GCAS NEWS

GOLD COAST ACADEMY OF SPORT

Issue 35, Summer 2020

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

Due to COVID, the Academy had to postpone the "Awards night" which we normally hold in October. Most, if not all schools followed the same health advice and cancelled their 'Presentation nights' also, instead, holding year level presentations during the day without any spectators. A little sad for all those students who excelled during the year but still an acknowledgement of their achievements.

At the beginning of 2021 when regulations are announced for current procedures for these types of activities, we will advise of arrangements for our Awards night for 2020. It will obviously be in a different format but continues to be an important date on our Academy calendar.

Each year we have a large number of athletes that come through our programs and Joanne and I love to hear how they continue to perform in their chosen fields. In this newsletter we take pride to share the achievements of athletes who have been part of past Academy programs.

Jac Preston

In 2018, a young, quiet and reserved young man won the Gold Coast Academy of Sport Male Athlete of the Year. His name is Jac Preston and his sport – Kart Racing. On October 24/25 a now 17 year-old Jac competed in his first car race after racing go-karts since 2013. Driving a Mygale SJ2012A Formula Ford, Jac raced at Willowbank's Queensland Raceway in the "Australian Motor Racing Series" class for open wheel racing cars.

The weather conditions were challenging for a newcomer as the area received a torrential storm before Jac's first race heat on Saturday afternoon. Jac mastered the wet track conditions to win the Formula Ford class and record the 2nd fastest race lap time. Sunday's race heats 2, 3 and 4 were held under sunny, dry conditions and Jac again placed first in his class to win all 3 heat races and take the overall class round win. Having completed a successful first race meeting in cars, Jac's ambition is to race in the 2021 Australian National Formula Ford Championship. In early November Jac went back to the Karts and at the Australian championships held in Newcastle, he finished 2nd. This is an amazing accomplishment when you consider he is competing against drivers of all ages. ***Congratulations Jac***.

Ryan Rivett

Over the last two years since Ryan was involved with the Academy Rugby League program, he has continued to develop into a player and person with great dedication to reaching his personal goals and also a very respected team player amongst his peers.

Ryan has said that the coaching, support and guidance he received from the program helped him to become someone with a clear focus and objective to deliver the brand of Rugby League which was required to reach his greater goals.

The Academy was a great learning tool for his development and mindset to achieve his goals. Palm Beach Currumbin school also supported Ryan in developing his game skills and play.

This year (2020) Ryan was part of the team that won the Langer Cup

premiership for school rugby league in the A grade division. The team then went on to play Kirwan SHS (Townsville) in the State Cup in Townsville only to lose in a very close game. Ryan received many accolades from the Head coach at the school, as well as the getting noticed by the Gold Coast Bulletin. He was often reported on his personal performance in games. It was great to see the photos showing his skill in the paper.

He played for Burleigh Bears this year and was selected in the Mal Meninga side but because of COVID the competition did not eventuate. Instead he went back to club footy to continue to play, playing in the Grand Final at Cbus stadium which was a fantastic opportunity for Ryan.

Ryan has been contracted with the Titans from the age of 16 and trained and played a couple of games prior to COVID. He was noticed by Cronulla Sharks and commences a three year deal with them starting November this year. In regards to progress Ryan has been offered a 3 year deal to join the Cronulla Sharks starting in Nov this year for an eleven week pre-season training run. Ryan has been included in the top 36 player list at Cronulla and is looking forward to his greatest challenge to date. It is wonderful to see Ryan fulfill his dream to become a NRL player.

Jules and Regan Hackett

Both siblings have been part of the Academy's Future Stars program. Jules in Cheerleading and Regan in Ice Hockey. This year due to border closures and the pandemic, Ice Hockey has been non-existent. After moving back from Canada, Regan has struggled with having no opportunity to play his sport and is now looking to trial in a new sport - Rugby League.

Jules has also not had any sporting opportunities for Cheering but has finished her Year 12 and won a scholarship to Bond where she will undertake a double degree in Business and Law.

Well done to you both for persisting and finding a way through these troubled times.

Thank you to all parents who contacted us to share personal stories of their children. We wish them all the best in their continued journeys.

GOLD COAST
ACADEMY OF SPORT

Closure of Office

Please note that the Gold Coast Academy of Sport Office will be closed from Thursday 17th December 2020 to Monday 11th January 2021.

Should anyone wish to contact Joanne or Glynis in this period please forward an email as we will be checking them intermittently.

Joanne and I would like to wish all families of the Gold Coast Academy of Sport a VERY MERRY CHRISTMAS AND HAPPY NEW YEAR. Here is hoping that 2021 brings more security in our sport and the opportunity to gather and enjoy the benefits of physical activity.

FREE!

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ALL SPORTS TRAVEL

Need to travel? Give all sports travel a call. A sponsor of the academy for two years now, we need to support the people who are willing to support sport.

At the risk of perpetuating the world's biggest understatement – what a year! The COVID-19 pandemic initially appeared as though it might blow over in a few weeks or months, but we soon came to the realisation that our lives may never be the same again.

2020 has thrown us all some huge challenges, and here at All Sports Travel we have had our fair share of them, however we are grateful for the support provided to us by the Government, as well as our suppliers, clients and partners. Whilst our business has suffered a significant downturn this year, we have been able to assist an encouraging number of clients with their domestic travel requirements, and we are so grateful for their business. Like many people and organisations, we have used this downtime to review, analyse and modify our business, to look for new opportunities and to strengthen relationships.

We are facing 2021 with optimism and look forward to continuing to provide Gold Coast sporting organisations and individuals with our specialist services.

Ellen and Andrew
Owners – All Sports Travel
emailinfo@allsportstravel.com.au

The Young Athlete

During 2020, many young athletes have had to do sports training at home with some looking online for ideas and activities that they could undertake. An important message for all parents is to encourage your children to do activities appropriate for their age. Please remember they are NOT adults, they are still children and need to mature before attempting adult training sessions and exercises.

Young athletes are *not* miniature adults.

The above statement is one of the most important things coaches need to take on board when dealing with the young developing athlete. They are developing in every way - physically, mentally and emotionally and if they are to reach senior athletics and their full potential, they need to be taken slowly and with care. In saying that coaches need to understand this, so do parents. Your child might be a mini you, but their body can not withstand the same pressures placed on it.

It is well known that young athletes go through a growth spurt they are likely to lose some of their coordination and will need to develop certain skills again. It is also known that at this stage there could be some growth issues which may lead to injury.

The long bones grow in length before the muscles elongate and develop enough strength to counteract the sudden increase in lever lengths. Imagine young footballers who suddenly have a longer kicking leg but not the muscles to generate the force required to move that heavier and now longer leg. Something will break down, usually the proximal muscles, such as the abdominals and groin. This also can be related to throwers when using the long lever to throw.

Bones may grow about a year before the muscles develop length and strength. This can form the basis of injuries suffered by young athletes. The muscles can become 'tighter' when the bones grow but the muscles stay the same length. We all need to understand there will be aches and pains a young athlete may suffer from. It is then an informed decision as to whether these aches and pains can be dismissed as 'growing pains' or they may need professional treatment. Young children are not grown athletes and we need to understand their bones, ligaments, muscles and tendons are still growing and taking shape.

Common injuries seen in young athletes that are growth related and influence the growth plates are called 'traction apophysitis' injuries. The most vulnerable areas are the Achilles tendon insertion (Severs disease), the patella tendon on the tibia (Osgood Schlatters disease), the quads tendon into the knee cap (Sindling Larsen disease) and the attachment of the hip flexors onto the anterior pelvis. It is very common that athletes may suffer from Severs, particularly in boys from around the age of 12. They may then suffer from Osgood Schlatters within a few years later (if at all). Then within a few years they could have hip problems. Funnily enough, what I have explained above is the story of my son many years ago who started as an all-round athlete. He was particularly quick but when he went into his teens, he concentrated his efforts on Soccer. (Not too sure if being a boy and not interested in stretching emphasised these issues).

As parents and coaches, it is up to us to decide whether the athlete is able to continue to train with some pain or whether to back off until they feel better. This does depend on the attitude of the athlete and the level of pain they can withstand. And in saying this, if you know your child has a high pain threshold you need to stop them earlier than another child who doesn't. The situation will improve with time as the muscles catch up to the bones. Modification of activities and days off training can help the athlete to retain an interest. Regular stretching should be encouraged to 'kick start' the muscle lengthening process.

It is important that the athlete be encouraged to lighten their expectation and maybe concentrate more on the development of technique as best as possible. If the athlete is suffering from leg injuries, they could possibly work on some other sports. They may be able to undertake some circuit work involving medicine ball exercises which continues to involve them in training but lessens the pain. Of course, this modified training will only keep them interested short term, so it is important to introduce them back into training intermittently to assess their pain. I know that many of the athletes I work with, if suffering these sorts of issues still want to continue to attend training and be part of the squad. I never discourage this and often encourage them to take on a role to assist in coaching. This involvement helps to develop their life skills and their understanding of their chosen sport.

I have found sport teaches persistence, patience, respect, humility, fair play and sportsmanship. I know that each of these values were instilled in me by all of my coaches when I was young, and it gave me a greater understanding of what is needed to succeed. The introduction of coaching and looking at different athletes helped me to develop a 'coaching eye'.

As coaches, parents and athletes we love to win but victory/success occurs as a result of dedication and training, persistence and perseverance. It's no secret that to get to the top of world sport requires incredible hard work, persistence and dedication. I bet if we interviewed 100 of the world's top sports men and women, they will be able to identify a coach they had when they were a youngster who fostered these behaviours.

The best coaches play a role in character development, like a parent.

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Only sunshine covers more coast than 94.1FM

The Gold Coast's Own 94.1 FM

94.1FM has been covering the Gold Coast since it hit the radio air waves in 2013. But now we are covering the coast by road too. Grand Motors Toyota and Wahlstrom Financial Services have been long term supporters of the station. The vehicles they sponsor allow us to get out and about in our local community, carry equipment, display tents and our outside broadcast equipment. You'll see the 94.1FM RAVs all over the Coast in the Southern, Central and Northern suburbs plus out at Nerang, Mudgeeraba and the Hinterland regions.

THERE'S PLENTY OF HAND SANITISER AVAILABLE AT YOUR LOCAL CHEMPRO CHEMIST

Tips for the off season

ALLSPORTS PHYSIOTHERAPY GROUP

The last few months of sport have been chaotic- a lot of training and games in packed into a short space of time. We have seen a large number of injuries during this time as there was a huge spike in activity after the COVID break. As a lot of sport is winding down for the year, focus now shifts to preparing for next season. Here are a couple of tips to help during the off season and help you prepare for next season.

1. REST.

This may seem like a silly one considering we have had a lot of time off physical activity this year but after a busy few months it's important you allow yourself some time to rest. This rest is important both physically and mentally. Enjoy your weekends and spend some time with friends and family.

2. FOUNDATION OF FITNESS.

Most pre seasons will begin in January (after some trials in November/December). While rest is important, don't spend the next three months doing absolutely nothing! The goal is to begin pre season with a base level of fitness already under your belt. A helpful guide is to do two 30 minute fitness sessions per week. This may include a run, a bike ride, a swim or even a gym session. Feel free to mix it up during this period and try things you may not usually include in a typical training week.

3. GET YOUR NIGGLES SORTED.

If you have experienced any niggles this year- tight calves, an achey back or some heel soreness- now is the time to get this assessed. Book an appointment with your physiotherapist and they can provide some advice and exercises to help you start next season strong, fit and ready to go.

Can beetroot juice give elite athletes an edge?

I came across this article from some research sent out from Western Australia. There are so many foods that we can benefit from if we are only aware. Here is one. Please read.

Nitrate-rich beetroot juice might enhance performance among top level athletes according to a joint study from The University of Western Australia, the Western Australian Institute of Sport and the Australian Institute of Sport.

Dr Peter Peeling from UWA's School of Sport Science, Exercise and Health at UWA was one of the scientists who looked at the influence beetroot supplements had on physiological and performance outcomes in elite kayakers.

The research saw six national-level male and five international-level female kayakers take part in a two-part study at the Western Australian Institute of Sport and the National Regatta Centre in Penrith. "We looked at the difference that the use of a commercially available 70ml beetroot shot made to the time-trial performance and paddling economy of the athletes involved," Dr Peeling said.

"In laboratory-based four minute ergometer tests, the beetroot supplement had a small effect on the distance covered, but was effective in improving the task economy of the male kayakers. When we used a greater volume of beetroot juice (140ml) among our female participants during a field-based 500m kayaking time-trial, we found there was a meaningful performance improvement of 1.7%."

"Given that the margin between gold and silver medals in the Men's K1-1000m and the Women's K1-500m races at the 2012 London Olympic Games was 0.3% and 1.0% respectively, the relatively small performance changes that we recorded are clearly relevant.

Dr Peeling said the nitrate in beetroot juice has been shown to improve "the efficiency of processes that occur in the mitochondria, which are the cell's energy factory". "This means ATP, the molecule known as a cell's energy currency, can be spared during muscular activity, resulting in a decreased oxygen cost for a given task.

"If you can find a way of reducing the oxygen cost of a given activity, you might improve the ability to withstand the exercise intensity for a greater period of time, or you find a greater level of output for the original oxygen cost." he said.

"Beetroot juice is also known to improve explosive power and activate fast-twitch muscle fibres, although current literature is yet to establish why."

The study, published in the International Journal of Sport Nutrition and Exercise Metabolism, found the use of beetroot shots by high level athletes should be trialled on an individual basis with the load and dosage tailored for the desired outcome. "However, the use of this natural vegetable supplement in sport has become increasingly popular, and seeing an athlete with red beetroot stained lips at an endurance event is no longer unusual," Dr Peeling said.

Recipe: Spirals with Chicken and Mushroom (serves 4-6)

- 500g spiral pasta
- spray of canola or olive oil
- 500g or two skinless chicken breast fillets, chopped into small cubes
- 200g button mushrooms, quartered
- 5 spring onions, sliced
- 1 1/2 tablespoons cornflour
- 375ml can Carnation Light and Creamy Evaporated Milk
- 25ml (1/2 cup) Maggi Chicken stock
- freshly ground black pepper, to taste

Start cooking the spirals in a large saucepan of boiling water. Spray a non-stick frying pan or wok with oil and heat. Cook the chicken over high heat for about 5 minutes or until browned. Remove from the pan and set aside. Reduce the heat to medium, add the mushrooms and spring onions to the pan and cook, stirring frequently, for 3 minutes or until soft. Put cornflour into a small bowl and gradually add 1/3 cup (80ml) milk, stirring until smooth. Pour the remaining milk and chicken stock into the pan, then gradually add the cornflour mixture, stirring constantly. Keep stirring until the sauce boils and thickens. Season to taste. Stir the chicken mixture into the sauce and gently heat through. when the pasta is al dente, drain and serve topped with the sauce.

Hint: Use wholemeal past if you want to increase your fibre intake. Serve with a salad for an extra vitamin boost or add more vegetables to the sauce to make a complete meal.

Preparation time:	15 minutes	
Cooking time:	15 minutes	
Analysis	Serves 4	6
Energy (kj Cal)	2870 (677)	1912 (457)
Carb (g)	104	69
Prot (g)	52	35
Fat (g)	6	4

Calcium, Iron, Zinc This recipe has been taken from AIS Survival For the Fittest

THE STAR
GOLD COAST

MAGIC MILLIONS

2021

THE STAR GOLD COAST MAGIC MILLIONS BARRIER DRAW

Surfers Paradise Foreshore, Surfers Paradise (opposite Trickett Street)
Tuesday, 12 Janaury 2021

Free Event Open to the Public | 6am–10am

The sun will rise over the 2021 The Star Gold Coast Magic Millions Carnival on Tuesday 12 January when the Surfers Paradise foreshore becomes a hive of activity with the Barrier Draw taking centre stage from 6am.

At approximately 8am, all eyes will turn towards the ocean for the spectacle of several thoroughbreds with champion jockeys on board galloping down the pristine sands of Surfers Paradise beach.

The connections of every runner in the 2021 $2 million The Star Gold Coast Magic Millions 2YO Classic field will arrive in style before randomly choosing the barrier from which their horse will start on Raceday, Saturday 16 January.

The barrier draw for the $2 million Gold Coast Magic Millions 3YO Guineas will be drawn shortly afterwards at approximately 9:45am

Sports Report

Upper Coomera State Secondary College – Future Stars

The final sessions for the yar have been delivered to the Future Stars group. The Seniors and Year 8/9 groups were treated to an informative practical session by David Callum from All Sports physio, on strapping techniques. The athletes enjoyed this hand-on session. The Year 7s learnt about basic sports science from exercise physiologist Jack Diener. He had the group measuring resting heart rate and then measuring their heart rate after mild and then vigorous exercise. Awards were handed out at a school assembly. The award winners for 2020 were Year 7- Kaelyn Passi, Year 8/9 – Sara Saletele andSeniors – Kyra Livermore.

Pimpama State Secondary College – Future Stars

A psychology session by Jackson Hill, covering resilience, was well received by the Junior and Senior groups. This is an important topic and struck a chord with many of the students because of the unpredictable nature of 2020 during the COVID pandemic. Jackson also did a follow up session mid November which helped to build on this theme to assist students through some troubled times. A small award ceremony was held in class this year. The Encouragement Award in for Juniors went to Cooper Jackson for his achievements in BMX. The Encouragement Award for Seniors was given to Charlotte Morse-Tananui for her success in Soccer.

BMX

The Academy has concluded another BMX program in 2020 at the Nerang BMX Club. The program included eight sessions along with educational sessions specific to their sport. The group consisted of 12 riders aged between 7 and 13. Educational sessions consisted of sports psychology, injury prevention, theraband circuit work, strength and conditioning activities and bike maintenance.

Rugby League

The Academy's Rugby League program which began in July with 16 boys and 7 girls is now complete. 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.

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 presentation by Jasmine of AllSports Physiotherapy. They attended a psychology presentation to discuss their logical brain versus their reactions under stress. All Sports Physiotherapy delivered a session covering Strength and Conditioning.

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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