GCAS NEWS

GOLD COAST ACADEMY OF SPORT

Issue 38,
Spring 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

We are excited

Glynis Nunn OAM *Executive Director GCAS*

With the announcement of the 2032 Games, the Academy felt that we wanted to modernize our logo to align with planning towards the Brisbane Games. We felt the logo represented a very clear and distinct recognition of the Academy. We continue to focus on helping young athletes in their pathway towards furthering their performance. Our objective is to continue to talent identify and develop young athletes in able-bodied, Parasport and in all-inclusive and diverse areas. We will focus on targeted Olympic sports along with the traditional sports we have dealt with in our early years.

Annaleise, myself and the board are extremely passionate about the Academy family and hope you can help promote our brand within the community. It is our focus to have the Academy logo recognisable and associated with sport in the community.

And now to the Olympics. Wow – I didn't realise that the community and the world needed something as exciting as the Olympics to pick up our spirits.

What can I say about the Olympics? Undoubtedly a huge "THANK YOU" to the Japanese! Their efforts and commitment have not gone unnoticed and at a time when the general public were struggling with a pandemic and cases were so high outside the Olympic arena, we probably need to say sorry. And, lastly, a tremendous CONGRATULATIONS, because the show you (Tokyo in general, the organisers and the volunteers) put on, was just, absolutely amazing.

Now, all eyes are set on Paris in three (3) years.

To the Australian team - what an amazing effort!! I think my favourite moments would have to be Jess Fox on the water, Logan Martin on the BMX track, Ash Maloney on the track and then every other event in the Track and Field program. I am a little biased, but I consider Athletics to be the toughest sport in the Olympic Games regarding depth with 198 countries represented.

I know that in the Track and Field arena we didn't win a swag of medals but when you consider we won three (a silver and 2

Continue Over...

bronze), and Australia also had multiple top 6 and top 8 finishes, the team did incredibly. The unfortunate aspect of an Olympics is that funding for a sport it judged by the federal government on the medals the sport bring home. This wasn't fantastic and obviously, not as good as swimming where Australia was outstanding.

What is great though, is that I really think the Australian public is finally starting to realise the depth of our sport and be proud of the young men and women who are achieving at an international and Olympic Games level.

In the Track and Field arena, Tokyo was quite unique with a record 83 countries reaching finals, highlighting the global reach of the sport. Forty-three (43) countries featuring on the medal podium with twenty-three (23) of those winning gold.

We must thank Japan and the Tokyo 2020 Organising Committee for providing the best possible platform on which the sport's stars could shine. Over ten days of competition, in Track and Field, three world records, 12 Olympic records, 28 area records and 151 national records were set making them
history-making Games.

There were 43 countries on the medal table which was the biggest in athletics for more than 20 years, underlining the diversity and depth of talent in the sport. Across all Olympic sports at the Tokyo Games, 93 teams earned medals, so almost 50 percent of those achieved their dreams in athletics.

For 12 teams – Bahamas, Bahrain, Botswana, Burkina Faso, Ethiopia, Grenada, Jamaica, Kenya, Morocco, Namibia, Puerto Rico and Uganda – athletics was their pathway to the Olympic podium.

In total, athletes at the Games covered a combined distance of 2,045,750 metres in track events and 10,737km in road events. Field eventers threw a combined distance of 1508 metres and jumped a combined distance of 2490 metres.

More than 100 countries have now won Olympic medals in athletics.

For me, there were a few outstanding international performances. Sydney McLaughlin (USA) was one of the three athletes who set world records in Tokyo, winning the 400m hurdles in 51.46 seconds. Norway's Karsten Warholm also set a new world standard in the men's 400m hurdles (45.94) as did Venezuela's female representative Yulimar Rojas in the triple jump (15.67m). (If you are unsure how far this is, get a tape and put it out on the ground – pretty incredible).

The strength in women's events was very apparent across all events with 55% of the national records at the Games being set in women's disciplines. Tokyo will also be remembered for its surprising results, close contests, the next generation breakthroughs and the moments of fair play. Among the new stars who shone on the global stage were teenagers, Athing Mu and Keely Hodgkinson, who claimed respective gold and silver in the women's 800m at the age of just 19. Fourteen (14) athletes under the age of 23 won medals, six of them gold. This underlines the exceptional talent coming through the sport.

For me, one of the most heart-warming moments of the Games came early in the men's high jump when Qatar's Mutaz Barshim and Italy's Gianmarco Tamberi – decided to share the gold. This was a first.

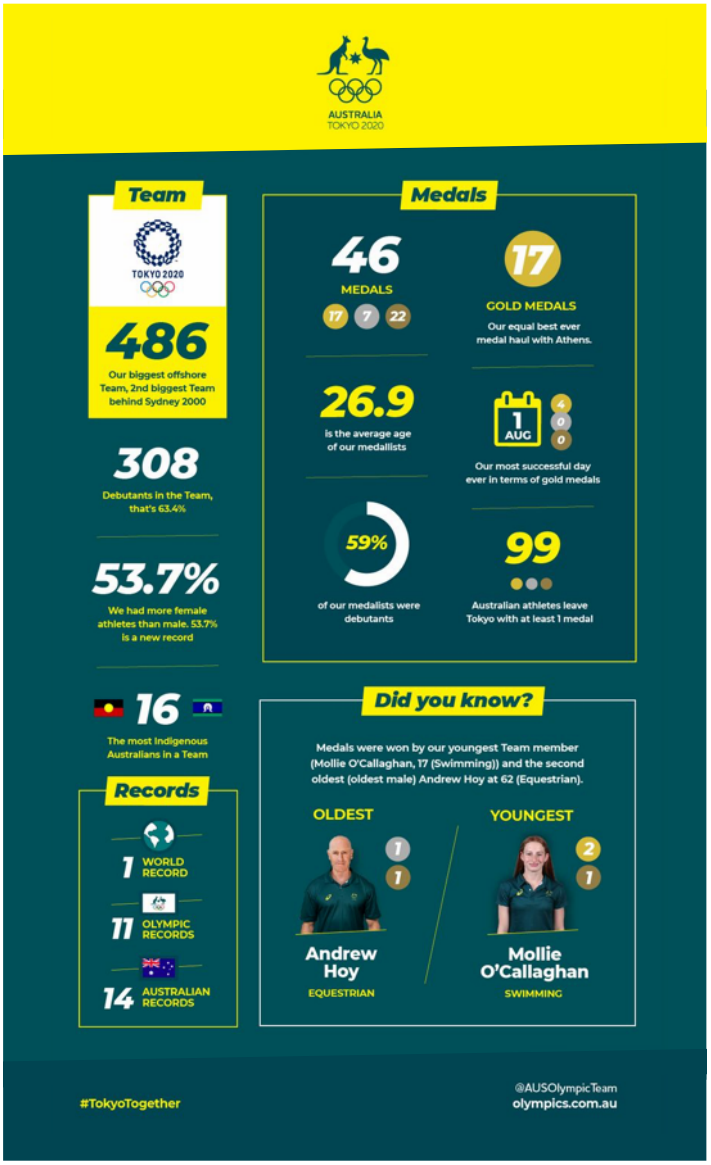
In Tokyo, the athletes were also able to share their performances with friends back home through a second screen experience – Inside Track Tokyo 2020. We saw this virtual contact in every sporting venue. This enabled families and friends to join in and share their reactions live while following the excitement of the Games.

I congratulate the many athletes who have trained for endless hours, days and months to prepare for a very different and unique Games. I only hope they have inspired the next generation to become involved and test their athletic potential. With ten (10) years to prepare for our own home Games, it is an exciting time.

We saw some special athletes who "won" at a young age. Normally it would take a decade or more of striving to achieve at this level. Everyone has to remember that there must be a life balance. In Australia, sport is not for the light-hearted.

From the average athlete to the elite, you just need to give it your best shot - train hard, train smart and get that life balance right. If you do that, and your performance improves, you are a winner.

The two shots here are of the country's achievements. Quite outstanding for a small island. I think Australia punches above its weight in many ways.



Gold Coast Academy of Sport Proudly reveals new logo!

GCAS

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To Excel
To Inspire
To Respect

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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ONE OF THE MOST IMPORTANT THINGS THE GCAS FAMILY CAN DO IS SUPPORT THOSE THAT SUPPORT US.

During the last year and a half, the travel world has done it hard, and this is likely to continue into the next year. What we can all do is to support a travel company that supports the Academy. All Sports Travel has been behind that Academy for some time, willing to help families and sport organise and plan holidays and sporting getaways.

Please call them to see how they can help you and advise them that you are part of the Gold Coast Academy of Sport family.

Visit Australia – Call Ellen, Andrew or the staff in the office to see where you can visit and see our own backyard.

All Sports Travel update

t's clear that this pandemic is not going away anytime soon, and advice from our health officers is that the only way out of these ongoing lockdowns is for our country to be vaccinated, as soon as possible. Already we have seen Western Australia suggesting that they will open their borders to vaccinated travellers, we believe this will become a condition of entry to not just the rest of the states, but for international travel as well.

That's great news for those of us itching to travel (who isn't??) and those of us in the travel industry (us)! Now, all we need is enough supply of the vaccinations to give us this opportunity.

This year we have again seen the cancellations of many sporting events in Australia, but how lucky have we been to have the Tokyo Olympics to distract and entertain us? We are looking forward to a return of some major events again, hopefully towards the end of the year, and definitely next year.

Please keep us in mind for your travel needs, we need your support more than ever!

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Warm regards,
Ellen and Andrew

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RACV Royal Pines

As everyone is aware the effects of “Lockdowns” are far reaching. Restaurants will be open on Friday and Saturday up until mid-September when they will be open normal hours. The Gold Coast Academy of Sport would like to encourage our many families and contacts to support the Royal Pines eating areas. RACV is a wonderful partner of the Academy and it would be fantastic for people to return the patronage.

Kalinda Restaurant

Breakfast
Start your day with a casual breakfast at Kalinda Restaurant and plenty of coffee or refreshing juice. Bookings essential.

Opening Hours:
Breakfast 6.30am - 10.00am
Monday - Friday
Breakfast 6.30am - 10.30am
Saturday, Sunday & School Holidays

Panorama Lounge

Coffee Lounge
The perfect place to relax and enjoy your choice from our espresso coffee range, light snacks or pre-dinner drinks.

Opening Hours:
Cafe 8.00am - 5.00pm
Bar 5.00pm - Late
7 days a week

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Friday & Saturday

Videre

High Tea
Enjoy coastal views and an indulgent high tea from Level 21 on Saturday & Sunday. Bookings essential.

Opening Hours:
High Tea 10.00am - 3.00pm
Saturday - Sunday

Trattoria Amici

Italian Restaurant
Enjoy delicious Italian cuisine, wood fire pizza, Italian wines and an alfresco dining atmosphere. Takeaway pizza available.

Opening Hours:
Dinner 5.30pm - late
7 days a week

Arakawa Restaurant

Japanese Restaurant
Enjoy tasty teppanyaki, the freshest sushi or a la carte dining. Arakawa also features intimate tatami tables which can be reserved for special occasions.

Opening Hours:
Dinner 5.00pm - late
Wednesday - Sunday

For Restaurant Reservations Phone 07 5597 8715 or email royalpines.restaurants@resorts.racv.com.au
Opening times subject to change

RACV Royal Pines Resort

The Equestrian World

The Olympics was such an exciting time for the whole world. It gave us all something to celebrate. No more than what Andrew Hoy achieved. He became Australia's oldest Olympic medallist with silver and bronze in Tokyo.

Andrew Hoy shows off his bronze medal in the individual eventing competition.

Andrew Hoy has become Australia's oldest Olympic medallist at age 62 after winning a silver and bronze in the equestrian competition in his eighth Games appearance. Riding Vassily de Lassos, he snared bronze in the individual jumping competition behind Germany's gold medallist Julia Krajewski and Great Britain's Tom McEwen, who won silver. (By the way, it was the first time a female had won the individual eventing event in the history of the Olympic Games.)

Andrew Hoy has the rare distinction of competing in seven Olympic Games – pretty amazing. From the 1984 Los Angeles Olympics to the 2012 London Games, Hoy has won three gold medals and a silver medal as well as many other notable international events. He has been a consistent equestrian performer in both team events and as an individual. He has one of the finest reputations when it comes to representing his country and is considered an invaluable rider for Australia.

In Tokyo, he helped his Australian teammates Kevin McNab and Shane Rose finish second to Great Britain in the team competition. It was Rose's third medal in the team event following the silver he won at the 2008 Beijing Olympics and the bronze he claimed in Rio in 2016.

In the team event, Great Britain, consisting of McEwen, Oliver Townend and Laura Collett finished with a total of 86.30 penalties, with Australia recording 100.20. Defending champions France (101.50) won the bronze medal. (This includes their dressage scores along with any penalties accrued in the cross country and show jumping elements). Riders compete in the dressage on the first day, then horse and rider complete a cross country course finishing the next day with showjumping. By this stage the horse can be quite tired, so to knock a rail off is 4 points. Australia received the silver by 1.5 points, which goes to show how close the competition was.

Hoy now has four Olympic medals in the team event, having won gold with Australia at the 1992, 1996 and 2000 Olympics. The bronze medal he won in the individual competition adds to the silver he collected in the same event at the Sydney Games in 2000.

Hoy registered a penalty total of 29.60, to stand alongside McEwen (29.30) and winner, Krajewski (26.00) on the podium. Shane Rose and Kevin McNab, who joined Hoy in the team event, finished 10th and 14th respectively in the individual final.

Hoy indicated he wanted to continue his career through to the 2032 Games in Brisbane. "I've got my eyes set on 2032 — Brisbane," said Hoy, who carried Australia's flag at the 1996 opening ceremony in Atlanta before winning gold. "It's a big incentive to get there. We will wait and see."

Australia has a wonderful history in Eventing, managing podium finishes in the team event at nine Olympics, a tally comprising four gold, two silver and three bronze medals. If Andrew Hoy does make it to Brisbane in 2032 he will break many records as he will be 73 years old. At present the oldest person to compete at an Olympics is again in Australian Mary Hanna, at 66-years-old. She is looking towards Paris 2024 where she will be 69.

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Can training records enhance mental skills?

I have to be honest. I am a MASSIVE fan of training diaries. In my opinion they can benefit both athlete and coach, individually and in their working relationship. I can check back on any day of my training over the past 20 years at the touch of a finger-tip. I know how many km's I have run or cross training sessions persevered for every week, month, six month block and year for period of time I was training. In the annual summary at the front of the diaries are notes on significant events, such as specific race times, highlighted sessions and injuries. If I need to check on how I did something or how long it took me to recover from an injury, I start there and then go to the detail in the main body of the diary.

However, since those 20 years have passed, much has changed with regards to keeping training records. Technological advances have linked athletes and coaches to the training more than ever before. On any night a distance coach can log onto "Strava" on my mobile phone (free app) and check what each person in my run group has done for that day. The details that can be reviewed are more than anyone can absorb, let alone require.

For example, a coach can see on a map where the athletes have run. They can see what pace the athletes were running at and for how long. The coach can see the total number of sessions and kilometres run in the past month or check the total distance run for the year. The coach can even determine the total elevation the athlete has experienced in their sessions. In addition, anyone can compare any session or course that they have run to similar previous sessions. All this at the touch of the mobile phone screen, no matter where in the world they are. The Strava app is also linked to "Garmin" watches. And these are only two products that log all of this data. I have not specifically selected these examples to promote them, as there are multiple devices now available that can monitor and record all of this information easily.

The main message is that keeping records about training is now easier than ever from a physiological perspective. In addition to these devices many sporting teams and organisations also use software packages where athletes enter specific information such as sleep, muscle soreness, stress and fatigue. Coaches can stipulate the specific data they are interested in and how frequently the athlete will log or score themselves on the selected areas. Some programs will send an alert to a coach via their mobile if an athlete deviates from the typical rating recorded, so that the coach can follow-up.

Hence, it is apparent that some of the technological advances in recording training can also monitor psychological variables, as well as physiological.

These modalities of recording training and racing are a far cry from the paper and pencil diaries from yesteryear. Paper-pencil options are often less appealing to younger athletes of today and coaches have to be aware of the technological options available if they want to encourage records to be taken.

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BUT, there is nothing wrong with the paper-pencil options. There are some potential advantages to paper-pencil recording options. Low cost is one. Another one is that the coach can readily request specific information to any particular athletes and ask for that information to be recorded. Basic examples of information recorded include:

- Heart rate
- Weight
- Intensity or effort ratings
- Sleep
- Speed
- Distance
- Repetitions
- Recoveries
- Energy ratings
- Enjoyment
- Emotional factors or ratings
- Specific muscle fatigue/ soreness
- Multiple other factors

The challenges to keeping a paper-pencil training diary are the commitment and willingness of the athlete to be thorough and accurate.

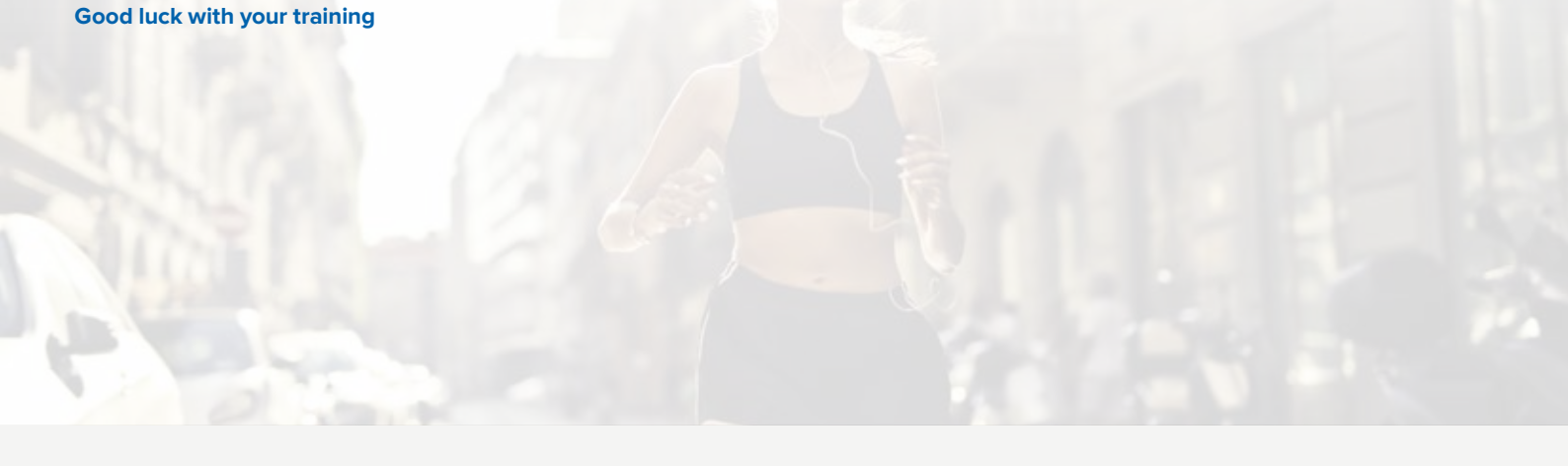
Regardless of the modality of record keeping or the specific data collected, there are numerous advantages to keeping training records. Here are some of the benefits.

Benefits of keeping training records (in no particular order):

1. Reduce injury and train smarter and longer. Identify errors in training that lead to injury and correct poor behaviours that lead to injury. Looking back over records and knowing what leads to injury can give athletes and coaches a balanced approach to training and provide evidence for making decisions.
2. Confidence builder. Looking back over training can provide confidence to athletes. Cumulative records of accomplishments and work done can generate emotions such as pride and satisfaction and generate confidence. There is a permanency about a training record that stands and serves to reflect what has been achieved and cannot be taken away because it is not forgotten.
3. Race preparation. Over time records can also provide a means to strategically manage approaches to races. Taper periods are extremely difficult and challenging for many athletes and using experiences that have worked or not worked can help athletes to feel comfortable about their strategic approach to completion.
4. Motivation. Just to ensure that you have an entry in your diary can be motivation in itself. When a relationship is developed between an athlete and their training records there is a loyalty that is simultaneously developed. A diary or training record can become a silent training partner that the athlete speaks to at the end of the day and shares emotions and the roller-coaster of training and racing with. It becomes important to continue to log an entry. Particular sessions recorded can also provide an opportunity for an athlete to compete against themselves.
5. Emotional outlet. When training and race records are kept, there are often accompanying comments such as, “tired”, “busy day”, “good day”, “stressed” and associated details. This expression allows for a release and clarity of mind and heart before the next day of training begins again.
6. Learning opportunities. Reviewing training can promote discussion and lead to learning about experiences had. Reflection on the past day, week, month or year can lead to learning that is difficult to otherwise experience. As a result, adjustments can be made to goals, sessions and programs.
7. Planning engagement and opportunity. Often when reflecting on a previous week of entry or a particular session or training cycle, it is easier to plan for the following week or specific session. Once this planning occurs it enhances engagement in the session and overall program.
8. Communication strategy. Discussing training records can provide a communication flow back and forth between athlete, coach or parent. Parties do not need to be present or even in the same city or country. It can be an avenue to enhance a conversation as it provides information to talk about. It can also provide a formal avenue for discussion.
9. Enjoyment. Keeping training records can be enjoyable, rather than tedious. There are different facets of enjoyment, whether these be adding kilometres run or engaging in the technological aspects of some modern training diaries. For many athletes the use of technology through their watch, phone or computer can be very enjoyable and even social.
10. Accountability. Training records don’t lie. There is an unavoidable element of accountability in keeping a training record.
11. Recognise strengths. When session details are recorded they can be reviewed for PB’s and highlights. These can be very specific and assist both athletes and coaches to recognise what is able to be achieved and what strengths exist.
12. Generally monitor progress. Keeping a record can help iron out the emotional roller-coaster ride that athletes and sometimes coaches are on. Reviewing records can provide evidence about progress made or not made and help establish good habits.
13. Positive reflection. It may sound strange but I do know athletes who enjoy reading back over training records and race reviews. They talk about ”this session” or “that day” and have some pride in what they have done. It is like a photo album – it tells a story about a journey of an athlete...

While the above list is not exhaustive, I believe it reflects many positive examples of how training records can enhance mental skills.

Good luck with your training



How to deal with growing injuries or pains for some of the young athletes and parents

ALLSPORTS PHYSIOTHERAPY GROUP

Introduction

Participation in sports has many health and social benefits for children, however it also creates an increased risk of sports injury. Unlike adults, children not only require time to adapt to the changes that are induced by training, but also to allow for growth processes to occur.

In the management of sports injuries prevention is always better than a cure, and one of the most important ways of reducing the risk of growing pains becoming an overuse injury, is to monitor how much training a child is doing.

During growth there is often a difference in how quickly the bone grows in comparison to soft tissues. This disparity can increase risk of overuse type injuries, and children are even more vulnerable during periods of rapid growth.

The goal of training should be to provide the athlete with enough loading to induce tissue adaptations and skill development. If the training is too intense or too frequent it can lead to tissue breakdown and poorer athletic performance.

Sports Medicine Australia recommends avoiding year long participation in one sport, and altering participation at times when there are multiple squads or teams e.g. reduce hours of club training at a time when playing in a school representative side. Early sport specialization, which is where a child engages in one sport for at least 8 months of the calendar year and not engaging in other sports, has been linked with increased risk of injury in youth athletes. Furthermore, athletes who specialize in a sport tend to have higher volumes of vigorous activity, which is strongly predictive of injury.

The exact appropriate amount of exercise for a child is very individual, as all children mature and develop at different rates. However, a general rule of thumb is that a child should not train more hours per week than the grade they are in at school (e.g. if the child is in Grade 8, they shoulder train fewer than 8 hours per week). The American Academy of Paediatrics recommends no more than five days each week of one sport, and having a day off a week from training.

It is also very important that if training loads need to be increased, this is done in a gradual manner, as a sharp increase will predispose to an overuse injury.

With some conditions associated with growing athletes, it can be difficult to reduce their training enough to be painfree. In these situations it becomes increasingly important that the athlete participates in appropriate recovery to be able to continue competing.

Some techniques that may be useful in managing these pains can be to massage or foam roll through sore and tight muscles, use compression after activity or cold therapy.

Some other things to consider include getting good quality sleep, and stress levels, as both of these have been proven to be linked to increased risk of injury. The American Academy of Paediatrics and the American Academy of Sleep Medicine recommend children 6-12 years should get 9 to 12 hours of sleep, and children 13-18 shoulder sleep 8 to 10 hours each night. Studies have demonstrated that reduced hours of sleep is linked to increased perceived training load, poor placement in competitions and higher risk of some overuse injuries.

Overuse conditions in children are commonly put down to “growing pains”, so if an athlete is continuously complaining of pain, make sure to have them assessed by a clinician to ensure they are not suffering with an injury.

ALLSPORTS PHYSIOTHERAPY

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ROBINA
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*Reduced fee for GCAS Family

Chicken Schnitzel Burgers (Serves 4)

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 September 2021

Upper Coomera – Future Stars

In the second term, the Year 9 Future Stars were given a presentation about Talent Identification and what is considered when looking for potential in sport. This was to give the athletes a guide as to what selectors/coaches could be looking for when selecting athletes for various sports. The Year 7 and 8 groups learnt more about sports nutrition from Jennifer Hamer who is currently undertaking a PhD with Griffith University. Jen herself was an outstanding athlete in her younger years but her nutrition affected her ongoing development. She is passionate about teaching young athletes the correct way to approach what they eat.

Term three, the Future Stars students had the pleasure of Bonni Hancook, a professional Ironwoman at just seventeen, present to them on performance enhancing from a nutritional aspect. The presentation covered various topics such as anti-inflammatory foods, iron, calcium, protein and amino acids, and the use of carbohydrates for optimum sports performance.

AllSports Physiotherapist Cavan Yammin presented to the Year 8 students' sports strapping and rehabilitation. The use of various types of sports strapping tape were discussed and Cavan provided a demonstrated on how various strapping techniques can be utilised to support and increase blood flow to an injured area. Rehabilitation was approached by identifying the importance and correct use of various types of recovery balls, foam rollers and bands to assist with Prehab and Rehab.

The final session at Upper Coomera saw the Year 7 students being fortunate enough to have Glynis speak about all things Anatomy. The session focussed specifically on anatomical positions, terminology, the skeletal system, muscles, and basic joint body movements.

Pimpama State Secondary College - Future Stars

The first session of 2021 was held with the Future Stars group at the school in May. The group consists of thirty of the leading athletes within the school who come from various year levels. The session was delivered by Steffani Ford from Eatsmart Nutrition. Steff highlighted the importance of the athlete's diet, ranging from pre-training to post-training and competition meals. The athletes examined their own eating habits and received advice on how to optimise their nutritional needs to ensure the best performances possible.

The second presentation to this group in June covered Time Management. Athletes were given tips on how to manage their school, sporting and social calendars to ensure they fulfil all of their commitments to the best of their ability.

Sports Psychologist Jackson Hill was the guest speaker at the third presentation. His presentation covered Mental Toughness and Resilience, identifying how the body communicates with us. Jackson helped the students to realise how sometimes experiencing physical muscular pain/discomfort or burnout are often symptoms and a representation of a situation causing emotional pain or discomfort.

For the final presentation the Pimpama Future Stars group learn about the importance of Body Maintenance and Recovery. This session will be presented by AllSports Physiotherapist Tiana, and will identify the appropriate use of foam rollers, massage balls and bands to assist with effective recovery and maintenance prep, post and during trainings and competitions. Body maintenance in terms of dynamic and static exercises will also be disused.

The final session will be presented early October by AllSports Physio and will speak about technology in Sport. The presentation will discuss how technology is revolutionising the sporting landscaping from live tracking performance, perfecting athletic movement to enhancing communication, nutrition and minimising injuries. The session will identify how many of these performances enhancing technologies are accessible right at the touch of our finger's tips through spart phones and watches.

Future Stars Program (Athletics)

The 2021 Future Stars program which included athletes from Track and Field commenced at the end of April. The program is being conducted at RACV Royal Pines Resort and has taken the participants through some basic fitness tests to gauge any strengths and weaknesses. This has helped the coordinator, Casey West to advise the athletes on ways to improve fitness and strength.

They will have different presenters through until October covering topics such as Nutrition, Body Maintenance, Media and Interviewing skills, Time Management, Cyber Safety and Strength and Conditioning. All presentations are delivered by professionals in their fields. All athlete's coaches and parents have been invited to attend the sessions as it is recognised that education needs to be continued at home and in the field.

Entering the backend of the Future Stars program and we have seen significant improvement in terms of how athletes are approaching their daily routine. They are now ensuring they manage their time wisely to ensure they achieve both out on the track and field, at school and in their personal life. They have further developed the knowledge to ensure they maintain their body throughout various aspects of their workload both physiologically and psychologically.

With the onset of COVID lockdown a number of athletes have been unable to attend in person due to living just over the border, but have connected through online capability.

Basketball

A two-day basketball clinic was to be held on the weekend of the 31st July with Australian Basketball former player and three-time championship winning head coach Phil Smyth. Unfortunately, Covid-19 significantly impacted the two-day clinic, and we were unable to proceed. The weekend would have provided developing Gold Coast athletes the opportunity to gain further individual skill development and knowledge on how to improve their on and off court performance. It is hoped that a future clinic will be conducted.

Continue Over...

Rugby League

The Rugby League program involving both boys and girls from a range of age groups kicked off at the end of July. Impacted by the Queensland lockdown in early August the first few weeks of the program is focused on educational sessions providing all 18 athletes with knowledge surrounding Nutrition, Body Maintenance and Recovery, Sports Psychology, and the use of tactics within a game. Additionally, alongside the physical component of the program, sessions on strength and conditioning will be conducted. Strength and conditioning are an important part of body maintenance keeping joints and muscles healthy. Finishing in October, the program aims to conclude with a game that provides the athletes an opportunity to showcase their personal and physical growth over the 3-month period.

Equestrian

The Academy hosted the first ever Pony Club performance clinic. The customised program established to provide support to athletes' personal development and gain further well-being information for both rider and horse was held at the Gold Coast Performance Centre, Runaway Bay. The program involved a total of 25 participants from all ages and disciplines and inspired athletes to improve their approach to performance.

Although the clinic was scheduled to run over two days, due to COVID the program was reduce to one day. What a successful day it was! The performance clinic incorporated professional presenters from a range of disciplines including psychology, nutrition, strength and conditioning, Equine therapy, and a veterinarian. Participants learnt about general fitness and readiness of performance for rider and horse and how to best prepare away from the competition arena and grow on a personal level. Participants were also provided with the opportunity to meet and speak with the professional presenters. A marvellous first Pony Club performance clinic, and we look forward to hosting another one earlier in 2022.

Athletics - Speed Clinic

Scheduled to take place on the 20th and 22nd September a 2-day speed clinic with Glynis Nunn OAM Olympic Gold Medallist LA and GCAS Executive Director. The upcoming speed clinic will focus on improving athletes running technique, speed, and strength. Refining and developing a good running technique is important for nearly all sports as it encourages better motor patterning and muscle recruitment.

Female Rugby 7's

The first Female Rugby 7's program is schedule to run at the end of the year and over a 5-month period. The academy program is in support of athlete interest, retention, and development on the Gold Coast and provides a support pathway for female rugby 7's to progress through to higher performance selection. The academy will recruit and accept players from both the current GCDRU season and school 7s programs that are wanting to improve their on and off field development. The program will not only focus on the up skilling and enhancement of player knowledge but will also provide vital personal development opportunities for both athlete and coach. These personal development opportunities including educational sessions held on a fortnightly basis throughout the program include but are not limited to sport psychology injury prevention, body maintenance and recovery and personal branding.

Additional Sport

The GCAS are continuing in-depth discussions with various sporting bodies such as the AFL Suns, Taekwondo Queensland, AWD Basketball/ Sporting Wheelies SSO and the Paralympic Sporting Association and the Brisbane Roar to provide value added support to their Gold Coast athletes. Support provided by the GCAS involves provision to support local athletes in state development programs, educational sessions in support of current academy programs and professional development opportunities for both athlete and coach.

Strategies for athletes recommencing training
- training topics to consider.

I know there are some coaches that continually take on new athletes in their squad as I do and there are lots of things to consider when doing this. As an athlete of some 30 years, 15 as an international, I had my fair share of coaches. I can honestly say that in my younger years I cannot remember being asked anything before joining a new squad. As an older athlete, I became more affirmative and actually spoke to the new coach about my goals and expectations.

Recently, I have taken on six new athletes, some transferring from another coach and others who are recommencing after a break. When doing this, there are a number of questions I have asked of the athlete. These are in no particular order of importance - just questions that I think are necessary to ask. The below points are things I ask the athlete and encourage them to include in their training. Obviously, as the coach I need to know their history.

1. What prior injuries, illness, allergies and such like have you had?

This is a must ask as you need to know if there are any issues that you have to deal with before planning an overall program. It would be good to obtain a thorough 'screening' from a physio before commencing work with an athlete if there are a number of queries or problems.

2. What do they consider to be their weaknesses or problems?

Ideally, this athlete should be able to identify their weaknesses be they physical, technical or emotional.

3. Why are they looking for a new coach?

It is essential to have a very open communication with the athlete so you understand what they want from a coach. Just as important, the coach needs to outline their expectations to the athlete. In some instances where necessary it would be ideal to consult with the former coach to help define the athlete's status.

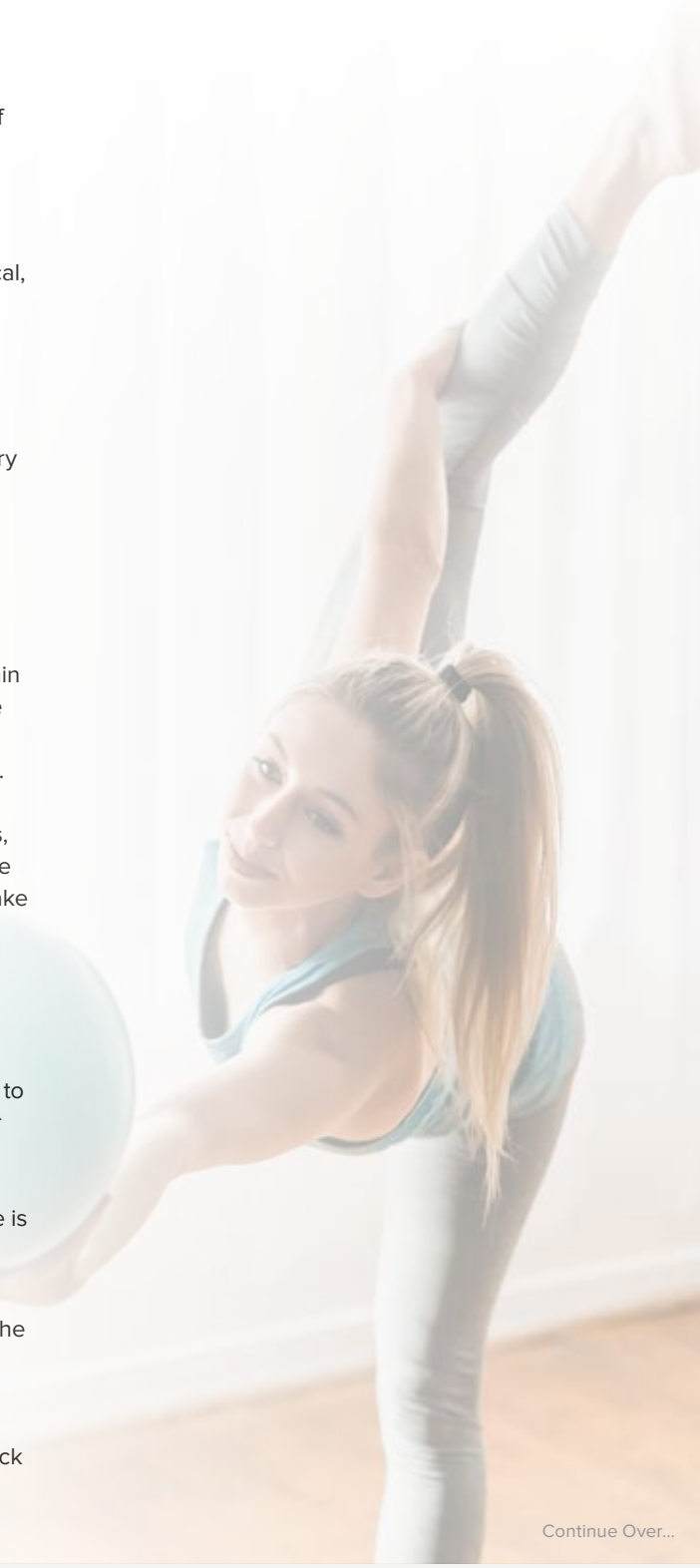
4. What goals have you set? (Set realistic goals.)

This has to be age and stage appropriate. The goals of a 12 year old male just starting the sport, will be very different to a 20 year old female who has not trained for 3 years. Goals need to be measurable (run a set time, throw a certain distance, jump a height etc) and they have to be realistic. Not everyone will be able to run 11.5 seconds for a 100 – ever! Often, the athlete will set unrealistic goals which may ultimately induce injury by training to achieve the impossible. If an athlete has been running a particular way for 5 years, there is NO 'quick fix'. The athlete needs to understand that it takes time to get rid of bad habits, if at all? It is the decision of the 'new' coach whether the athlete's performance will benefit from technical change. Do you even bother? Practice does not make perfect, practice makes permanent. (When in competition, it is very often the case an athlete will revert to their old habits - need to be patient.)

5. Understand limitations

This is an extension of all the points above. A 25 year old coming back to the sport after an absence, the athlete needs to realise their body will not be able to do what it did when they were 15. Changes to the body have occurred in their long absence from training. Other things that need to be taken into account are, changes in lifestyle and job/study commitments. As long as these are understood an athlete can make setting achievable goals easier. If the athlete is coming back from an injury, the journey might be slower than they want.

The worst situation I have had recently is with a keen athlete who has been suffering from shin splints for years. Coaches previously have just dealt with the pain and modified training accordingly. I just couldn't see the athlete struggle any longer when he arrived and referred him to a doctor and then to a physio for assessment and treatment. The consequence of this was the athlete was told he needed rest with the treatment. Unfortunately, I have not seen him back on the track. I just felt terrible telling him I would not coach him with pain, but someone had to.



Continue Over...

6. Take it slowly. Be patient.

It is necessary to set achievable small goals so that the athlete can see some improvement. Long term goal may seem easier to achieve. For example, when you want to lose some weight, it is healthier to do it slowly. Aiming to lose 1/2 kg per week is actually

7. Stretching.

It is important that the athlete stretches correctly. Much has been written about the best way to stretch. Literature indicates that dynamic stretching is best in the warm up to ready the body for activity. Static stretching is ideal in the warm down. An athlete should stretch for at least 15 minutes on days when not doing an intense training session. Training can make muscles tight, so stretching will avoid the reactive nature of muscles to want to be tight post training as well as acting as a recovery tool.

8. Core work

There are many 'in' activities that are the current trend. One such is 'Planking'. If planking is a desired activity it is recommended that the position is constantly changed. It is important to look at training programs/techniques which are specific for the activity. In particular, in Track and Field there are not too many situations where an athlete has two feet as support, therefore it is essential that athletes learn to be stable and strong on one. They need to be able to move from one foot to another and be strong and under control in doing so. Medicine ball work is a good activity here along with plyometric work suitable to the age and training stage of the athlete. Including two to three short sessions of these activities per week is encouraged.

9. Balance/stability

Along with core work, balance and stability exercises and drills are essential. BOSU/Swiss ball work is fantastic when performed on one leg for balance, coordination and stability.

10. Resistance training/symmetry

Depending on age and training stage, resistance training should be introduced slowly and a basic body strength developed before progressing to specific programs. (see Around the World - The fourth edition of " Designing Resistance Training Programs" by Steven J Fleck and William J Kraemer).

11. Shoes / Attire

The athlete needs to commence training with appropriate equipment - this means shoes, clothing. (compression tights, tracksuit etc). The coach should also be advised if the athlete has any foot problems (consult a podiatrist), uses orthotics or has 'tracking' issues. If the athlete is intending to run in spikes - appropriate spikes for the event are essential. I like my athletes to always have a 'heel' on their spike when doing general phase training. Sprint spikes can be kept for competitions. High jump and Javelin are events that require heel spikes and if athletes are specialising in these, they need specialised shoes. Shot, Hammer and Discus are events that require the athlete to be able move easily across the circle. For this reason, specialised shoes are important. There are other specialised spikes available for events. They can tend to be expensive and inflexible, so personal choice becomes important here.

It is hard to attend a training venue without finding athletes wearing compression garments. The promise to improve performance and speed recovery up from hard workouts is the reason for these tights. Compression has been found to reduce fatigue, swelling, muscle soreness and other side effects of exercise. This means tights need to be used correctly to get maximum benefit. Compression garments help the return of blood to tissues more quickly, bringing them oxygen and flushing out lactate and other by-products, therefore should be worn after training to get this maximum benefit.

12. Recovery

Ensure the athlete is aware of all recovery modalities - sleep, nutrition, hot/cold, ice baths, appropriate warm down, stretching, etc. This is essential if the athlete is expecting improvement in performance at the highest level. If the young athlete is involved in more than one sport (personal, school, club) it needs to be discussed rest days between activities and whether it is possible for them to do everything that they want to do. It happens all too often that a young athlete comes along and says they are tired because they have had swimming at school in the morning, then they have had physical education during the day and then come to training. Or, they explain that they are playing Soccer for school, play Soccer on the weekend for club and then want to continue to train with the squad three times a week as well (they also have to fit in training for Soccer). This is where common sense needs to come into play and communication is essential. The young athlete needs time to recover from activity. A choice needs to be made or a compromise to benefit the athlete. I recommend that young athletes need two rest days per calendar week (ie no physical activities).

13. Sleep

Most of us need seven hours per night of quality sleep. We can function on four to five hours per night but this will only work for a few days. Inevitably, the body will slow down and performance in all areas will drop. The athlete will generally fall in a heap and end up with illness or injury. Sleep is where rejuvenation takes place.

14. Hydration / Diet

I know that I don't drink enough water. It is essential for the athlete to consume 1.5-2 litres of water per day. During summer this needs to increase to 3-5 litres. This does not include tea, coffee or other products. Water is an essential component for the body and the only way we detoxify ourselves is through our kidneys. The athlete needs to drink up.

15. Confidence / Positive outlook

In many situations, but not all, an athlete moving from one coach to another is due to a breakdown in communication or the athlete may have just 'outgrown' the squad or coach and is looking for something 'new'.

It will be fairly obvious in your first session with athletes what their frame of mind is. Whether they have come to you with doubts about their potential because their confidence has been 'hit' or whether they are ready to go.

The mental side of training/coaching can set the scene for the way forward.

These are just some of the areas that I feel are important in bringing to the attention of an athlete joining your squad. As mentioned in my editorial at the beginning of this edition, the coach is responsible for the welfare of the athlete.

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The GCAS GOLD COAST ACADEMY OF SPORT 2021 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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