise in these quarterly newsletters.

If you are you interested in spreading your information across the Academy Family contact us and we would love to help? At present, over 1700+ athletes have gone through the Academy in a wide range of sports. This opportunity is one offered to the Academy family – to use Academy businesses and 'look after' each other.

For \$80/newsletter or \$160 for the remainder of the year (3 newsletters), please look to us to advertise your business and spread the work of what you do to our Academy family.

Please contact either Joanne or I on our contact details in the newsletter if interested. There are also further opportunities for advertising on our Team App. Please discuss with us.

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# Months to prepare, minutes to sell

MAGIC  
MILLIONS

**Not all thoroughbreds born head to auction, but a vast number do. From the sale ring, yearlings will be selected by trainers and agents and sent off to their new racing homes. It's a big step in a young thoroughbred's career, but it's not the first. That honour belongs to the stud farms that prepare the young stock for the sale ring.**

For the many stud farms dotted around the country, the two minutes it can take to sell a horse at auction becomes a grand final of sorts, the end game of months of careful training and conditioning. In a way, it's no different to human sports; there is an athlete with a team of people circling. But while the equine team consists of vets, farriers and horse handlers, they too have an eye on an arena – in this case, the Magic Millions sale ring that will launch a young horse into its new racing life.

Typically, a yearling (a horse between one and two years of age) will begin its preparation nine weeks ahead of a sale. Before then, it has lived its young life in grassy paddocks with plenty of friends and freedom. When handling begins, horses learn to wear head collars and walk alongside people. They are taught to stand still, pick up their feet and move aside when asked. They grow accustomed to people touching them with brushes, cloths and sprays, and they learn to eat out of buckets and stand in stables. These things seem simple, but to an animal still very close to instinct, many of these things are challenging. It is during these weeks that the human-animal bond is formed.

When trust is established, yearlings move on to more physical training. They are introduced to hand-walking, which both teaches them

manners and develops muscle. In a sale environment, a yearling will do plenty of walking and parading, so this phase of training is vital. During these weeks, yearlings can learn about the horse walker, a motorized machine that exercises them mechanically, and some can also learn to lunge. They become accepting of a busier environment with its noise and activity, and these are all very important steps to being calm in the charged atmosphere of an urban sale ring.

Finally, and only a handful of weeks before selling, yearlings wear shoes for the first time. While this might seem like an enormous physical step, stud staff admit that the psychological preparation of a horse is far more challenging than fitting them with shoes or tack. Yearling buyers know that a horse's ability to handle the auction bodes well for a future racing career, and this will invite a better price in the sale ring.

For stud farms, that price is the grand final result. It's pay day, the result of two years of planning, nurturing and training. When that much time rests on just two minutes in the sale ring, it's vital to get everything right.





# MEDIA RELEASE

## BOQ NERANG SPONSORS LOCAL ATHLETE BEN TULLIPAN

**Monday, 24 February 2020:** Bank of Queensland (BOQ) Nerang Mall is proud to be sponsoring local athlete, Ben Tullipan, in the 101st New Zealand Open golf tournament, kicking off in Queenstown on Thursday, 27 February 2020.

Mr Tullipan is a disabled golf player and an active member of the Gold Coast community, promoting the sport as a viable form of rehabilitation in his role at Empower Golf Australia.

In 2002, he was given a five per cent chance of survival, after losing both legs and receiving burns to more than 60 per cent of his body in the Bali Bombing attacks.

BOQ Nerang Mall Owner Manager, Duncan Plastow, said BOQ was pleased to support Mr Tullipan, closing the gap on his fundraising efforts.

"Ben is an inspirational member of our community and has been an avid supporter and volunteer at our last eight charity golf fundraisers at BOQ Nerang."

"We are delighted to help Ben on his journey, and hope our support will enable him to continue to empower others to overcome all odds in the wake of adversity," he said.

The sponsorship provided by BOQ Nerang will cover Mr Tullipan's accommodation and transport costs, seeing him take his story to the international stage.

"I'm honoured to be one of four players invited to compete in the very first All Abilities Open," Mr Tullipan said.

"It's thanks to local sponsors like BOQ that help make these opportunities a reality."

The All Abilities Open is a 54-hole stroke play event that will form part of the New Zealand Open. The inaugural event will bring together the country's best disabled golfers, along with four Australians and four invitational players, to compete at Jack's Point and The Hills later this month.

BOQ is one of Australia's leading regional banks, with a key point of difference being the Owner Managed Branch franchise model. As small business owners themselves, local Owner Managers understand what it means to deliver genuine, relationship-based service and are personally invested in helping their customers and communities prosper.

### ENDS

For further information, please contact:

**Karlicca Culalic 0468 926 704 [karlicca.culalic@boq.com.au](mailto:karlicca.culalic@boq.com.au)**



**BOQ**



# 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 partners, particularly Allsports Physiotherapy 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 Southport Sharks (October 15th).

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 Southport Sharks. The program includes a 6-month membership with the centre to enable the athlete, after identifying strengths and weaknesses to attend and work on these to help their overall development. 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.



*Wanting the best deal on travel? I have used All Sports Travel and they have been fantastic – from the travel to accommodation and insurance. For all your travel and associated needs, please give them a call to see how they compare to other companies. I am sure you will be pleasantly surprised.*

**Glynis Nunn OAM**

We are pleased to note that the company is still supporting the Gold Coast Academy of Sport! As a local business whose clientele is sports-based, the synergies between our organisations are obvious and it has been such a pleasure getting to know some of our local athletes, as well as the amazing programs that the GCAS runs to further their development.

This year is shaping up to be a very busy year for sporting events, both internationally and domestically. As a Summer Olympics year, there is a

flurry of qualifying events and we look forward to assisting some of our local athletes on their journey towards Tokyo. Closer to home, there are plenty of tournaments, training camps, and spectator sports events that you or your team may be planning to travel to. If that is the case, please contact us for a competitive quote, we love helping our local sporting organisations with their travel plans.

Thank you to Glynis and her team who work hard to include us in important events and we are here to help the Academy family with all its needs relating to travel.

**Ellen and Andrew**  
**All Sports Travel**

[www.allsportstravel.com.au](http://www.allsportstravel.com.au)

*The Gold Coast Academy of Sport is extremely pleased to be partnered with All Sport Physiotherapy. With clinics across the Gold Coast, GCAS family members will be looked after when dealing with injury or rehab. I would encourage all athletes to contact the various clinics when they are faced with any problems associated with training and injury. Please just advise that you are part of the GCAS family and you will be entitled to special rates. In this article, one of the many qualified practitioners discusses the many issues associated with growth and the young athlete.*

**Glynis Nunn OAM**

## Growing pains. What's it all about?

Growth related pain is something that is commonly seen in Physiotherapy clinics, especially at this time of year when sports participation is increasing. These pains are generally experienced in the lower limb around the heel and knee, although they can occasionally occur in the arms or cause headache. It is not fully established why this occurs, but the general theory is that it is related to bones growing quicker than the muscles around them can stretch – this causes increased traction on the muscle and tendon. Fortunately, we know they do settle in time. First line management is rest from aggravating activity, gentle massage to the muscles in the area, ice and paracetamol if needed for pain.

### Tips

- Allow kids to play at their own intensity and pace
- Encourage them to take part in stretching and flexibility exercises
- Avoid quick changes in load e.g. Resting over holidays then going straight into 5 training sessions a week.
- Cross training is beneficial, encourage taking part in a range of sports.
- Bodyweight strength exercises are a great way for kids to gain exposure to strength training, this helps to reduce injury risk while also forming good patterns and habits for future years.
- Keep an eye on your child's load – often talented athletes are victim to overloading. Their skill encourages school, team and representative coaches to overtrain and overplay them. Often these coaches are not communicating to each other about how much activity your child is doing.

### When to see a physio

- Pain that lasts longer than a few days
- Pain that is increasing or stopping them from taking part in sport
- Pain that gets worse with activity
- They are limping or modifying their activity
- Pain that is affecting sleep
- Redness or swelling around the injured area.

The Physiotherapists at Physiologic in Robina and Allsports Parkwood and Helensvale are highly skilled in managing growth related pain. These practices have a strong links to the Gold Coast sporting community and are well equipped to help your young athlete stay on the field and perform at their peak.

**Physiologic: 5578 7155**

**Allsports Parkwood: 5561 1810**

**Allsports Helensvale: 5665 8993**

Adam Shaw

Musculoskeletal Physiotherapist

Physiologic

**ALLSPORTS**  
PHYSIOTHERAPY GROUP



## Develop A Player



GCAS is currently conducting our U/12 Rugby Program and we felt that there would be many people interested in the information below. Chris was a coach with GCAS before he moved overseas to coach in Dubai. In his absence he has put a lot of time and effort into writing books on developing the young player. He has also developed an online program that will help the up and coming player who needs help. All books are available through Amazon.

### About Develop A Player

Develop A Player is an online player development network, supporting every young sports enthusiast from grass roots to professional athlete. [www.developaplayer.com](http://www.developaplayer.com)

### About the Author

Chris Miles was born in Wales, UK in 1972 and started playing rugby at the tender age of 4. For the next 20-years he developed into an accomplished player gaining international rugby caps at junior and representative level for his country. A series of career ending injuries led him into coaching where he found his passion over the next 20-years developing rugby players. The author of 15-books covering every position on the field as well as the founder and architect of the Develop A Player rugby development ecosystem, and an ambassador for healthy and active kids in the field of sports.



*And many more titles*



# MASSAGE how does it help me?

## Taking care of yourself is what massage therapy is all about!

We know that stress appears in many different forms. Stress on the body leading to injury can cause a rippling effect not only at a physical level but an emotional level too. Ask anyone who has “done their hammy!” it’s not a great feeling and can take weeks, sometimes months to repair.



No athlete likes being unable to compete or train at their full potential. But there is hope. Massage therapy aids and supports a holistic approach by maintaining balance in the life of any individual, especially athletes. Not only in the aid of a muscle recovering from a strain or tear, but overall massage therapy should be an important part of any training program to assist the participant in improving their ability to recover for the next session!

In the event of an injury, inflammation occurs when tissues in the body are damaged. Healing an injury can be taxing on the body and massage can support healing in several ways. A gliding technique during a massage, over the muscle fibres can assist minor muscle tears and strains by bringing the fibres closer together. These methods increase circulation to support the damaged area, tissue formation and most importantly manage scar tissue formation.

Great News! Combine massage with stretching and you’ll be back on track in no time! Daily basic stretches can assist in recovery as the muscle fibres lengthen and shorten increasing blood flow to the muscle itself. Here are some simple static stretches you can complete after a workout:



Different types of massage methods can assist in softening and stretching connective tissues that may aggravate nerve tissue. Massage also assists in normalising muscle tension patterns, restoring a normal resting length to shortened muscles, and thereby potentially reducing pressure to nerves.

### Self massage:

Foot massage - a simple foot massage to relax and balance the emotions. After applying oil, massage the sole of your foot with your knuckles, making a figure of eight that covers the entire foot. Then, starting at the heel, work upwards with just the knuckle of your index finger. Use a light circular motion towards the toes, then finish with smaller circles on the pad beneath the big toe. Finally, hold your foot in your palm and massage along the sides, which will help to relieve tension in the spine and legs.

Have a frozen bottle of water in the freezer so if you find you have pain on the sole of your foot, roll your foot on the bottle for a period of time to help ease the pain and offer relief.

Massage can help with headaches: ‘Use two fingers to apply pressure on the bridge of the nose, and around the top of the eye socket, repeating five to 10 times. For sinus pain, work along the cheekbones towards the ears with your fingers to ease congestion.’ To release tension in your jaw, apply a small amount of oil and clench your jaw, then use your index fingers to perform rotary pressure on outer edges.

Foam rolling – Self-Myofascial Release (SMR) is a hands-on technique that therapists have been using for years. To achieve this release, a therapist would apply a low load, long duration dragging force across layers of soft-tissue in the body. After a period of time, through some different mechanisms in the body, the body will “release” the tissue and mobility between those sliding surfaces is restored. To make these changes on oneself, a foam roller can be used in place of therapist’s hands. While the foam roller will never completely replace therapists, it serves as a great alternative.



Trigger points – By holding pressure on certain areas of the body, we call these trigger points, tight areas of the body will release tension. This can best be obtained by using a soft rubber ball, a tennis ball or even for firmer pressure a harder round object.

A massage therapist can provide support to the injured athlete during a difficult and frustrating time. This may help feelings of isolation, failure and hopelessness that can occur while the athlete is rehabilitating from injury.

Don’t delay, massage that pain and stress away!

### Reference:

Fritz, Sandy. Mosby fundamentals of therapeutic massage 3rd edition p 127-167 & 512



# CARBINE CLUB OF QUEENSLAND

Each year for the last four (4), the Gold Coast Academy of Sport has joined with the Carbine Club to help a young aspiring athlete. This joint venture was 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 14 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.

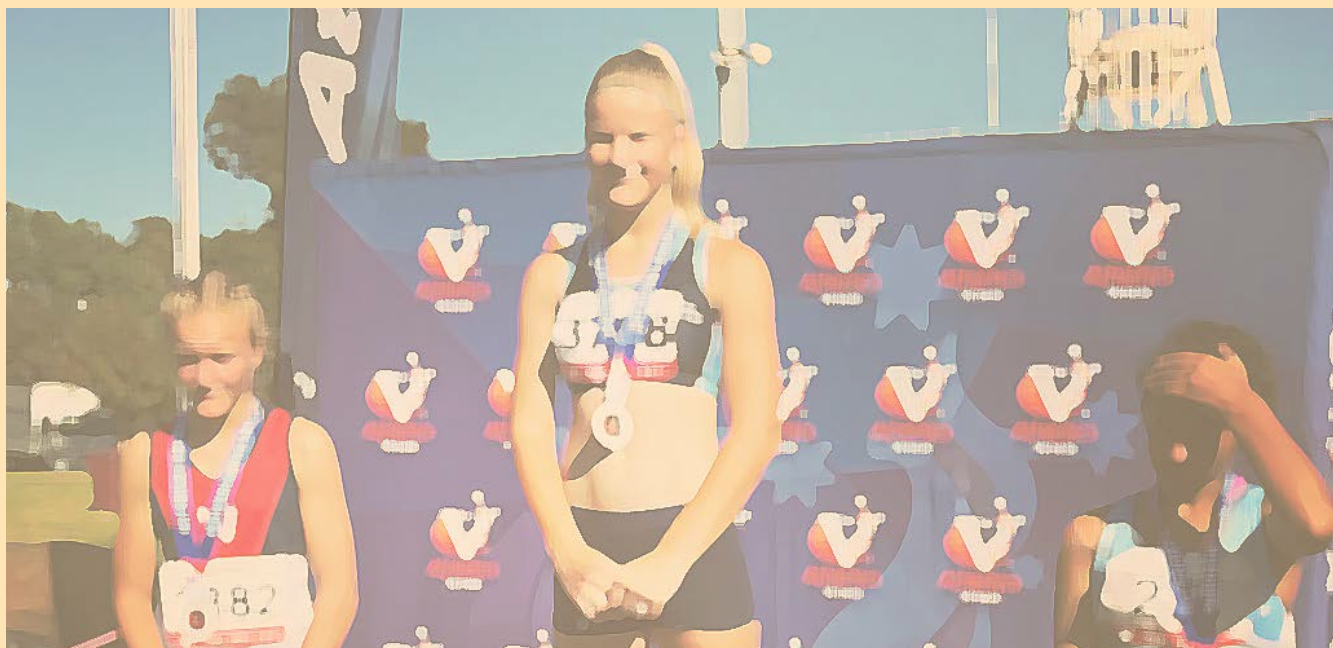
**2018 - Regan Hackett** – Ice Hockey – was studying and playing in Ontario in the Eastern Canadian Midget hockey league. He gained selection in a number of representative teams while there – captain of team North America. After training with a leading coach in NSW during 2018, Regan was scouted and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

**2019 – Ellie Beer** – Track and Field – Ellie went to the World Relay Championships in Japan and then later represented Australia at the World Championships in Doha. She is now working towards the Tokyo Olympics to see if she can qualify as part of the 4 x 400m relay team.

**INTERESTED IN APPLYING FOR THIS SCHOLARSHIP??**

**OR KNOW SOMEONE WHO MIGHT BE ELIGIBLE?**

**PLEASE SHARE**





# Sports Report February 2020

## 2019 Football Program – Gold Coast United

GCAS collaborated with Gold Coast United to provide a football program which was delivered to the U15, U16 and U18 male and female football players. It was an eight-week sports life skills program. GCAS delivered the last three sessions which were nutrition, body maintenance and psychology. Professionals

in each field delivered the sessions. They were dietician Georgina Briggs from Eat Smart, psychologist Jackson Hill from Ascending Psychology and physiotherapist Jess Norton from All Sports Physio. The program was well received and the players that were involved were motivated and enthusiastic.



## Rugby Union

Our U12 Rugby Union program at RACV Royal Pines Resort has started. We have 44 young players in the program. Jack Moon is our head coach for the third year running and we have an assistant coach and two volunteer coaches. Four core sessions will be presented to the group. The players have added the nutrition and body maintenance presentation. Strength and conditioning and psychology will take place in a few weeks. The program is in full swing in a beautiful setting. The weather has played havoc with a few sessions but the boys have thoroughly enjoyed training in the rain.



## Umpiring Course

The GCAS course for young Rugby League umpires between ages 15 – 24 years old commenced on 3rd February at the Nerang Junior Rugby League Club. The program will run for 6 weeks with the sessions taking place each week on a Monday evening. GCAS will be conducting running technique sessions each

night and three educational core sessions will be delivered. Already the players have improved their running techniques and can feel the benefits of being more balanced.

## Golf- Girls program

The Gold Coast Academy of Sport (GCAS) alongside Women's Golf Gold Coast (WGGC) is proud to announce the commencement of a regional academy sports development program for golf. The academy will see the organisations combining to provide the best possible pathway for talented female junior golfers on the Gold Coast.

An orientation session was held at Windaroo Gold Course on 22 Jan 2020. Coach Lee Harrington and GCAS spoke to the young players about what to expect from the program. The group will be training and attending core sessions once a month throughout 2020.

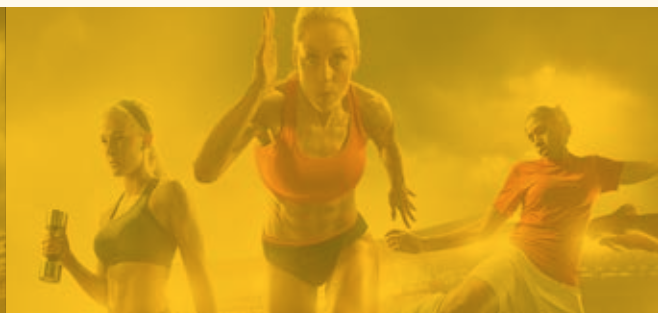


# The GOLD COAST ACADEMY OF SPORT 2020 Collection

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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