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EDITORIAL

From the Chair

from the Executive Director's desk

I think everyone would agree that we have been through the craziest time ever since 1918

The 1918 influenza pandemic was the most severe pandemic in recent history. It was caused by an H1N1 virus with genes of avian origin. Although there is not universal consensus regarding where the virus originated, it spread worldwide during 1918-1919. It is estimated that about 500 million people or one-third of the world's population became infected with this virus. The number of deaths was estimated to be at least 50 million worldwide with about 675,000 occurring in the United States. Mortality was high in people younger than 5 years old, 20-40 years old, and 65 years and older. The high mortality in healthy people, including those in the 20-40 year age group, was a unique feature of this pandemic.

Today, the latest pandemic to hit the world is redefining how we live our lives. It is the greatest challenge the world has faced since World War Two. Since its emergence in Asia late last year or early this year, the virus has spread to every continent except Antarctica. It is much more than a health crisis though. It's also an unprecedented socio-economic crisis. It has stressed every country it has touched, creating devastating social, economic and political effects leaving longstanding scars.

In the world of sport, the most significant cost of the pandemic was the 2020 Olympics in Tokyo. Whilst this did not affect everyone, sport in general has been affected from ground level to the elite. In Australia we have seen AFL, NRL, Rugby Union, Netball and the Supercars return to competition from May, local sport took a little longer.

In our Academy world, we were pleased to be able to finish our Rugby Union program after it was interrupted with the virus. Recently, we have also welcomed back Rugby League and a youth BMX program. For the remainder of the year it is hoped that we can conduct a Surf Lifesaving program along with a "NEW" girl's Rugby 7's.

We are really looking forward to starting this new program and welcoming the girls to the Academy.

SPONSOR THANKS

One way for the Academy and the family of the Academy to say thank you is to support the sponsors and partners who form the backbone of the organisation.

If you are looking for particular products or services please look at the list that we are linked to and see how you might be able to connect with them.

GOLD COAST COUNCIL – paying rates and using all the facilities that the Council offers. What would we do without them?

RACV ROYAL PINES – Although in lockdown due to the AFL being there, golf is still operational. I am sure that once October comes around and the AFL is completed all the restaurants and accommodation will open again.

SOUTHPORT SHARKS – The Southport Sharks are in a similar boat to RACV with the Accommodation facilities all booked out due to the AFL teams being based here in Queensland. When October comes around the Mantra will be back in full swing. All

eating areas are OPEN, with restricted numbers of course, due to the COVID restrictions. Do yourself a favor and visit for a night out and a dinner.

MAGIC MILLIONS – The races are now inviting spectators back to the venues. Restricted numbers again to follow COVID information. Have a day out.

BANK OF QUEENSLAND (NERANG BRANCH) – Visit Duncan or his staff instore and receive great service.

ALL SPORT PHYSIOTHERAPY – Helensvale, Parkwood, Robina. Got an injury? Any treatment, remedial, rehabilitation consultation, please contact the physios at any of the three clinics.

ALLSPORT TRAVEL – I know travel is difficult at the moment. We all feel like a holiday. If you are considering travelling anywhere within Queensland at the moment, please contact AllSport Travel to discuss possibilities.

CHEMPRO – Please visit Chempro for any of your pharmaceutical needs. If you have a prescription or are looking for some help with medication, or just after a flu shot, visit your local Chempro store.

HART SPORT – looking for sporting equipment? Go online or phone Hart Sport in Brisbane. They deal with all sporting equipment from fitness to specific gear for specialised sports.

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DATE CLAIMER 22nd October 2020

**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 22nd October, 2020

Commencing 6:30pm

The Southport Sharks AF Club



**** We will advise what the situation is as the date approaches as to the venue and timing of the event. We will adhere strictly to COVID regulations at the time and are currently looking at the way the night can be conducted. We will follow health regulations and advise if the night will proceed.**



and now our sponsors need our support. Please consider contacting All Sports Travel for your future travel requirements whether it be for an individual or group, for domestic or international, and for sport or leisure.

Contact them on info@allsportstravel.com.au

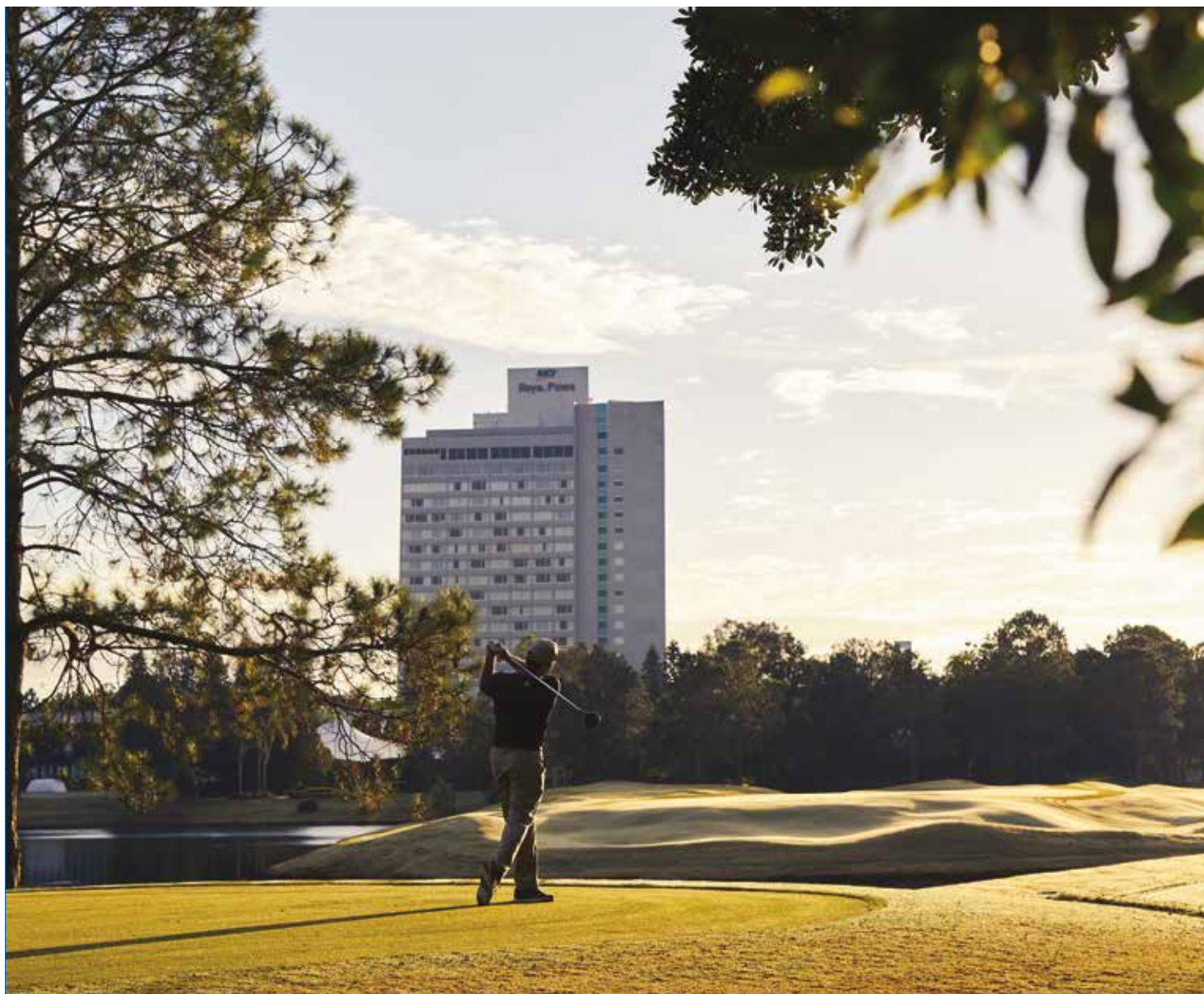
As a business that relies on travel, and more specifically sporting group travel, we are definitely feeling the effects of COVID-19. We hibernated our business for a couple of months but have since re-opened our office with reduced hours, actively contacting our past clients to discuss their future options.

We are finding many are still keen to travel, albeit in a limited capacity, and we are looking at a number of intrastate options for them. The upside of this is we are all learning a lot more about regional destinations around Australia and how lucky we are to be living in such an amazing country with so many travel options still available to us.

If your team or club is interested in any sort of travel, no matter how small or local, we'd love to help you out. Contact All Sports Travel on **1800 001 191** or email info@allsportstravel.com.au

One of our partners – All Sports Travel – has suffered a devastating blow to their business due to COVID-19. As their business straddles travel, sports and events, they have experienced a 100% drop in their business, and have subsequently gone into 'hibernation'. They know business will return slowly over the coming months and they will resume operations and bring their staff back on board as this occurs.

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RACV Royal Pines Resort

CHAMPION MARE SMASHES SOUTHERN HEMISPHERE RECORDS

Magic Millions National sale, held in unique circumstances amid the coronavirus pandemic, again demonstrated the almost insatiable demand for the absolute elite mares presented to the marketplace and the day one sale figures certainly backed that up.



This year's sale may not have seen the exorbitant turnover of past years, but for Magic Millions managing director Barry Bowditch it was one of the most satisfying, given the problems faced in the lead-up to the delayed auction which managed to set a new milestone with the selling of \$4.2 million mare Sunlight. The champion mare smashed the all-time Magic Millions auction record, on a spectacular day one of the National Broodmare Sale. Bidding started at \$1 million and quickly went over \$2 million before breaking through Listen Here's all time Magic Millions record of \$3.4 million. It was then she soared over the \$3.85 million Southern Hemisphere record for a race filly or mare sold at public auction.

Sunlight's purchase capped a remarkable ride for her connections who celebrated the record breaking purchase with tears and cheers. She was originally purchased at the Gold Coast as a yearling for \$300,000 and before retirement had earned over \$6.5 million in prizemoney. The Zoustar mare was offered at the recent National Sale by Widden Stud, who acted as agent for her ownership group, a number of who were at the sales complex to shed tears and celebrate a wonderful race career. Sunlight was led through the ring by her long time strapper and track rider Sarah Rutten who flew up from South Australia to play her part in the historic moment. "I'm almost speechless. There were a lot of tears. It is very sad that I won't see her as much but I'm excited she is staying in Australia and going to such a great home," she said. Sunlight has now settled in to her new home at Coolmore Stud's beautiful Hunter Valley property where she will commence her new life as a broodmare.

"It was fantastic to be holding a live sale again and those in attendance really played their part. There was a real thirst for quality and it was great to have so many people involved – from those at the complex and those bidding online." Magic Millions managing director Barry Bowditch said. "The international market got involved with Sunlight and showed the respect she deserved. I was bidding on the phone for the eventual underbidder from America." Sunlight has always been a wonderful ambassador for Magic Millions. As a two-year-old she won the \$2million Magic Millions 2YO Classic and captured the Racing Women's Bonus – it has been an amazing ride for all those connected with her.

"It has been a long haul for both us and the vendors," Bowditch said. "There are plenty of people that have gone to extraordinary efforts to be here, whether it be vendors, buyers, staff, some of which have had to isolate in hotels, leaving other states early to work within the restrictions that were put in place. We thank them for what they have done and helping us in making the best of it. To have well over \$80 million for the stock we had, and to be clearing well over three quarters of what we offered, is a phenomenal effort in the current climate. This sale was for the participants of the industry and they got in behind it and met the market and the buyers were here and they were very motivated to play and I think that is evident. It has been an extraordinary sale from start to finish. To the team at Magic Millions, to put a plan in place to hold this sale, I have never been more proud of them." Bowditch added.

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WARMING UP

Warm Up – there are so many things written and spoken about in this area. We are just going to raise a few questions.

Ever see soccer players swinging their legs to and fro before the match kicks off? Or seen cricketers swing their arms like windmills? Want to know why they do this?

It's called dynamic stretching and it is hands down the most effective way to warm up before a workout. BUT – most of you already knew this –RIGHT?

If athletes are doing it, it's got to be good. What better way to prepare yourself for moving, than to well... move! Right? So let's jump (that's a full-body dynamic warm up) on that band wagon and delve into why dynamic stretching is the missing link to your warm-up routine.

What is dynamic stretching?

The key word here is 'dynamic'.

Dynamic stretching is essentially an active warm up where you are moving as you stretch.

This is as opposed to static stretching which includes your standard 10-20 second quad stretch, tricep stretch, stretching your hammies, etc, etc. Of course, warm up is important before you exercise, we all know that.

Things have changed. Where athletes used to do a heap of static stretching before a workout, now they are told not to. Although there are some athletes that still do it. Right or wrong? It is now acknowledged that static stretching should only be done AFTER a workout. And it's dynamic stretching BEFORE your workout that'll give your workouts more oomph.

It makes total sense. Static stretching after a workout – once your muscles are warm and loose – is a great mobility-boosting technique to improve flexibility.

Why should I do dynamic stretches before exercising?

It's dynamic stretching that prepares your body for what you're about to do. And it is highly effective.

In research published by The Scandinavian Journal of Medicine and Science in Sports, Croatian scientists compared 104 past studies on **static stretching as an exclusive warm up to find that it actually reduces strength in the stretched muscles by up to 5.5 percent!** Needless to say they concluded that: *"static stretching as the sole activity during a warm up routine should generally be avoided."*

A bit of an eye-opener? Maybe to some, maybe not to others.

On the other hand a study published in The Journal of Strength and Conditioning Research, found that dynamic stretching enhances muscular performance. The researchers looked at leg extension power and found that performance was significantly greater after dynamic stretching, compared to after no stretching and static stretching.

The RESULT: dynamic stretching is the way to go.

Specifically, an athlete should aim to target the muscle groups they are about to use. For instance, walking lunges, air squats or even jumping squats for the more advanced, will all warm up the lower body. Other benefits of dynamic stretching include:

- Boosted blood flow to the working areas of the body.
- Improved body awareness by calling on your balance and coordination skills in your warm up.
- Better range of motion during sport and exercise.
- Feeling less stiff and sore (we all know what the day-after penguin walk feels like).
- Increased heart rate so you're ready for action.

Static vs dynamic stretching: the verdict

There's no competition. Both are winners and both can help to improve your training sessions. Just remember: dynamic stretching for warming up and static stretching for cooling down.

Physio Packs



With our partner, AllSport Physio, the Academy has put together a "Body Maintenance" pack for athletes. Included in the pack is a foam roller, trigger point ball, a mini band, a therapeutic exercise band and a long powerband which is for stretching.

The pack costs \$50 and is great value and can be used in the athlete's recovery time after training and competition. Some of the bands can also be used for warm up purposes to get rid of any sore spots and help with preparation for training.

It all comes in a pack which keeps all the pieces together so they cannot be lost or damaged.

Should you wish to purchase, please do not hesitate to contact us.



Dealing With Injuries

With COVID and the return to sport, many athletes at all levels of competition have suffered a variety of different injuries. To help deal with this, I have asked a Sport Psychologist that I know to write an article on how athletes can deal with their injuries.

Anthony Klarica is a Sport Psychologist with specific experience in Track and Field, both as an athlete and coach. He is the Director of Elite Performance whose clients include Hawthorn AFL Club, Holden Racing V8 Supercar Team, Tennis Australia, VIS athletes, and a wide range of other sporting associations, teams and individual athletes



One of the most challenging times for both an athlete and coach is when injuries occur. Naturally several factors influence the impact of the injury and should be taken into account:

- What is the age of the athlete?
- What is the maturity of the athlete?
- What else in their life does the athlete have – school, work etc?
- What supports does the athlete have?
- What are the athletes coping strategies like?
- How has the athlete coped with previous injury?
- What is the timing of the injury with regard to competitions and goals set?
- What pain levels are associated with the injury and how much does it impact on their general day-to-day life?
- What is the diagnosis and prognosis and is there appropriate, affordable and adequate medical and rehabilitation support?
- Does the athlete need down time or to be kept busy?

All of these questions as well as others are very relevant and should be considered when an athlete experiences an injury.

Considering that the stereotypical role of the coach is to stand at the track or at training and races holding a stopwatch, monitoring the sessions that they have set. The coach role with regard to injury can be quite challenging. Time pressures and challenges of dealing with one athlete and all of the requirements that are necessary for dealing with an injured athlete are all too often under-estimated. In addition, in many sports that I work with at present, including Track and Field the athlete (fairly or unfairly) judges their coach on the support that they get away from training, as much as they do at training. Confidence can be gained or lost by an athlete with regard to how a coach manages or is involved with the injury. Many injuries stress coach-athlete relationships beyond repair.

In the luxury sports such as AFL and ARL, quite the opposite occurs. Due to resources the athletes are able to spend even more time with rehab and conditioning specialists on a daily basis. Support is on-going and readily available at no cost. In one sport that I am associated with they were able to provide a young athlete with cab vouchers to attend rehab and be at their training venue following surgery, which kept them engaged with other athletes, their medical and support teams.

Of course, even with such support, some athletes will still be unable to cope. Their general coping styles are poor and coaches need all of the additional support that they can get. However as a coach you should never forget that the athlete will always see you as the “go to” person and seek your opinion or decisions once advice is given from appropriate professionals. In another sport I recently dealt with an athlete that had some injury challenges prior to their selection trials and even with doctor, psychological, family and other supports, there was still a particular crisis day where pertinent decisions had to be made. They (appropriately) contacted the coach probably at least ten times in a 24 hour period to assist them to make an informed decision about their decision.

Some of the thinking traps that athletes and coaches can both fall into when injury occurs include:

Catastrophising – this is where an injury has occurred, it is not good, but is being interpreted as the end of their career or as if the whole world has collapsed. A more appropriate response is “OK, it’s not good, but it’s not the end of the world, or the end of your athletics”.

Blame – where the injury is someone’s fault and the athlete takes no responsibility. It is

most likely that the injury was due to a number of causes, an injury is never deliberate and that it has to be seen as a learning opportunity to avoid or reduce from occurring again. The responsibility is shared. This is particularly relevant if an athlete feels that they have not been heard or listened to. It occurs the other way – from coaches to athletes too!

Diminishing – diminishing the likelihood of an injury ever occurring in a sport where the nature of improving requires pushing physical boundaries. Reinterpreting this thinking trap as acknowledging that injury is a part of sport and improving.

Invincibility – I must keep pushing – I feel great or I was flying are common traps in thinking that contribute to ignoring warning signs. Forewarn athletes that such thinking significantly increases their vulnerability to injury.

The thinking trap examples above illustrate how important communication is with regard to injury prevention. It is one area that all sports could embrace better with regard to reducing injury. The challenge is that many athletes are optimistic and enthusiastic and by their very nature are conditioned to switch their attention away from soreness or the signs of an impending injury. However, the value of honest and open communication is underestimated. An athlete has to feel comfortable that they are not being seen as “soft”, by giving feedback or information to their coach. Indeed, they also have to be comfortable within themselves to give the communication. Too many times when discussing injuries with athletes they identify that there were warning signs, such as “yes, my back was very tight before I tore my hamstring”.

RESEARCH

A study of 136 elite injured athletes from 25 sports in Australia investigated four phases of injury – onset of injury, partial recovery, semi-recovery and full recovery. The duration of injuries was 4-99 weeks. One of the main findings, not surprisingly, was that over the duration of the injury confidence and vigour increased, while negative emotional responses decreased. This implies that it is natural and expected for athletes to be disappointed about the injury. One important finding of this study was that there was NO typical mood cycle that athletes went through following their injury. Some coaches expect a cycle that includes anger, grief etc, however this is not relevant. Athletes did not experience times of highs and lows, nor did they go from being extremely low to very high in their mood in a short period of

Dealing With Injuries continued

time following the injury. The negative moods of the athletes were highest at phase one and gradually decreased with each stage through the injury period.

Importantly, it was suggested that knowing that the time immediately following the injury is the highest negative time, this is where the most effort for rehab should be focussed. It was also found that confusion from athletes was highest in this period and therefore, greater care and attention was needed to clearly explain the diagnosis and rehab process in greater detail than typically occurs. It was also found that confidence in a rehab program was high, which is again not surprising considering that the athletes in the study typically had high levels of support. However, it does imply that sub elite athletes with less support can maintain confidence by a clear and well structured rehab program that is not overly arduous when considering their other commitments. It was found that even with the elite athletes, motivation to rehab fluctuated over time consistently through all four phases, although the overall trend was increased commitment over time from the initial injury. (1)

ACTION

Considering the discussion points and research outlined above there are a number of action items that are worth consideration by coaches with regard to injury.

- Emphasise the importance of communication and honesty with regard to injury. To reinforce this, keep basic record / diary of athletes reporting a number of variables that you consider to be important such as a) intensity rating of the session, b) fatigue levels, c) reported soreness, d) sleep. Many professional sports now keep such records on a computer logging system on a daily or weekly basis. Without access to such technology, this can be kept in a good old fashioned paper and pen diary format and facilitates open discussion, as well as recording important indirect performance data.
- Encourage athletes to complete an "injury form" post injury to enhance communication and clarity about the injury, as well as having a learning tool. For example, a) diagnosis b) goals for rehab c) learning factors etc. Such a process sets the athlete on the right path in the important early stages.
- Develop a mental focus for the rehab period, with emphasis on the early phase. Many coaches outline training or rehab exercises weekly or monthly, but this can include emotional and mental aspects in a phase period, such as, mentally keep busy, patience, attack etc. From this a "theme" for the rehab period can be established. This can be incorporated into the injury form.
- Keep a portfolio of newspaper or radio stories about athletes from a range of sports recovering from injury. A good recent example is Michael Clarke, Australian cricket captain discussing how he was overly-ambitious returning from a hamstring injury and that he takes full responsibility and learnt a great deal from it. Such information can be both informative and motivational for athletes.
- Emphasise a team approach to injury management including parents, medical staff, including Sport Psychologist's where possible. Naturally this is inevitable where Dr., physiotherapist or managing practitioner opinion guides the direction of the rehab from a diagnosis perspective, but do not underestimate your role.

In summary, there is no doubt that injuries challenge both athletes and coaches in many ways. Be aware of the many factors influencing an athlete at the time of an injury, as well as possible thinking traps and that the time, particularly early in an injury phase is critical and your influence and involvement as a coach is also paramount. Be prepared for a range of emotional responses from an athlete and involve them as much as possible in the (structured) plans moving forward.

(1) Quinn & Fallon. Journal of Applied Sport Psychology, 11, 210-229, 1999

Recipe: Rogan Josh with Spinach and Potatoes (serves 4-6)

- 2 cups Basmati rice
- Olive or canola oil Spray
- 500g trim lamb fillet, cut into cubes
- 1 sachet MAGGI TASTE OF ASIA Beef Madras
- 1 onion, sliced
- 400g can chopped tomatoes
- 300g potatoes, peeled and cut into small cubes
- 200g green beans, sliced
- 250g English spinach, coarsely chopped
- 1 cup PETERS FARM No Fat Natural Yogurt
- 2 tablespoons toasted slivered almonds
- 8 poppadoms

Method

Cook rice in a large saucepan of boiling water for about 12 minutes or until tender. Drain well. Spray a non-stick wok or frying pan with oil and heat. Cook lamb in 2 batches over medium-high heat until browned. Remove from wok. Add spice mix, onion and 3 tablespoons water and stir-fry for 3 minutes or until onion is soft. Add tomato and potato and cook, covered, for 10 minutes or until potato is soft. Add

lamb, beans and spinach and cook, covered for 5 minutes or until vegetables are tender but still crisp. Sir through yogurt. Serve on rice with a dollop of yogurt and sprinkled with almonds. Cook poppadoms in the microwave following packet instructions, and serve on the side.

Preparation time: 10 minutes

Cooking time: 20 minutes

| Analysis | Serves 4 | 6 |
|--------------------|----------|------|
| Energy (kJ) | 2970 | 1980 |
| Carb | 107 | 72 |
| Prot (g) | 46 | 31 |
| Fat (g) | 10 | 6 |
| Calcium, Vitamin C | | |
| Zinc | | |

This recipe freezes well without the spinach and yogurt. Add these after reheating.

This recipe has been taken from AIS Survival From the Fittest.





5 Tips to Help You and Your Body Prepare for the Upcoming Sport Season

Are you missing your sport? COVID can be blamed for many things, including shortening our sport seasons. Most of us have missed our teammates, coaches, supporters and that smell of freshly cut grass. As we don our boots, sneakers or cleats, it's important to remember that our bodies have been on hiatus too. Returning to sport too quickly can put our bodies at risk of injury.

Allsports Physio clinics want to share ways to prepare your body for the upcoming sport season. Our hope is that we can help you avoid injuries and set you up to enjoy your return to sport. If you have lost your pre-season fitness, here are our top 5 tips for returning to sport:

1. Taking the time to warm-up is pivotal to preparing your body for exercise – as a general guide we recommend the following warm-up:^[1]

- brisk walk/stationary bike ride or light jog for 5-15 minutes to increase your heart rate slightly and make you sweat a little
- dynamic stretches for the main muscles used during your sport – such as leg swings, gentle trunk rotations and/or arms swings
- body weight exercises performed for 10 reps – such as squats, push ups and/or calf raises



2. Proprioception (balance) exercises (these exercises are great to help prevent ligament sprain injuries) – such as standing on one leg to balance, standing

on one leg and using your other foot to touch the ground around you like a star (aka the star excursion exercise), which can be performed for 1-2 minutes



3. Thinking about the main muscles you use during your sport and making sure you target these to help reduce the risk of muscle strain:

- Single leg squats (10-20 reps x 3)
- Single leg calf raises (10-20 reps x 3)
- Single leg glute bridge (10-20 reps x 3)



- Hamstring curls (use a theraband or, if you're in the gym, you can use the hamstring curl machine) (10-20 reps x 3)



- If you have a gym membership, ensure you utilise the weights and machines to target specific muscle groups needed for your sport

4. Muscle memory (motor control) exercises – these are used to “prime” the correct muscles and get your brain talking to your muscles:

- theraband rotator cuff drills (10-20 reps x 3)
- Pilates exercises



5. Warm-down is just as important and you want to ensure that you take the time to let your body unwind after exercise by performing static stretches and holding for 30 seconds (stretch sensation should be comfortable) as well as foam rolling the muscles that have worked



** The above suggestions are a guide only and should be performed at the level appropriate to your exercise tolerance*

If you still feel a bit lost with knowing how best to prepare to return to sport, we recommend getting in touch with your local Allsports clinic. Our physios will be able to help point you in the right direction. Time spent preparing for return to sport and “pre-habilitating” can pay enormous dividends by avoiding an injury that will cut your playing season short!

BE PROACTIVE – NOT REACTIVE!

To contact your local Allsports clinic, click [here](#) or call <tollfree number?>

[1] Park, H. K., Jung, M. K., Park, E., Lee, C. Y., Jee, Y. S., Eun, D., ... & Yoo, J. (2018). The effect of warm-ups with stretching on the isokinetic moments of collegiate men. *Journal of Exercise Rehabilitation*, 14(1), 78.

[2] McCrary, J. M., Ackermann, B. J., & Halaki, M. (2015). A systematic review of the effects of upper body warm-up on performance and injury. *British Journal of Sports Medicine*, 49(14), 935-942.



ALLSPORTS REHAB PACK

FOAM ROLLER

A foam roller may be used for many reasons, including increasing flexibility, reducing soreness, and eliminating muscle knots. Foam rolling is a method of self-myofascial release.

SPIKEY BALL

Spiky ball is a hard ball covered with cone-shaped nodules – used to perform massage, muscle release, acupressure, and exercises.

POWER BANDS

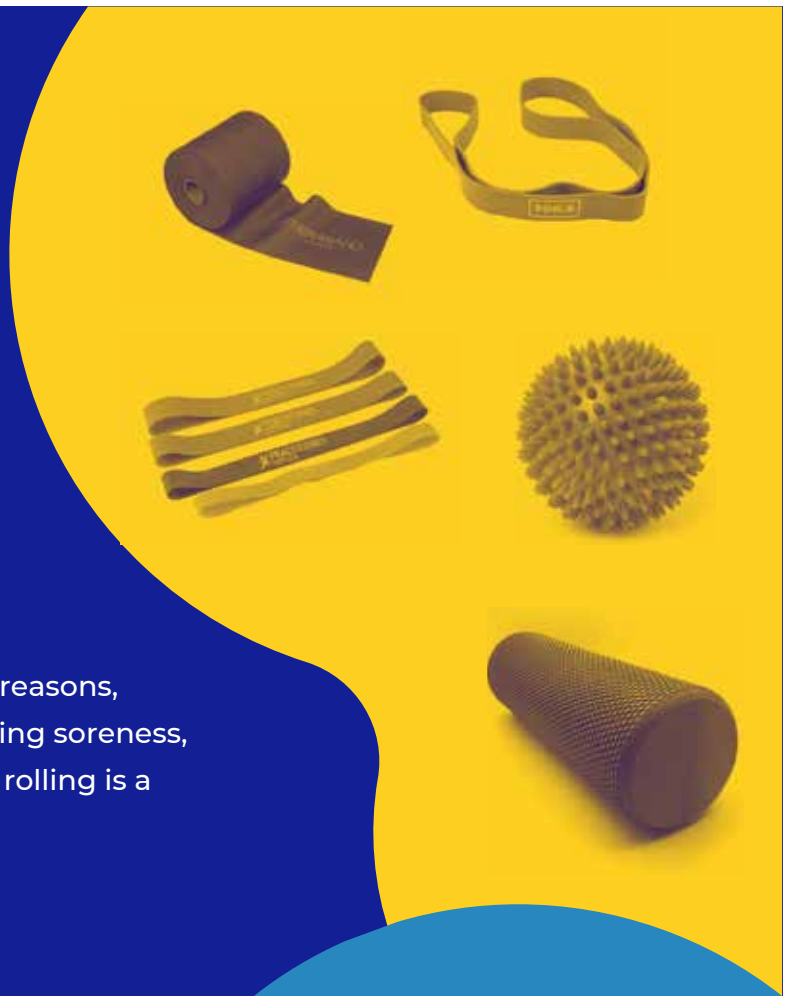
Power bands can be used for strength and power training, speed and agility training, jumping and plyometric exercises, flexibility and joint mobility.

RED THERABAND

A theraband or resistance bands are latex bands that are used for physical therapy and light strength training exercises. They are also commonly used by athletes, but also people who are looking for a low-impact strength training workout.

RESISTANCE LOOP

3 inch wide continuous loop elastic bands are an effective way to improve strength & flexibility in glutes, knees and hips. The continuous loop provides a comfortable alternative to tying flat resistance bands into loops, helping eliminate wear and tear.



SOUTHPORT SHARKS



**SOUTHPORT
SHARKS**

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.

 Southport Sharks are proud to support:



Study gives cold shower to ice-baths

There is a lot of literature around and a lot of athletes who say to take ice baths after a hard training session or a competition. Is it right or wrong? I honestly can't tell you but something I can tell you is that the 'judge is out' on the practice. There are some athletes who swear by it and others who say that it doesn't work for them – it just an awful thing to do.

So, in saying this – we all must be aware that we are all individuals and what works for someone may not work for all. The thing is, maybe you have to try it to see what works.

This practice was not around when I was a young athlete. I know I used the beach a lot. After a hard training session or competition, I would head to the beach to walk in the water. It was cold and the waves against my legs was therapeutic. It was also a nice way to socialise after training.

Below is a study that has been released for you to read.

Glynis Nunn OAM

They are a fact of life for many Olympians, but a new study has cast doubt on the effectiveness of ice-baths in aiding the recovery of athletes after exercise.

Scientists at the University of Portsmouth, on England's south coast, found that cold water immersion was no more, and no less, effective than light cool-down exercise in helping athletes to recover after sport. Published in the European Journal of Sport Science, the study involved testing a total of 40 male athletes after 90 minutes of intermittent shuttle running.

These men were divided into four groups.



British triathlete Vanessa Raw relaxes in an ice bath after a training session

The first of these groups stood for 12 minutes in cold water; the second in warm water; the third sat in cold water for two minutes; and the fourth engaged in 12 minutes of slow walking.

Muscle performance was measured before exercise and afterwards, at 12 hours, one, two and five days.

No differences were found between any of the groups in terms of athletes' perception of pain, or in their biochemical markers of muscle cell damage.

Lead author of the study, Jo Corbett, said: "Ice-baths are frequently used by sports men and women to help them recover after exercise, but our results show they don't work.

"It is clear from this study that water immersion, whether in traditional ice-baths or in warm water, sitting or standing, does nothing to improve recovery time compared to traditional cool-down light exercise. "Indeed, research is increasingly pointing towards cold water immersion as posing a possible threat to people's health." Corbett said he would not rule out cold water immersion as having "a small beneficial effect on recovery under certain conditions", nor would he claim that the Portsmouth study was "the definitive word on the matter". However, "the mechanisms of action by which cold water immersion could positively influence recovery are not clearly established.

"In addition, there is a wide variation in the way in which cold water immersion is used in terms of temperature, duration, frequency, time after exercise, depth of immersion and body position during immersion. All of these will influence the physiological responses during immersion. Likewise, cold water immersion is used after many different sporting activities for recovery, but the things that people are trying to recover from when using (it) might be quite different – for example, impact injuries, eccentric muscle damage, or hyperthermia."

Kyra Livermore an interview



COVID 19 and isolation has been an extremely difficult time for everyone. In 2019, Kyra had an amazing year in her athletic development in the sport of Hockey. Kyra's lengthy list of achievements during last year included winning gold at the u15 national indoor hockey titles, where she was co-captain of the team, winning gold with the QLD U/18 state team at the National Hockey titles and silver with the U/16 state team where she was the co-captain. Kyra has also been selected in the U16 All Schools Australian Hockey team to tour South Africa this year, but unfortunately, this was impossible. With a father who has outstanding credentials also in the sport, she seems to be carving her own journey.

I recently asked Kyra some questions about how she was coping in a very uncertain world.

1. What has it been like for you during COVID isolation in relation to your training to ensure your development of specific skills in Hockey?

Some of the key training aspects I implemented during COVID are yoga, meditation, pilates and game time apart from the normal types of training such as sprinting, cycling, gym, fitness, drag flick development and basic skills.

I was lucky the family already had a gym fully set up at our house and our yard is big enough to play on the turf we have and shoot goals. It was quite refreshing to be able to focus on other elements of training away from the hockey field. It was a matter of being creative and thinking of new ways to motivate myself.

How hard has it been to train since end of March?

The biggest challenge for me was mindset. As I'm sure most sporting teenagers would agree, we had to re-focus on the possibility of no competitive sport for the year. None of us knew when we would be back with our teams and playing competitively. Some of my learnings from this was understanding a routine for direction and balance, not only for training but for study commitments due to home schooling. This enabled me to remain focused in all areas but refresh mentally during isolation.

Obviously, there were times where I found it difficult to stay motivated and focussed. With local competition and State Titles having a big question mark as to whether they were going ahead for 2020, I chose to keep upbeat and continue with a positive mindset in order to continue to improve. I'm very fortunate I have a great support network around me which makes it so much easier. My goals haven't changed, I just had to adapt to these uncertain times like everyone else.

Did you have to change the way you approached training?

No, but it was obviously an interesting and somewhat tough time for all during COVID-19 isolation. From the outset, my mum, dad and I sat down and worked out a weekly routine and program because we felt that, although challenging, it was a great opportunity for mental and physical growth. I am



lucky that the entire family has a sporting background at the elite level. My weekly routine gave me the opportunity to stay committed and also create enjoyment for new types of training that I would not normally have time for.

These included:

- Yoga
- Meditating
- Cycling
- Sprinting
- Boxing etc....

Has it been hard doing everything by yourself when Hockey is normally a team sport?

This certainly presented some mental challenges as I am so used to training in a team environment. We all encourage each other to be better every training session and when 'the team' is taken away, you need to re-adjust. My focus changed to improving my individual strengths. This also included identifying my weaknesses and having the desire to improve.

Your dad (Brent Livermore), is normally in NSW with the NSWIS elite Hockey group. How different has it been for you to have him home?

I relished having my dad home during the pandemic to help with my training. Having such a variety of options within training made it so much more enjoyable. We've become creative to keep things interesting. Another bonus of being in isolation, is having more time to focus on training and what better than being able to spend more family time together in the process.

How has your dad influenced you? Both personally and in your sport development.

My dad has helped me overall become the best possible version of myself. There are many influences that he has supported me with, from his understanding and what it means to be an elite athlete. A few of these include:

- Showing respect to everyone
- Accepting criticism
- Goal setting and planning
- Time management

Kyra Livermore an interview continued

- Leadership not domination
- Being aware of your body and managing health and injuries
- Self-evaluation and awareness

What parts of your hockey development have you been working on during this time?

I was working on strength and speed along with some drag flicking. Now that we have returned to competition, this has been a great time for me to adjust to being involved within the Brisbane Senior Competition. I have been able to have the opportunity to play with and against former and current Hockeyroos. Adjusting to two Division 1 Women's games at the weekend is physically demanding and I'm loving the challenge. I have also been fortunate enough to train alongside our Gold Coast Hockeyroo star, Rosie Malone each week. These are sessions I don't take for granted.

What are your goals for the coming year?

This short season, I'm currently playing with the Labrador Tigerstix women's team and my new team Ascot women's in the Brisbane competition. Later on, in the year, there are a couple of hockey Australia National Junior camps which will lead into 2021 for my last year of U/18s and possibly the Australian Futures program leading into Youth Olympic Games and Junior World Cup.

I guess with 2020 season being so different with cancellation of state tournaments etc, this will be an opportunity to continue to focus on improving my game in every area possible and hoping that 2021 will be smooth sailing for a great competitive year ahead.

What are your long-term goals/dreams/aspirations?

I am like most who have been idle within sport and want the opportunity to become the best in their chosen sport. I would love to become a Hockeyroo and compete for my country. I will continue to work hard and strive for my goals and give it everything I have.

I also had the opportunity to speak to Kyra's dad, Brent Livermore who would normally only be home a

few days a week due to his work commitments in NSW. Due to the border being shut, Brent found himself at home and coaching in NSW by correspondence.

Brent Livermore OAM is a field hockey midfielder who was first selected in the Australian team in 1997. In 2001, he was awarded the Kookaburras player of the year award. He was also nominated of the FIH Player of the Year awards in 2002 and 2005. He has played over 300 matches for the Australian team, and has scored 30 international goals. Brent won the gold medal with the Kooraburras at the 2004 Olympics. In the World Series Hockey organized by the Indian Hockey Federation and Nimbus Sport, Brent captained the Chennai Cheetahs, a Chennai-based Hockey team.

Brent now coaches the NSWIS male team, the U21 NSW Men's team, and the NSW Waratahs team at their respective tournaments.

How difficult has it been to have a life both in QLD and NSW in the current environment?

Post the first isolation period of 12 weeks of lock down for the program and the training during COVID, the past 6 weeks travel to NSW has been relatively normal with a few extra logistic and health precautions. However, as the second wave has hit, we are now in a different space in regards to the program and institute training because the program is still running in Sydney and I am stuck in QLD due to boarder lockout. Therefore, these last two weeks have proved quite challenging but we are managing ok.

How has COVID impacted on your role at NSWIS?

It was about being adaptive throughout the first wave and a lot of virtual home coaching with athletes and zoom calls.

What type of coaching have you been able to undertake with your athletes in the NSWIS program?

Phase one: mentioned above

Phase two: mentioned above – normal

Phase three: last two weeks, current situation with boarder closure. It has been about live virtual coaching and

performance analyse with video of the session. Delivery of the program on the pitch has been via my Assistant Coach in Sydney, whilst I'm like a coach, coaching from the stands. It has given me another perspective of coaching in this way.

How have you seen the changes in sport due to the COVID crisis impact the athletes?

Within our program the athletes have shown a lot of resilience and focus in these uncertain times. It has provided all athletes with a deeper level of individualised program, through self-awareness and identifying gaps in their performance. With a growth and positive mindset, we have used this extended non-competition period for long term development and growth. At this stage although very challenging because of uncertain competition and camps, we are now preparing for hopefully national camps towards the end of 2020 for all national squads moving into 2021. The stronger focus has been around club competition and the enjoyment factor of them being able to play for their club. With this in mind there has been a high level of engagement with club coaches, video analysis and feedback processes.

Have you seen Kyra's approach to her training change during time away from competitive sport?

It has been pleasing to see her maturity focus and enjoyment through this period. Watching her adapt to different situations gives me plenty of confidence she deals with things as they unfold.

How do you see you influencing Kyra? If at all.

She has mentioned ways that we connected in the time of COVID. Through guidance, nurturing and education.



Sports Report Spring 2020

Rugby Union

I reported in the Winter newsletter that the Academy had to halt our Rugby Union program due to the COVID outbreak in March. When restrictions eased, I advised all participants that our coach Jack Moon was excited to be able to complete the final three sessions for the boys. The Academy would like to thank Bond Pirates for hosting us and allowing these final sessions to take place. Jack finished the program off with the players playing a friendly match among themselves. It was great to see all of the boys smiling faces again.



BMX

The Academy was pleased to be able to offer another BMX program in 2020 at the Nerang BMX Club. The program will include eight sessions and include both skill sessions along with educational sessions specific to their sport. The group includes 12 riders aged between 7 and 13. With COVID still hovering around us, we are hopeful that the program will continue without interruption. As a couple of riders are resident over the Qld border they have been unable to attend recently but have been able to “zoom” in for educational sessions. The group have been supplied with a riding jersey, polo, hat and specific number plate with their name and individual number emblazoned on them. The young riders have been education on bike maintenance to get them involved with the workings of the machine they are riding. All have listened intently and it is hoped this will further their involvement in looking after their own equipment under supervision.



Rugby League

The Academy's Rugby League program began in July with 16 boys and 7 girls. Our passionate our coach is Jason Burkhardt and we are being hosted by Robina Raptors Rugby League Club which is the same venue as 2019. The Academy is extremely lucky to have access to such a wonderful ground.

With 4 sessions already conducted, the players have already benefitted from on field skill sessions held. The group also had the privilege of listening to a sports nutrition presentation from Steff from Eat Smart and also an injury prevention talk by Jasmine of AllSports Physio. With more skill sessions ahead of them the boys and girls are looking to sharpen up their team play. Further educational sessions will be held in the areas of Strength and Conditioning and Psychology.



Upper Coomera State Secondary College – Future Stars

Again, since March, the Academy has not been able to present at schools, so it was nice to be able to deliver to the athletes in late July. Two sessions for each of the three groups were delivered this term which made up for time lost during the second term. The sessions delivered were Body Maintenance and Strength and Conditioning. In the senior area, the Academy was lucky to lock in Cameron Murray, who was the Marketing Manager of the Gold Coast Commonwealth Games to deliver on the topic of contracts and sponsorship. This opened up conversations on how they could possible attract personal sponsorship for themselves in their particular sport.

Pimpama State Secondary College – Future Stars

The first of our delayed presentations to the classes was on Body Maintenance. Another presentation on Psychology will be deliver in mid-September to the Junior and Seniors. The pupils enjoyed a hands-on session with rollers and trigger balls guided by physiotherapist David Callum from All Sports Physio. The Academy is extremely lucky to have access to some amazing presenters with enormous experience in the areas they are discussing.



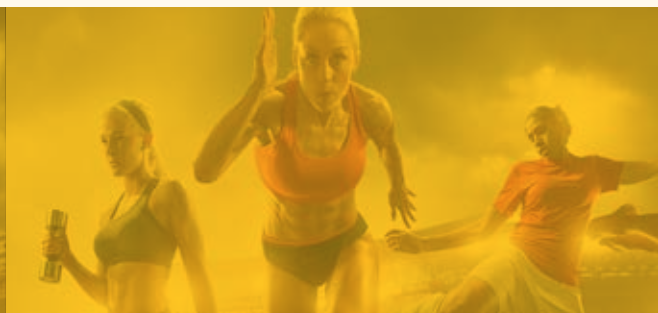


The GOLD COAST ACADEMY OF SPORT 2020 Collection

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 | • | • | • | | • |

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