GCAS NEWS

GOLD COAST ACADEMY OF SPORT

Issue 39,
Summer 2021

Preparing pre-elite Gold Coast athletes for their journey to Olympic or higher-performance success through quality inclusive sport and life skill programs

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EDITORIAL **From the Chair** from the Executive Director's desk

2021 GCAS Awards Night

Glynis Nunn OAM *Executive Director GCAS*

The Gold Coast Academy of Sport is proud to share the recognition of athletes from the annual Awards night which is hosted at the RACV Royal Pines on Thursday 28th October. All athletes who were involved in specific sports programs were recognised for being involved and received a certificate.

During the night the Academy recognises one athlete from each program with an "Encouragement" and an "Athlete of the Year" award. These athletes are selected by the coach or coordinator of the specific program and are decided upon by their training ethics and participant in the program. This year's winners are listed below.

At the beginning of the night, I shared my thoughts on a couple of athlete performances at the recent Tokyo Olympics.

"The Olympics gave us some excitement and hope that sport would return. Even though there were no spectators in Tokyo – there were some amazing performances to celebrate. There are clearly athletes who get it right on the day – timing is so important when looking at performance. It needs to come together on the right day. I know that only too well.

In Tokyo – there was a couple of performances that I thought really engaged the Australian public. Peter Bol, the young Sudanese athlete who ran for a nation. He dared to dream of making the Olympic final. He ran a personal best time in the semi-final and went on to finish 4th in the final. His future looks bright.

The other was the performance of Nicola McDermott in the High Jump. At one stage I actually thought she had the gold, but she finished with the silver medal but with a new PB. of 2.02m. To actually realise how high this is put a tape measure on the wall and be amazed.

Nicola went through the same routine on every one of her jumps. She would stand, concentrate, clap to engage the crowd, yell "come on" at herself and then jump. After jumping she would go back to her diary and critique her jump. She graded herself every time.

Same, same – kept everything the same.

Both were CONFIDENT their preparation and performances. They both managed the pressure of the Olympics. They went through a routine they knew.

As parents, coaches and administrators – we need to stress to young athletes that in a competition everyone starts equal. The difference is **Talent / heart / dedication / preparation / ability to keep it together**.

As an athlete you need to keep a "Focus" on what you want to achieve. **BUT, you also need to enjoy what you do**. There is time enough to succeed later in life. When athletes are young, they need to learn the basics, execute them well and in time, performance will come if they stay committed and apply themselves."

My message to athletes was to make competition count. Leave their heart and soul on the competition arena. Make people remember who them FOR ALL THE RIGHT REASONS – how they finished and their attitude.

Being involved in sport, we have something very special to work towards – Brisbane 2032. This is a major sporting event the world stops for. In the next ten years the Academy can make a difference to the sporting grassroots here on the Gold Coast. We need athletes to be curious – maybe even do a sport they have never done before – take a chance – go for a dream. Bring on 2032.

Continue Over...

Sport Program	Name	Award
Rugby Union	Ricco Caunter	Athlete of the Year
Rugby Union	Levi Wildman	Encouragement Award
Rugby Referees	Jayden Bartlett	Athlete of the Year
Rugby Referees	Billie Brackenreg	Encouragement Award
Rugby League	Kevin Wani	Athlete of the Year
Rugby League	Chelsea Coleman	Encouragement Award
Future Stars (T & F)	Lyla Williams	Athlete of the Year
Future Stars	Jalyn South	Encouragement Award
Future stars UCSC Yr 7	Charleigh Allen	Athlete of the Year
	Jaydah Ambler	Encouragement Award
UCSC Yr 8	Te Rahira Garnham	Athlete of the Year
	Cooper Subbi	Encouragement Award
UCSC Yr 9	Aikan Granier-Ameur	Athlete of the Year
	Hanna Hanley-Randall	Encouragement Award
Future stars Pimpama SSC	Nash Crow	Athlete of the Year
	Kayla Pesu	Encouragement Award
Equestrian	Mitchell West	Rider's award
Equestrian	Coral Still	Instructor's award
	Pascalle Foster	Mayoral Award
	Zoe Colfer	Mayoral Award
	Sam McCure	Mayoral Award
	Burton Davies	Mayoral Award
	Mia Bergh	Hon. Mick Veivers AM Award

The Academy would like to congratulate all athletes who were part of each program. On the night the Academy also recognised a number of athletes who have taken the next step in their journeys.

Earlier this year, the Academy partnered with Taekwondo Queensland to deliver a high-performance program for athletes. Janine Watson competed in Tokyo in the Paralympic Games and successfully brough bronze home in the K44 58+kg section. During the coaching sessions Janine shared her wisdom and experience with the other 30 athletes attending. From this program, a number of other athletes have been selected in an inaugural "Performance Pathway Fighting Futures" program. Charlie Bidgood, Lachlan Boulton, Thomas Chong, Luke McMahon and Phoenix Morrison have all been selected to work with Ali Khalil who leads the National Pathway to focus on the development of physical and technical capabilities important for success at a senior level. Another athlete who is part of the Upper Coomera State College Future Stars program was also selected in this pathway program. Congratulations Aiken Grainer-Ameur who was our 2019 Male Sports person of the year.

Ellie Beer, who was the Academy's Female athlete of the year in 2019 also went to Tokyo as part of the 4 x 400m relay team. A great experience for a young 18 year old with a great future in the sport of Track and Field.

The Academy is proud of all athletes who participate in our programs and it is wonderful to be able to give recognition to athletes who achieve at a representative level. Another athlete who has been successful is Jesse Asmus in the sport of BMX. Jesse has been asked to be part of the train on U/23 squad for BMX track racing. It is fantastic to see athletes achieving their performance aspirations.

A great night was had by everyone and it was wonderful to see the expressions of athletes who won awards on the night. Congratulations to all athletes who participated and particularly to the parents and carers who drive them to training and competitions. You are an integral part of their sporting careers. We hope that you enjoy all of our photos.

In finishing this editorial about awards and winning, I came across this piece written by Michael Jordan, the star on the Basketball court.

We live in a microwave society where we want and expect success to happen overnight. We see the success of those around us being shared on social media, but we don't see the work that they put in behind the scenes to get to where they are. Success, greatness, and championships are born in the journey and they are only celebrated at the end.

Put in the work, over time, if you want to get to where you want to get to!

This is so important. It is special to be able to celebrate the little successes along the way but never ever forget the BIG picture. The journey is continuous and never ends until your time in the sport does, and even then, when your personal journey ends, I can only hope that our passion encourages you to stay and give back to those who are just starting their journey.

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ALL SPORTS TRAVEL

All Sports Travel update

The BIG NEWS in travel is the recent announcements by most state governments opening their borders by Christmas, in addition to our international borders progressively opening from 1st November. This is fantastic news for those of us in the travel industry, as well as everyone who can't wait to travel within Australia and beyond, whether that's to visit family and friends, for leisure holidays or - for those of you reading - to train and compete in your chosen sport!

Now that the uncertainty of border restrictions is quickly lifting, we are confident that sporting organisations will be scheduling their events for 2022 and announcing them over the next couple of months.

It is now more important than ever before to consult travel experts when planning your travel. Navigating the complex and dynmaic travel considerations for each destination will be challenging and travellers on a tight schedule will need to ensure their plans are as uninterrupted as possible.

We are so excited to be building our team back up and please keep us in mind to assist with your future travel needs.

Email us at info@allsportstravel.com.au for a tailored quote.

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Includes 3-hour beverage package, live music, kids entertainment zone, jumping castle, face painting, balloon artist and carnival treats, plus a visit from Santa with gifts for children under 12 years. Shared tables of 10.

Time: 12:00pm - 3:00pm
Price: Adult $229 I Teen (13-17yrs) $149
Child (5-12yrs) $99 I Toddler (2 -4yrs) $49
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Opening times subject to change

RACV Royal Pines Resort

The Star Gold Coast Magic Millions Carnival – January 5-18

The Star Gold Coast Magic Millions Carnival is a 14-day celebration of all things equine and Magic Millions welcomes you to enjoy all that is on offer in January!

The Pacific Fair Magic Millions Polo is back in 2022 and takes place on January 9 at Doug Jennings Park, Main Beach. This year sees the introduction of a new discipline in showjumping, which will highlight some of the best junior riders from around the country along with a senior teams event that is sure to impress.

The ever popular, The Star Gold Coast Magic Millions Barrier Draw, takes place on Tuesday morning the 11 January and is a spectacle not to be missed as champion jockeys gallop along the Surfers Paradise foreshore in anticipation of the barrier draw for the The Star Gold Coast Magic Millions 2YO Classic and Gold Coast Magic Millions 3YO Guineas. The Gold Coast Yearling Sale begins from 12pm that day and is a free event that is open to the public.

The Star Gold Coast Magic Millions Race Day takes place on January 16 at Aquis Park and General Admission tickets are still available. For more information on all of the events during the carnival head to the Magic Millions website. www.magicmillions.com.au

2022 THE STAR GOLD COAST MAGIC MILLIONS CARNIVAL | 7-17 JANUARY

THE STAR GOLD COAST | MAGIC MILLIONS

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Join us when the Barrier Draw takes centre stage on the Surfers Paradise foreshore from 6am on Tuesday 11 January. This free event for the whole family will be a hive of activity when the connections of every runner in the 2022 $2 Million The Star Gold Coast Magic Millions 2YO Classic arrive, before the spectacle of several thoroughbreds with champion jockeys on board thundering down the sands of Queensland's most iconic beach, Surfers Paradise. The best yearlings from around Australasia will go under the hammer from Tuesday onwards in the action-packed Sales arena, while on Saturday all eyes will turn to the track for the world renowned $10.25 Million Raceday.

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Can training records enhance mental skills?

Soaring to success within sport is one thing, but soaring within yourself is another.
Over the last two years, the pandemic has put into perspective how things outside of our control can alter our day to day. Numerous elite athletes have stepped forward and expressed the importance of mental health and the impact external pressures can have on well-being. When things are going well we can have a tendency to discontinue all the little things that have put us in this thriving space. We can also get stuck in the idea that feeling comfortable means that we are not doing enough. I have always been curious as to why we only focus on building ourselves up when we are down, rather than leaning into the wind and taking further flight when we are feeling ourselves. Often, we can see the value and light in others, but rarely look inward towards our light and value we offer others and ourselves. Nothing is more important than a relationship with yourself. When you choose to actively put yourself first and want to invest in yourself, the Bird on the Wing Holistic Health door is always open. We can assist in helping you flourish across your mental, physical, emotional and spiritual health. We have a range of services such as acupuncture, nutrition, Pilates, psychology and physiotherapy. Feel free to give myself a call on 0401065290 for further information or www.birdonthewing.com.au.

Jackson Hill
Founder Bird on the Wing Holistic Health
Jackson@birdonthewing.com.au

Hydrated

Coming into Summer, which is supposed to be warmer than normal, please keep in mind that as a sports person, it is so important to keep hydrated.

Hydration for Performance: One Size Fits All?
Under or Over Hydrated??

It is well known fact in the athletic population that dehydration can cause a decrease in performance. Loss of body water and associated electrolytes can impair cardiovascular and thermoregulatory function. Whilst the link between dehydration and decreased endurance performance is something most coaches and athletes appreciate, it is also critical to recognise that significant levels of dehydration also causes a reduction in an athlete's: decision making, tactical choices, execution of skills, concentration, strength and power. Therefore, all sport performance (whether power and/or skill based, or events with an endurance focus) can be impacted by an athlete's hydration status.

Whilst significant dehydration can lead to impaired athletic performance, it must be noted that it is also not advisable for an athlete to consume fluid at a rate higher than his/her sweat losses. Considerable overconsumption of low sodium fluids (water, sports drink etc..) leading into, and throughout the exercise period can increase the risk of an electrolyte disturbance in the blood called hyponatremia. In this condition the sodium concentration in the blood becomes much lower than normal, and resultant symptoms can include: nausea and vomiting, headache, confusion, lethargy, fatigue, appetite loss, restlessness and irritability, muscle weakness, spasms, or cramps, seizures, and decreased consciousness or coma.

So what do you do?

Whilst there is a variety of generalised "guidelines" to help guide sports people on the replacement of their sweat losses before, during and after exercise, they are of limited use to practitioners who face the task of providing advice to athletes to aid in achieving optimal performance.

An ideal fluid intake plan for an athlete is achieved by matching their fluid and sodium (the main electrolyte lost in sweat) intake with the losses experienced during exercise. Extensive published data on sweat rates in athletes from different sports and environmental conditions range from 900-1500ml/hr. Likewise, a large variation occurs in the range of sweat electrolyte losses 400-1500mg sodium/L. Clearly a "one size fits all" approach to hydration is not possible as it detracts from the considerable variation in both sweating response and also the drinking behaviour of athletes.

Individual monitoring and assessment of athletes is required to determine individual fluid and electrolyte requirements. In order for performance to be optimised this should be an essential part of an athlete's performance nutrition strategy.

Sweat Rate Testing:

Individual sweat rates can be easily measured using a "fluid balance assessment". This assessment requires a set of body weight scales (for pre and post training body weights), and the recording of the volume of fluid consumed in the session (the athlete must only consume from his/her own bottle so that this is possible). This simple data collection allows for sweat rate (total and hourly rate), along with fluid consumption (total and hourly rate) to be calculated. Collection of the this data over a number of training sessions, and competition scenarios will allow the athlete to become familiar with the amount of fluid they require to meet their sweat losses in different conditions thereby ensuring that neither significant dehydration, nor excessive over-hydration occurs.

Sweat Electrolyte Composition Testing:

Whilst measurement of sweat electrolyte concentrations requires more equipment and analysis and expertise in interpretation of results, (than the relatively simple fluid balance testing), it is something that should be considered for elite and semi-elite developing athletes. This procedure is used to identify athletes with electrolyte rich sweat who need to pay particular attention to electrolyte replacement.

Sweat composition testing involves the athlete wearing a "sweat patch" during a training session, at the same time as fluid balance testing occurs. The sweat patch is removed and sent to a laboratory for analysis after the session. Interpretation of the results must be conducted in association with body fluid data (sweat loss), fluid intake (amount and type), exercise intensity and exercise duration, environmental temperature and humidity and degree of acclimation and training status of the athlete. An ideal fluid intake plan (type of fluid, volume of fluid, timing of intake etc..) for the athlete can then be constructed to aid in achieving optimal performance via optimal hydration.

Summary:

The solution to fluid losses in athletes is not simply suggesting an increase in fluid intake. A 'one size fits all' approach to fluid provision and intake advice can lead to significant performance reductions and health concerns. Individual monitoring and assessment of athletes is required to determine individual fluid and electrolyte requirements.

For assistance in both the organisation of athlete hydration testing, the interpretation of results and the construction of individualised hydration plans, please contact a fully qualified Sports Dietitian in your area, via the Sports Dietitians Australia website. (www.sportsdietitians.com.au).

Patellofemoral Joint Pain

ALL SPORTS PHYSIOTHERAPY GROUP

Knee pain is a common complaint among athletes with several causes, both traumatic and non-traumatic causing these symptoms. While traumatic knee pain after accidents are fairly self-explanatory, non-traumatic knee pain is more common in adolescent populations.

Patellofemoral pain is considered one of the most prevalent causes of knee pain with up to 25% of the general population experiencing it at some time in their lives. Patellofemoral joint pain or 'PFJ' is considered more common in adolescents, and active populations, from social exercisers all the way through to elite level athletes and is more common in Females than Males.

PFJ pain is usually felt through the front of the knee, around the knee cap and often presents as a generalised ache that will commonly get worse with increased load through the knee joint. It is most common in sports that involve jumping, high impact through the legs and long distance running.

PFJ pain is best explained as irritation of the patella (knee cap) as it moves up and down on the femur with knee flexion and extension. It most commonly comes on after spikes in exercise load. As with any exercise, changes in loading should be done gradually to allow the body time to adapt.

Load management is important to consider for all athletes regardless of injury and it should be managed strictly whenever pain with any activity develops. As discussed, the tissues inside the body need load to adapt, but also need time and balancing these two factors is key to injury prevention and rehabilitation. In the case of PFJ pain, reducing your working load is important to manage the level of irritation in the patella and thus your pain levels. Reducing workload and total work volume will allow tissue remodeling to occur without re-overloading the tissue.

The other important factor is loading. There are multiple factors that can cause the patella to become overloaded. These can include muscle weakness or fatigue, knee and joint position, movement patterns, foot position, and exercise programming.

Everyone is different so it is important to seek the advice of a physiotherapist or sports doctor to assist in diagnosing and treating your condition. Research has shown the most effective treatments for PFJ pain are a combination of education and understanding of the condition, targeted exercise, patella taping and foot orthotics. Some manual therapy techniques such as massage and joint mobilisations may also be used in conjunction.

It is important to understand that overuse conditions rarely resolve without retraining and changing the affected tissue/area. It is important to seek guidance from a rehabilitation specialist to ensure you are diagnosed correctly, informed about your condition, and are given a very specific and tailored rehabilitation plan to get you back on track as quickly as possible.

Willy, R. W., Hoglund, L. T., Barton, C. J., Bolgla, L. A., Scalzitti, D. A., Logerstedt, D. S., ... & Torburn, L. (2019). Patellofemoral pain: clinical practice guidelines linked to the international classification of functioning, disability and health from the academy of orthopaedic physical therapy of the American physical therapy association. Journal of Orthopaedic & Sports Physical Therapy, 49(9), CPG1-CPG95.

WHAT HELPS

- Progressive exercise therapy that targets the knee *and* hip
- Off-the-shelf shoe inserts or patellar taping when combined with exercise therapy

WHAT DOESN'T HELP

- Avoiding exercise
- Passive treatments (dry needling, isolated manual therapy, neuromuscular electrical stimulation, ultrasound, therapeutic laser)

KEYS TO RECOVERY

- Recovery can take time, often 12 weeks or more. People with patellofemoral pain for more than 2 months or with greater pain levels can expect a longer recovery.
- Focusing on progressive loading of the muscles around the hip and knee is important for full recovery.
- Gradually resume sports activities that heavily load the knee.
- Staying in shape and maintaining a healthy weight improve long-term recovery.

Infographic based on clinical practice guidelines by Willy et al titled "Patellofemoral Pain" (J Orthop Sports Phys Ther. 2019;49(9):CPG1-CPG95. https://doi.org/10.2519/jospt.2019.0302), which reviewed 4500 research studies published between 1960 and 2018. Illustrations by Jeanne Robertson.

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Chicken Schnitzel Burgers (Serves 4)

Taken from: AIS Survival Around the World

Ingredients

- 4 (150g each) single chicken breast fillets
- ¼ cup plain flour
- Salt and freshly ground pepper
- 2 eggs, lightly beaten
- 1tbs skim milk
- 1 cup dried breadcrumbs
- 2tbs chopped fresh flat-leaf parsley
- ¼ cup fat-free mayonnaise
- 200g lettuce mix
- 2 tomatoes, sliced
- 1 cucumber, sliced
- 4 bread rolls (omit for Low Fuel)

Method

Preheat the oven to 200° (400°F). Beat or roll each chicken breast between 2 sheets of plastic wrap until about 1cm thick. Place flour, salt and pepper in a plastic bag and shake until combined. Whisk eggs and milk together in a bowl. Place breadcrumbs and parsley in a separate bag and shake until combined. Place chicken in a bag with flour, shake to coat, then shake off excess. Dip chicken in egg mixture, then toss in breadcrumb mixture. Place schnitzels on a baking tray in the freezer for 5 minutes, then bake for 20 minutes or until golden. Assemble burgers with schnitzels, mayonnaise, salad ingredients and bread rolls.
(For Low Fuel, serve schnitzels with salad only.)

Analysis	High Fuel with bread	Low Fuel no bread
Energy (kj)	2853	1959
Protein (g)	50	43
Fat (g)	19	16
CHO (g)	74	35

Newsletter Sports Report December 2021

Upper Coomera – Future Stars

Term 4 at UCSC, the Year 9 students learnt about Exercise Physiology from Allsports Physiotherapist, Exercise Physiologist and Strength and Conditioning coach Lachlan Clifton. Students discussed the body's energy systems and in particular the energy system they use in their chosen sport. An additional discussion was had on programming and designing training sessions with a clear goal to achieve specific adaptations in a particular sport.

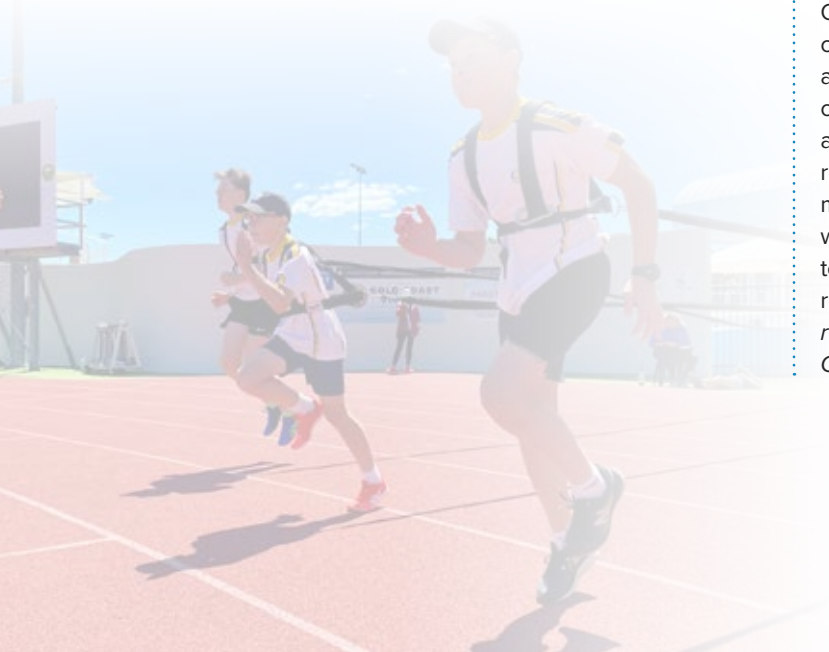
Year 8 students were privileged to have Wayne Hickson, Managing Director of HicksonMedia who has worked in press operations around the world and at multiple Commonwealth, Olympic and Paralympic Games. Wayne spoke with the group about contract negotiations, sponsorship and the struggle of females sports coverage.

Year 7 students had the pleasure of Lachlan sharing his knowledge on basic Sports Science with a focus on touch football. The students went through a range of biomechanical movements needed to warm the body up prior to playing a game of touch football. Basic motor control movements needed for touch football were additionally practiced in the lead up to playing a touch football game.

These last three sessions completed the Upper Coomera Future Stars program for 2021 with numerous athletes achieving both in their sport and academically.

Pimpama State Secondary College - Future Stars

Term 4 at Pimpama SSC the Future Stars athletes ranging from grade 7- 12 discussed the use of Technology in Sport. AllSports Physiotherapist David Callum opened their eyes up to how technology is revolutionising the sporting landscaping from live tracking performance, perfecting athletic movement, to enhance communication, nutrition and identifying and minimising injuries. Many were surprised to see how accessible this technology is and that it is at the touch of our finger tips through smart phones and watches. This was the final session for our Pimpama Future Stars group for 2021 and their dedication to the program should be commended.



Future Stars Program – Athletics

Entering the backend of the Future Stars program, COVID border interruptions interfered with multiple athletes being unable to attend the scheduled sessions in person but have connected through online capabilities.

The program finished late September with the second last session including a pool session and discussion on personal development and bullying in sport. Bullying in sport was a pivotal area to discuss with 1 in 4 children reporting incidences of bullying.

The final session concluded with athletes being retested using various athletic measuring tools. At the start of the program athletes were tested on how many sit ups and push ups they could do, how long they could hold a plank for and their flexibility. They also completed the Vertical jump, Penta Jump, Standing Long Jump and Agility test. It was great to see the improvement in the athletes results from the start of the course in early April to the final session in late September. It has been rewarding the see the physiological and psychological development of all athletes who have participated in the program and the knowledge they have accessed and gone and implemented into their own personal trainings and at competitions. We wish them all the best in upcoming competitions as they are heading into the Track and Field season.

Rugby League

The 2021 Rugby League program finished early October and was the 8th Rugby League Program the Academy has run. Implementing a variety of educational sessions during the program from various aspects of body maintenance to nutrition and sport psychology, the 2021 Rugby League boys and girls engaged with all sessions and applied it to their training. Head Coach Ian Frame did a great job highlighting the importance of consistently working on the basics to improve their overall performance. It was wonderful to see during their sessions the development and improvement of all athletes and the benefit of the combined on field and educational sessions.

Speed Clinic

Over the September School holidays we hosted a 2-day speed clinic focusing on improving athletes running, technique, speed and strength. We had a range of boys and girls from 10-15 years of age and athletes from Athletics to Rugby League. The sessions and drills that were taught assisted all athletes to refine their running technique encouraging better motor patterning and muscle recruitment. Due to the high intake of the 2-day clinic we will be running it regularly over the school holidays in the future to allow individuals from all sports the opportunity to better their running performance. *If this is something you would like us to run at your sporting association, get in touch with us at the Gold Coast Academy of Sport.*

Continue Over...

Female Rugby 7's

The first Female Rugby 7's academy program began on Tuesday 19th October with a total of 47 participants involved across the U15 and U17 age group. The focus of this program is to assist with the up skilling and enhancement of player knowledge and to also provide vital personal development opportunities for both the athlete and coach. One month into the program and the athletes have gone through skills and fitness testing and have had the pleasure of Glynis Nunn assisting them with refining their running technique to improve their speed. Both squads recently took part in a body maintenance session presented by AllSports Physiotherapist Adam Daniels who discussed the importance of recovery and recovery methods vital to enhancing performance and minimising injury risk associated with the game.

In addition to the on field and educational sessions presented during the program both the U15 and U17 squads received an accountability workbook. This workbook has links to drills that can easily be performed individually at home to assist with practicing and improving basic ball handling, footwork, tackling, speed and agility. The design of the workbook is to assist the athletes with establishing a process and routine to support them with holding their-selves accountable and take ownership of their actions on and off the field.

Hockey

Working closely with Brent Livermore, GCAS is value-adding to the weekly training session of the Talent and Development Hockey squad in preparation for the National Championships in 2022. The value-added sessions started on Thursday 14th October at the Gold Coast Hockey Centre and involved fitness testing from sprint times, vertical jump, long jump, and the yoyo test. There are 42 participants involved and each Thursday night the Academy has professional presenters, running and educational sessions focused on various topics such as goal setting and personal development, body weight exercise, time management, culture and leadership, media, running and speed technique, yoga and more.

BMX

In partnership with Nerang BMX Centre, we are delivering a specialised training program in the lead up to the National Championships to be held at Nerang on the 18th-20th December 2021. The program started on Sunday 7th November and was run in an intense mode over three Sunday afternoons from 1-5pm. This program had a focus shift compared to the previous three BMX programs run and concentrated on specific elements in preparation for nationals such as tactics, stimulus, analysis, race plan and preparation. Reece from the BMX centre Nerang came in and did a session on bike maintenance and the importance of knowing your bike and how to fix and clean all components appropriately. Issaac Kennedy who is currently the BMX Elite World Champion talked to the group about race and mental preparation. It was great to hear about his BMX experiencing growing up and how he prepares physically and mental leading up to and right before a race. The program has received some fantastic feedback and running it in the lead up to the national championship in December gave the program significant relevance.

Rugby Union – Boys

The annual rugby union program will be run again in 2022 starting late January through to March. The 2022 program will focus on a slightly older age group than previous years and we have accepted 14–15-year-old boys. Squad trainings will cover skill development with educational sessions focused on body maintenance, recovery, and nutrition.

Applications closed on the 22nd of November with a total 29 applicants being accepted into the program for 2022. The program will be run on a Monday evening at Bond Pirates RUC and on a Tuesday evening at RACV. Jack Moon will once again be the coach of the rugby union boys as consistent with previous years.

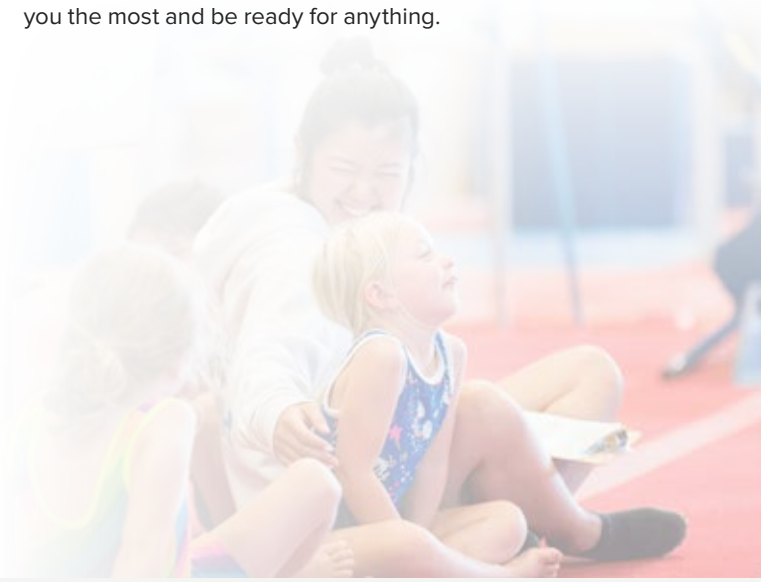
The Fine Art of Parenting an Athlete: 10 Takeaways From the Tokyo Olympics

by Kristie Helfrich

Co-written with Margie Foster-Cunningham, who is entering her 37th season as head coach of the George Washington University Gymnastics Team and who coached Kristie Helfrich

At the recent Tokyo Olympics we saw many different scenarios on our televisions. Athletes who withdrew from competition because pressure was too much or their personal mental health was suffering. Having said this, how do we as parents and coaches as parents deal with pressure and how we help our athletes and children navigate sport.

- **Practice resilience** – Things will get hard. All athletes will struggle at times. Their body will hurt and mentally they may need a break – this is when they need you to lift them up. It will not be easy, but athletes must persevere and we as parents, coaches, teammates, and friends need to give them the space and encouragement they need to get back to their sport. A big part of this is having the mental fortitude to recover from poor performance, injury, or setback. Make sure you are asking the right question – so you had a bad day, game, or play - so what, what's next? Follow their cues and do what you can to support their comeback.
- **Steer away from perfection as the goal** – Expectations placed on athletes are extraordinary. Our results-oriented society places emphasis on superhuman achievements, record-breaking races or being the «GOAT», failing to remember that athletes are, in fact, human. The pressure to achieve perfection is too big of a burden for anyone to bear so focus on achievable, realistic goals and the satisfaction of accomplishing just that - because that is enough.
- **Help them to enjoy the journey** - The quest to become an elite athlete is the ultimate grind. Individuals need to learn to strive, win, work, fail, work harder, REPEAT. While every day, practice, or competition might not be fun or ideal, it's important that the joy and passion for the sport are not lost. Remember your role as a parent, find the good, focus on the positive and keep them moving towards their goals.
- **Make sure they know they are more than medals** – It is important that athletes understand that they are so much more than their collection of medals, trophies, or awards. The commitment required to become great at any one sport requires laser focus but the accolades and recognition that come along with it should not be the only thing that defines them.
- **Teach them how to be a good teammate** - Being a good teammate makes you a better athlete and ultimately raises the level of your team. Focus cannot solely be on individual performance and success. Energy must be reserved to encourage and cheer for others. Remind your athlete to find joy through the success of others.
- **Set boundaries for yourself** – Remember your job as a parent is to provide your athlete with the tools they need to succeed, and the rest is up to them. With countless hours spent driving to/from trainings and competitions ("windshield time"), the focus on providing the proper amount of food and rest, and the energy, effort, and commitment that is required from the entire family, it is easy to become consumed by your athlete's success. You must keep all of this in perspective without losing yourself, living vicariously through their performances, and also make certain the focus remains on the athlete – it is not about YOU. Relish your role as the ultimate cheerleader.
- **Engage in open and honest conversations** – Encourage your athlete to talk about games and practices, interactions with coaches and teammates, current fears, and long-term goals, etc. But avoid the dreaded PGA (post game analysis). Use your "windshield time" to build a relationship with your athlete allowing them to feel comfortable sharing their feelings with you. Allow them a safe space to vent following a loss, lack of playing time or poor play, without reaction. Ask open ended questions. Healthy conversations focus on things your athlete can control including their attitude, work rate, and positive sideline behaviour – they need to know that you feel pride in them and their efforts.
- **Establish an attitude of "I'm Awesome"** – A large part of being great starts from within and believing that you can do/be/achieve anything. Confidence leads to success and success breeds confidence - it's a symbiotic relationship. So, fill their emotional tank to give them fuel for their fire by celebrating their awesomeness every chance you get. Make sure they believe in themselves and can confidently say, «I'm awesome.»
- **Strike the right balance** – Maintaining balance in all facets of life is something we all strive for; however, it is even more important for athletes to maintain a healthy physical, mental, and emotional state of being. We expect athletes to push themselves to excel and perform at the highest level while simultaneously knowing their limits. This is an ongoing challenge requiring physical and mental agility. Help your athlete determine what balance means/looks like to them.
- **Show them unconditional love** – No matter the outcome, they will need your support and love. The wins are simple to support. But the losses, the injuries, or the missed penalty kick, that is when they need you and their entire support network the most. The uncertainty of sport is what makes it so exciting, so as a parent be ready to step up when they need you the most and be ready for anything.



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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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