GCAS NEWS

GOLD COAST ACADEMY OF SPORT

Issue 40,
Autumn 2022

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

Our Proud Sponsors:

EDITORIAL

From the Chair

from the Executive Director's desk

Welcome to the first newsletter for the year 2022.

The Academy's activities certainly got off to a fast start with presentations at the Southport Pony Club delivered to instructors from all over South East Queensland. It is wonderful to start to educate the riding fraternity on the importance of helping the rider to be fitter and stronger so they can get the best out of their horse and their own performance.

We then continued the Women's Rugby 7's program that commenced late 2021. The boys U/15 Rugby Union program started soon after and then the Rugby League refereeing group commenced their program. In mid-March the Future Stars program commences with 30 athletes from 10 different sports involved. We will also be involved in delivering presentations to Qld Taekwondo on three separate weekends, the first being mid-March.

Annaleise and I have certainly been busy. Added to the above programs we have also commenced our presentations at Upper Coomera State College and Pimpama State Secondary College.

With all this happening, we have not lost sight of the primary focus of the Academy. It is to help prepare pre-elite athletes for their journey to high performance sport. The 'Future Champion Strategy' is centered around each program providing not only specific sport technical skill acquisition and physical development but also focuses on the personal and professional maturity of the athlete. Professional presenters help develop athletes holistically through a number of educational sessions, including personal development, community engagement, strength and conditioning, recovery and body maintenance and many more.

I came across a saying that someone said to me many years ago and felt it was worth sharing. It is,

> *"Too often we confuse talent with ability. Ability consists of the physical and skill aspects. Talent on the other hand is the big picture, character, leadership and much more. Many with ability, few with true talent."*

I love the above saying as it is SO important to be a good person as well as a good athlete. As a past teacher and current coach, I take great pleasure seeing how athletes grow and seek out new challenges. We never stop learning and developing so it is important to keep an open mind and listen to many different people. There is also the opportunity in sport to transfer across to another sport that might suit your abilities better.

I watched the Winter Olympics during mid-February and loved the way we saw how athletes move from one sport to another, showing a transfer of talent and in transferring, they were successful. As a Track and Field coach we always knew many other sports looked for talent in our arena. Speed, strength and power were all traits that the sliding community were looking for. Congratulations to Jacklyn Narracott on your silver medal. The niece of Paul Narracott who was one of Australia's fastest sprinters, followed in his footsteps when he transitioned to the winter sport in the two man bobsleigh. Congratulations to our present athletes Bree Walker (hurdler) and Kiara Reddingius (heptathlon) who were teammates in the bobsleigh event. It is just wonderful to see people looking outside the square for achievements on the world stage.

In Australia we have so many sports to choose from and whilst this is fantastic it can also be a minefield of what to choose. How special it is to find your love of sport and then find a sport you can excel in. Don't stop looking and what you have to remember is when you find a sport you love, dedicate yourself so that you can reach your potential.

With the 2032 Olympics only 10 years away, start searching and I cannot stress enough how special an Olympics is. Search the Olympic sports on offer and start to apply your talents and your ability.

GOOD LUCK and if the Academy can help you, we are here to offer our services.

Glynis Nunn OAM Executive Director GCAS

Jessica Stafford-Ewing

The Gold Coast's Own... 94.1FM

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ALL SPORTS TRAVEL

Finally, some fantastic news this month with Australia's borders open to international arrivals, and WA announcing their borders to open on 3 March. It feels like the final pieces are falling into place for our country to return to a version of pre-covid travel. We have also now had a couple months of unrestricted domestic travel (excluding WA) which gives us all confidence in making travel arrangements again.

No doubt, all the GCAS athletes who have been waiting patiently for these developments in order to start training and competing interstate and overseas are pleased, as are we!

However, navigating the complex and dynamic travel considerations for each destination will be challenging, so utilising the services of travel professionals will be invaluable.

If you're ready to start booking your travel arrangements for 2022, please get in touch with us.

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

Warm regards,
Ellen and Andrew
ALL SPORTS TRAVEL
Nobby Beach

Each edition of the GCAS Newsletter I mention that ALL SPORT TRAVEL are there for GCAS families no matter what travel you are doing. Please, give them a call if you intend travelling and give them the opportunity to give you a quote.

"Do the things you love doing first, even though there might be something better because the best program is the one you stick to."

That is the advice Sharks Health and Fitness Centre Personal Trainer Ben Cahill gives to anyone trying to improve their health in 2022.

So, what is the program that you are going to stick to in 2022?

Ben believes the best place to start when working out your health goals for 2022 is by asking yourself why you want to set yourself a goal.

He said, "Why, is the number one thing for setting a goal. Once, you have asked yourself why then attach a feeling to it. When you attach a feeling to a goal, then you will want to achieve it more."

When Ben first became a Personal Trainer, he admits, he was focused on helping people look better.

However, he now has an entirely different motive. For him, it is all about having a holistic approach by helping people feel better and their mental health.

Holistic training means looking at the 360 degrees of a person's life and not just exercise.

Included in holistic training can be meditation, sleep, food, sunlight, and quality time with people, to help with mental health.

So, he recommends setting a holistic plan instead of just setting an exercise goal.

An example of a holistic goal could be: 5 minutes of meditation a day, drink 2 litres of water, increase your sleep by 30 minutes, and do a workout.

Ben says though when setting a goal, it is important not to set a goal too big.

He said, "it is so much better to set really small achievable goals. Achieve them, and then once you've achieved it, you can set a slightly bigger goal."

Ben Cahill, Personal Trainer

"When you set a goal that is too big, you start well, but you can't keep it up."

Another challenge that Ben said is a big challenge for people and improving their health is that there is so much information online that it is confusing to know what to do.

"You need to have a program that is specific to you. One of the good things about being a personal trainer is using our knowledge; we can set a program that is specific to you."

"One of the best parts of my job is seeing people's mental health improve and seeing how it positively impacts their life by giving them a specific holistic program."

In summary, Ben suggests if you want to improve your health in 2022, sit down and ask yourself why you want to improve your health before you get to work. Then, set small achievable goals specific to your interests and lifestyle, with a holistic view of health improvement.

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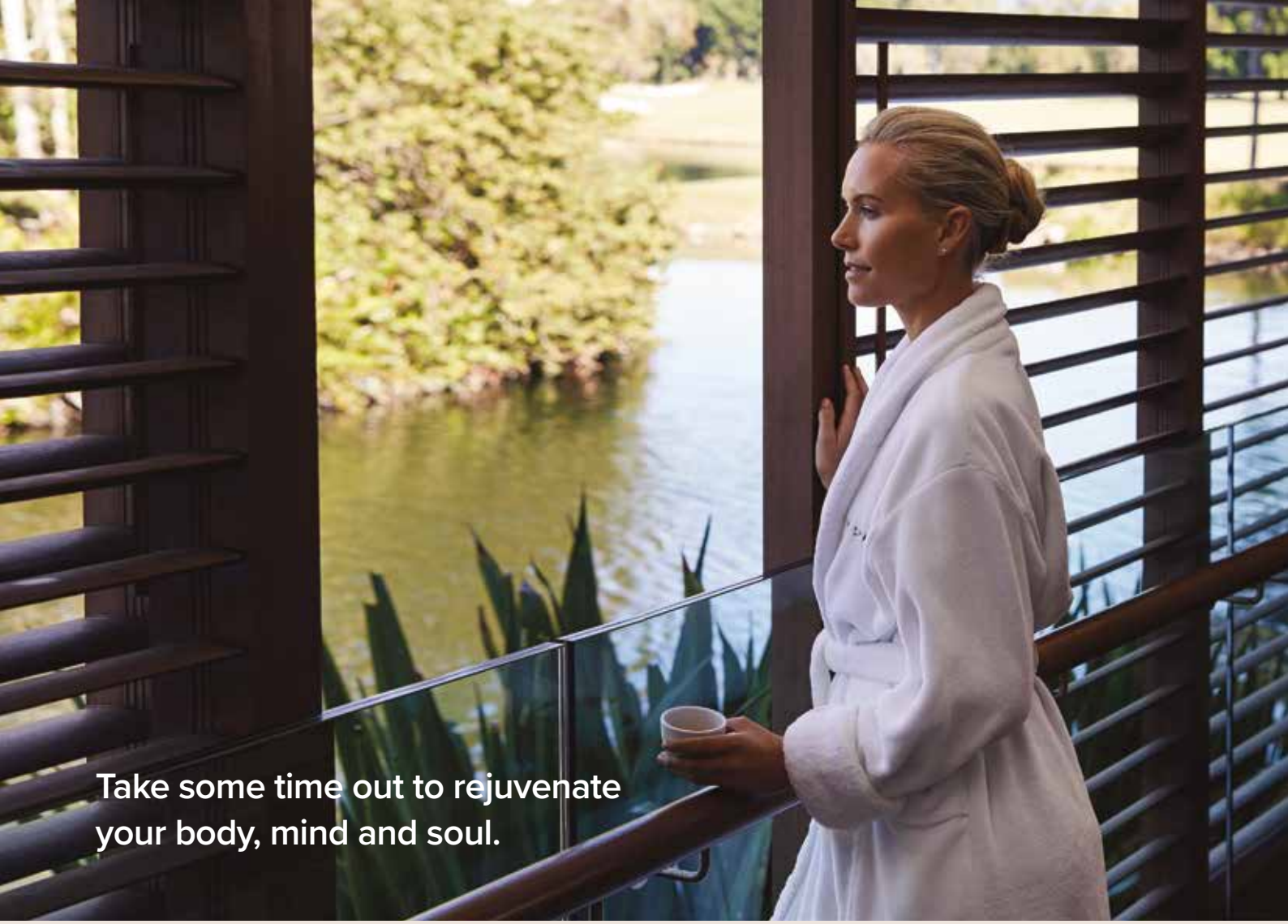

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Magic Millions creates Olympics pathway with world's most valuable show jumping event

The Gold Coast will host the most valuable stand-alone show jumping competition in the world, with a $1 million event.

Show jumping launched on the Magic Millions polo day in January with a nation topping $100,000 in prizemoney and its success has led to the creation of a $1 million prize pool for the same event next year.

Magic Millions co-owner Katie Page-Harvey said the timing was perfect for young show jumpers aiming to compete in the Paris Olympics in 2024. "We couldn't think of a better way of supporting athletes in this country," she said.

Her husband and Magic Millions co-owner Gerry Harvey said "This will put show jumping through the roof. I love that."

The couple, whose daughter Georgia is a showjumper based in the Netherlands, teamed up with Tom Magnier from Coolmore Stud to put the plan together.

Mr Magnier, who grew up show jumping in Ireland, said the prizemoney would life the sport in Australia to overseas levels and allow talented young riders to compete at home.

"For us, there's a million reasons now for every young person to get up, to get out and get on that horse," he said. "There's so much talent in Australia, there's unbelievable riders in this country and now they've got something to aim for, Magic Millions next year."

Mr Magnier said every Pony Club in Australia was packed with talented young riders, the best of whom are forced to go overseas to compete in major competitions.

The show jumping announcement came ahead of the $10 million Star Gold Coast Magic Millions Raceday, following a week of yearling sales that beat last year's record breaking gross of $211 million and saw more than a dozen yearlings sell for more than $1 million each

Story excerpt courtesy Matthew Benns, The Daily Telegraph

Avoiding Injury When Returning To Sport

ALLSPORTS PHYSIOTHERAPY GROUP

The arrival of the new school year is always an exciting time regardless, but for a lot of you, it also signals the imminent return of your chosen sport. Unfortunately, the start of each sporting season is when we tend to see the bulk of injuries in young athletes. The good news is there are a few simple things you can do to help safeguard yourself from an injury interrupted year.

Don't overdo it early

If you're just returning from a couple of months on the couch without a heap of conditioning happening, it's important to be mindful of the amount of load you put your body through. Hitting the training track at the same intensity as the grand final last season is not something your tissues are going to be able to endure very well. A good rule of thumb to start around 50% of your maximum (in season) training load and to increase this each week by 10-20%. Studies have found that runners can tolerate the greater increase of 20% without too much danger of injury, while those in team sports should stick to the 10-15% range.

Actively Warm up

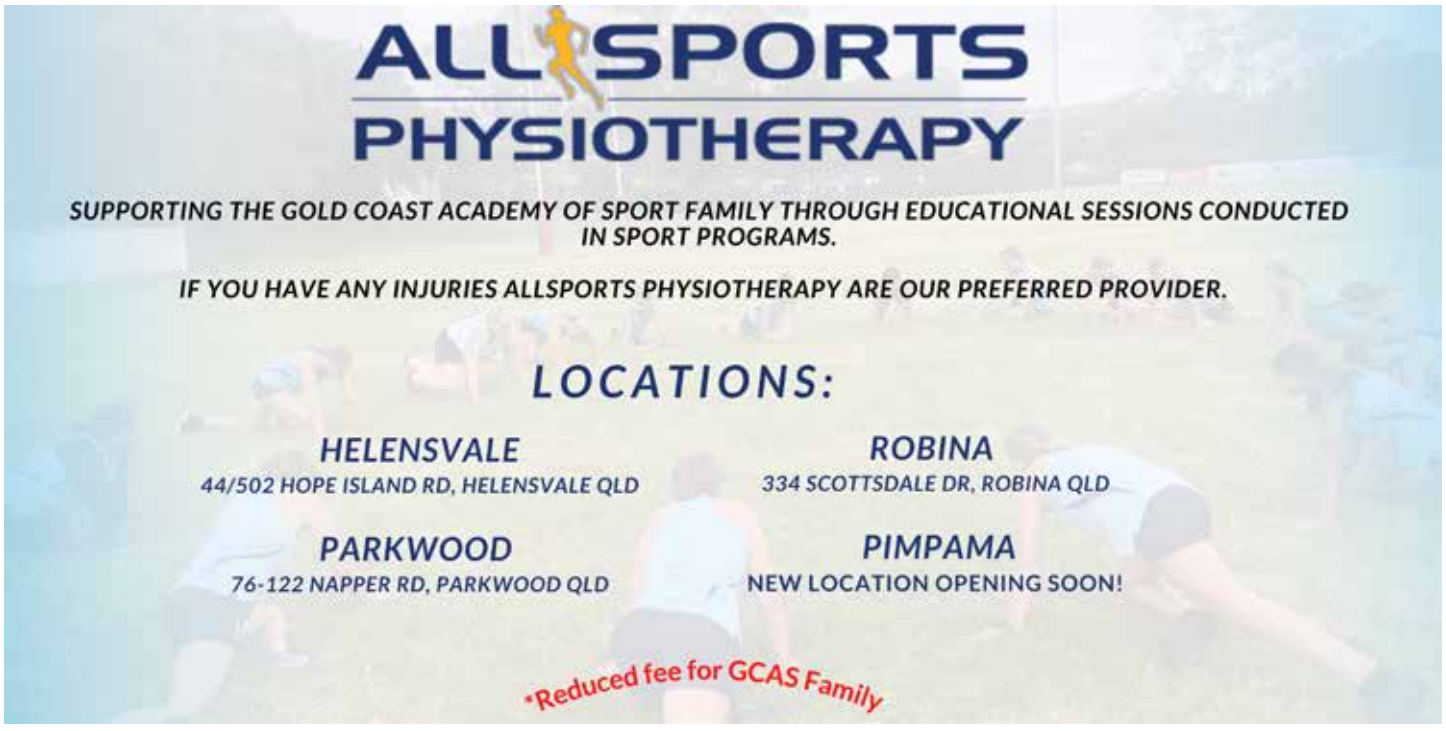
The aim of our warm ups is to raise muscle temperature, increase joint fluid viscosity while mobilizing joints and tissues to prepare them for the intensity of movement to come during competition. The FIFA 11+ warm up, a 3-part warm up with a progressive increase in intensity (and used within the global sporting bodies' own academies), has been shown to substantially reduce major injuries, with a proven reduction of 39% of overall injury incidence in recreational/sub-elite football. Netball Australia similarly has a warm up protocol called the Knee injury prevention for Netballers to Enhance performance and Extend play (KNEE) that is based on programs that reduce lower limb injuries generally and specifically reducing ACL injuries from 40-70%. Regardless of your sport, make sure your warm-up is sport specific and you are incorporating the types of movements that you will be completing in the ensuing match or training session.

Sleep

One of best and most important things you can do is one of the easiest. A 2019 study published in the Journal of Science and Medicine in Sport, found the biggest increase in injuries were among those who skimped on sleep, reporting less than seven hours of shut-eye per night. W. Chris Winter, M.D., owner of the Charlottesville Neurology and Sleep Medicine clinic, and author of The Sleep Solution, explains that this process is central to protein synthesis, muscle recovery, immune system function, and modulation of your body's inflammatory response. Furthermore, since adolescents and young adults secrete growth hormone most intensely during deep sleep, make sure you're setting yourself up well each night to have a quality and uninterrupted snooze.

These are just a couple of simple things we can do to help prepare or bodies for returning to training and avoiding potential injuries through this crucial period. If you need any more help getting your body ready for the coming season or, despite following the above tips, find yourself with an injury throughout the season, come and see the team at Allsports Helensvale for high quality and evidence-based treatment and advice. Wishing you all the best for your upcoming season!

Olly Payton - Physiotherapist with Allsport Physio



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).

Shin Splints

If your son and daughter has been having some pain in their shins from starting sporting activity this year, consider the below information. It is not uncommon for athletes to become sore in the shins after starting sport from having a long break over Christmas and New year.

Shin soreness is undoubtedly one of the most commonly encountered problems in athletes in whom repetitive impact loading forces constitute a significant part of their sport or training. Within the athletic community the term "shin splints" is often used to describe any number of foreleg issues. Another commonly used term is "Medial Tibial Stress Syndrome (MTSS)."
Neither term accurately describes the specific affected anatomical structures or the type of pathology present. It is far more useful to localise the site of pain and arrive at an accurate diagnosis having identified the underlying pathology so that an appropriate management and training programme can be implemented.

Not all causes of shin pain respond to the same treatment protocols. It is strongly advised that team mates not share solutions regarding their shin pain but seek individualised solutions to their problem.

Causes of pain:

Most causes of shin pain stem from one, or a number of the following conditions:

1. **Inflammation**
   An inflammatory condition involving the tendons or muscles originating of various anatomical sites around the foreleg and attaching below the ankle to bones of the foot. Specific muscles that are often involved include the tibialis posterior, a deep muscle attaching to the posterior aspect of the tibia (shin bone). This is a significant stabiliser in holding the body in an upright position allowing for inclines or gradients on running surfaces. This muscle (and its tendon) can be overworked when negotiating uneven or unstable (gravelly) running surfaces.

- The soleus muscle runs deep to the calf complex, specifically the gastrocnemius which allows for the ballistic propulsion of the calf whereas soleus, in unison with tibialis posterior, serves to stabilise the foot onto the shin bone.
- The ballistic nature of the gastrocnemius can result in tears or strains which are not covered under the category of "shin splints". Muscle and tendon inflammation is characterised by a deep ache in the shin bone following exercise initially but may progress to a point where the athlete reports morning stiffness and difficulty walking for some time after waking (due to the collection of localised inflammatory fluid which gradually dissipates on active movement such as walking for a few minutes) and finally, a constant ache whether weight bearing or not.

Recommendations

- Corrections of excessively flat (pronated feet).
- Prescription of biomechanically sound running shoes
- Re-education of running distances or intensity
- Stretching tight muscle structures, specifically the calf complex.
- R.I.C.E – Rest, Ice, Compression, Elevation
- Local treatment modalities such as therapeutic ultrasound, deep soft tissue massage
- Non steroidal anti-inflammatory medication can be used on occasion. A doctor's prescription will be required and caution exercised as NSAI can irritate the gut lining.

2. **Bone Stress Reaction**
   A spectrum of bony trauma can start as a simple "periosteal reaction" (i.e. the membrane enveloping the shin bone) and progress to a stress fracture which entails multiple "hairline cracks" in the cortex or outer layer of the bone. Presentation may be similar to tendonitis previously described, but in this case, there is significant pain on digital palpation of the bone shaft itself. One may also feel swelling on palpation which, in severe cases, can leave an indentation which remains for several minutes.

- Management once again looks at foot biomechanics, footwear, R.I.C.E and modalities such as ultrasound.
- Depending on the severity of the problem, an athlete may need to abstain from impact loading exercise for anything between 6-12 weeks.
- Despite the sophistication of scanning modalities, the most reliable test to assess return to running is simply pushing a finger into the sore part of the shin. If the athlete genuinely reports little or no pain, a graded return to running on "softer" surfaces can be considered.

3. **Vascular Occlusion**
   Often associated with formation of vascular thrombotic plaques which in turn can occlude blood flow to the foreleg muscles. A far more unlikely cause of pain and rarely seen in young athletes although direct trauma to the back of the knee can conceivably cause such a problem.

4. **Anterior Compartment Syndrome**

Although technically falling outside the true definition of "shin splints", a precautionary note to athletes and coaches needs to be made about this potentially serious condition. The "compartment" being referred to is located on the antero-lateral aspect of the foreleg. It is bounded anteriorly by the tibia (shin) laterally by the fibula and has a strong fibrous sheath stretched across the top which is located just beneath the skin surface. The muscle contained within this compartment is the tibialis anterior and is responsible to bringing the foot upward (dorsiflexed) when running.

The muscle expands once the athlete commences running as blood engorges the area and the volume within this defined "compartment" cannot accommodate the expansion. Critical pressure may build resulting in temporary or even permanent damage to the underlying nerve.

The athlete may experience numbness along the "kicking" surface of the foot and may complain of a deep ache. Significantly, the athlete may notice some difficulty in bringing the foot up between steps. This condition is commonly known as "foot drop" and may cause irreversible damage if left unchecked.

Treatment

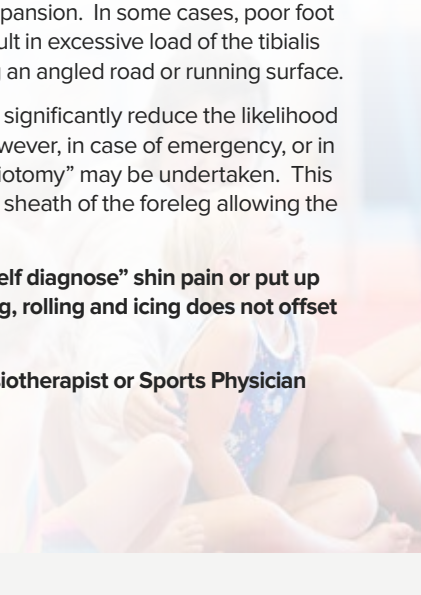
- Immediately cease running
- Do not elevate the limb above hip height.
- Do not apply compression as this aggravates the problem
- Apply an ice-pack without constricting the area.
- Seed immediate medical assistance

Some athletes are anatomically prone to compartment issues as they may have limited space for muscle expansion. In some cases, poor foot biomechanics or a stiff ankle may result in excessive load of the tibialis anterior muscle as may running along an angled road or running surface.

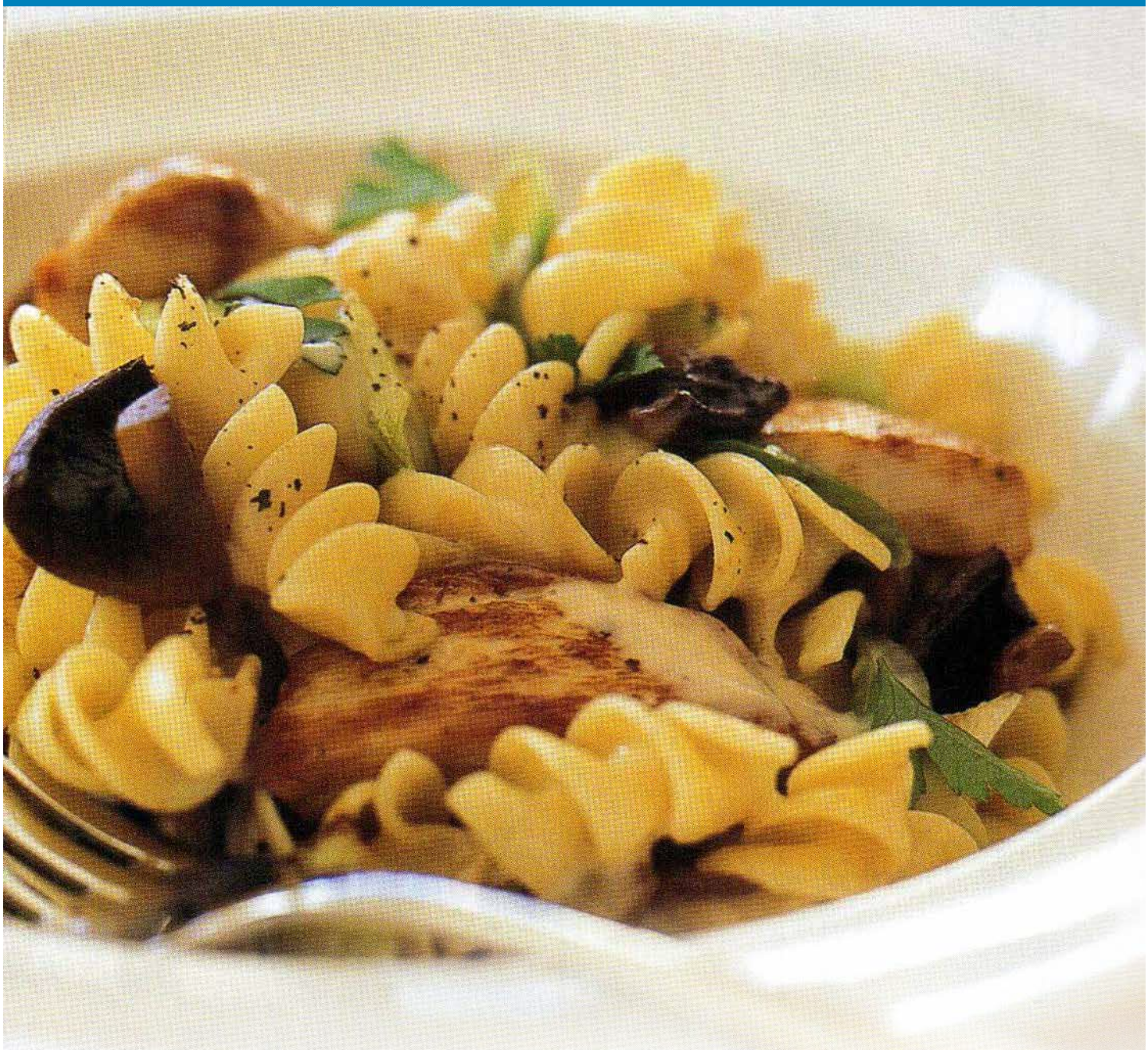
Identifying the underlying cause can significantly reduce the likelihood of recurrent compartment issues, however, in case of emergency, or in the event of recurrent issues, a "fasciotomy" may be undertaken. This is simply an incision along the fascial sheath of the foreleg allowing the muscle to expand without pressure.

In all cases, avoid the tendency to "self diagnose" shin pain or put up with the pain, particularly if stretching, rolling and icing does not offset symptoms and pain.

Seek the assistance of a Sports Physiotherapist or Sports Physician and avoid chronic pain.



Spirals with Chicken and Mushrooms (Serves 4-6)



This recipe has been taken from AIS Survival For the Fittest

Ingredients

- 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

Preparation time: 15 minutes
Cooking time: 15 minutes

Method

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.*

Analysis		
Energy (kj)	2870 (677)	1912 (457)
Protein (g)	52	35
Fat (g)	6	4
Carb (g)	104	69

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Teaching Kids to Skip

An activity which I think is really underrated is skipping. I often have a young athlete come to my squad for running and I ask them to skip – particularly boys, who think it is something girls do, who just cannot skip. It is a great activity for agility, speed, coordination and strength. It is something that boxers do as a warm up and often is a endurance element of their training. I thought it was worth sharing this article because, if your son or daughter is looking to do something different that does not need any equipment and can be done anywhere, this is it.

Have you ever wondered what to do when it is raining, or maybe an alternative warm up activity for your athletes? Skipping is an inexpensive exercise athletes can do at home without too much supervision (once the athletes know what to do). It is a particularly good exercise to do when the weather outside is horrible (and we have had our fair share of rain this year), or parents are not able to take their son/daughter to an organised training session (life can sometimes be too busy).

It is a great cardiovascular workout for them (parents can join in if they wish). It is an activity that can be used for coordination, agility, balance and timing, involving both arm and leg activities. Skipping has a lot going for it. Another big plus about skipping is the cost is minimal - all you need is a place to jump (not a hard surface if possible), a good rope and a good pair of shoes. The right rope is important though. It should be heavy enough to develop a steady rhythm and long enough for the ends to reach your armpits when you stand on the centre of the rope.

I have found that a lot of young children can't skip. Can you? Why? Because we just don't do it anymore. Kids are much happier to sit in front of a computer or TV. I can remember when as a child we used to take a skipping rope to school or maybe a length of elastic or some chalk. What happened to hopscotch and elastics? These exercises helped us with our coordination and balance. So where to from here? The first step you will need to take is to teach your athletes how to skip, so make sure YOU, yourself can skip. Practice!

By following the next simple steps, you can teach your athletes how to skip correctly and how to get the most enjoyment out of this exercise.

Step 1
Teach them how to jump on the balls of his feet. Demonstrate how to jump up and down while keeping your feet slightly apart and your back straight. Advise them to land softly after each jump and to keep his knees slightly bent. (This can be introduced without a rope and later on a rope can be used.)

Step 2
Have the athletes jump in sync with you (important you can do it or have another athlete you know can do it). Develop a good rhythm in the jumps. Get them to keep their shoulders relaxed and elbows close to the body.

Step 3
Find a thin stick or pole, such as a stick, pool cue or broom. Crouch down next the athlete's feet. To develop their timing, have them jump over the stick as you pass it underneath the front of them. Make sure they are jumping straight up and not jumping forward.

Step 4
Find a rope and another person to help you hold it. Stand on one side of the athlete and have the other person stand on the other side. While you hold opposite ends of the rope, swing the rope slowly so that the athlete can jump over it. Try to increase the pace of the swings after a few minutes. Encourage the athlete to get a rhythm.

Step 5
Have the athlete practice jumping straight up and down again without the rope. Show them how to turn their wrists as if he is swinging a rope. Tell them to pretend that they are swinging a rope underneath their feet and to coordinate their jumps with the imaginary rope. Have them close their eyes while they jumps to better visualise the rope and hear their feet landing lightly.

Step 6
Give them the rope if all is going well. Tell them to slowly swing the rope forward over their heads and under their feet. Make sure they continue to keep their back straight, elbows in, shoulders relaxed and head up as they jump. Focus on doing just a few jumps correctly without tripping up. Then see how many can they do without losing rhythm? Try to increase the number of consecutive jumps.

Step 7
Remember to consistently encourage and tell the athletes not to get frustrated if they frequently get tripped up by the rope. Many adults find it challenging to skip too. To make skipping more fun, play some music and let them try to develop a jumping rhythm with the song or beat.

Once the athletes are able to jump simply without too much trouble, introduce some more complex skills and develop a training session. You can develop a circuit activity with a number of different activities with the rope. Some activities are briefly explained below:

Some things you can try once you get proficient at normal skipping.

Double Bounce - Starting skip.

All you do is simply jump twice in one rotation of the rope.

Single Bounce - This is the next step up from the double bounce. (You can ask the athlete to attempt to jump rope for a time frame or number of jumps (eg 30 seconds or 30 jumps)).

Just jump once over the rope instead of jumping twice.

Single Sideswing- Put your hands together, while holding the handles, and swing the rope from one side of your body to the other. Keep repeating step 1. When you are ready, open your hands. Swing the rope down and jump.

High Knees- Do the single bounce skip with high knees (be sure to correct the athlete's body position here - do not let them lean backwards).

Side Straddle - If you've ever done a jumping jack you'll get this one.

Pretend you're doing a jumping jack using only your feet.

Front Straddle- Jump with one foot in front and the other in back. Jump and switch the positions of your feet.

X-to-Straddle- Jump with your feet spread apart.
Jump and cross your legs.
Repeat steps 1 and 2.

Heel Exchange

- Jump and touch your heel to the ground in front of you.
- Switch feet and touch the other heel to the ground in front of you.
- Keep repeating steps 1 and 2.

Toe Exchange

- Jump and touch your toe to the ground behind you.
- Switch feet and touch the other toe to the ground behind you.
- Keep repeating steps 1 and 2.

Jogging Step

- Turn the rope and step over the rope with one foot.
- On the next turn of the rope step over the rope with the other foot.
- It is just like jogging in place while jumping the rope.

Hopping

- Turn the rope and step over the rope with one foot.
- On the next turn of the rope step over the rope keep hopping on the same foot.
- It is just like hopping in place while jumping the rope.
- Can be done on the right and left foot (try to land as much as you can on the flat of the foot so as to take the pressure off your shins, as with bounding).

Cossack jumps

- Turn the rope and step over the rope with one foot.
- On the next turn of the rope step over the rope with the other foot, keeping the other foot out in front and taking the weight of the body on the back foot.
- On the next turn of the rope change feet so the opposite foot is now out in front and the weight of the body is on the other foot.

Front cross

- With the first turn of the rope jump a regular jump.
- With the second turn of the rope cross your arms and jump through the loop that you made with the rope.

Wounded Duck

- Jump up in the air and land with your toes pointing in.
- Jump up and land with your toes pointing out.
- Keep repeating this.

Front Kicks

- With the first turn of the rope land on both feet.
- With the second turn of the rope land on your left foot and kick your right.
- With the third turn of the rope land on both feet.
- With the fourth turn of the rope land on your right foot and kick your left.

Double Under

- For this you will need to jump high and turn fast.
- Start with a single bounce.
- Jump high into the air and turn the rope as fast as you can.
- If you do this right the rope should pass under you twice before you land.
- Question is - how many can you do without messing up?

Cross-Cross

- You'll need to know how to do the cross to do this one.
- Start like you do with the cross.
- When you cross you must quickly uncross and cross again before you jump the rope.
- Your arms should have crossed twice in one jump, if not, keep trying.

Front Back Cross

- Do a single bounce and then do a sideswing.
- Keep one arm crossing the front of your body and one arm crossing behind your back.
- Jump through the rope and then go back into a sideswing.
- Good job! If you got it, great! If you didn't, keep trying

Most really important tips:

- Warm up. Get the heart rate elevated and muscles warmed up by lightly jogging in place for approximately five minutes.
- Ensure posture is erect (shoulders down away from ears, shoulder blades pulled lightly back, abdominal muscles pulled in toward the spine) but relaxed when you skip.
- Look straight ahead, not down at your feet. (Have a clock on the wall and get them to look at it).
- Roll up to the balls of your feet to push off and land lightly back on the balls of your feet when you land so the load of impact is with the muscles along with your joints.
- Keep your knees slightly bent.
- Arms should be relaxed at your sides, wrists swinging the rope.
- As you start, turn the rope just fast enough to keep it moving in an arc over your head. When it comes down towards the floor, spring off the balls of your feet just high enough so that your feet clear the rope. You don't need to jump very high or kick your feet up behind you. Work on developing rhythm – listen to the rope and your feet jumping lightly over it – it should sound like a steady drum beat. (This will improve with practice).
- Because of the high intensity of skipping, athletes need to start off slowly. As they improve, where they go with jump roping depends on them. They can assimilate into their warm up if they like to keep it as a regular routine.
- Don't forget to have fun! Once learnt you never forget how to skip. Challenge the athletes to develop their own tricks - crossing arms or getting the rope to pass under your feet twice in every jump etc. See how many they can do - make squad records. Yes, athletes love competition!

I hope that this has given you some ideas for alternative sessions on days that are difficult to do anything on.

Happy skipping.

Program Manager Report March 2022

Female Rugby 7's

The first female rugby 7s program finishes on the 8th March and saw a shift in the development and knowledge gained by players. From early January through to March, the participants were involved in predominately on field training sessions that saw a shift from skills focused training to game focused training. They also took part in a culture and leadership session on leading self and others and sports psychology sessions that discussed mental toughness and overcoming barriers. With such great feedback from the program so far it is hoped that this program will be run again in the latter half of 2022 with an even more concise program approach and targeted age group.

Future Stars Program – Athletics

The annual rugby union program began in late January and will go through until the end of March. The program has a total number of 28 participants from the U14/15 age group with Jack Moon and Adam Fahey coaching the squad. Sessions are held on Monday and Tuesdays with some sessions incorporating specific personal development sessions covering aspects of strength and conditioning, body maintenance, recovery, nutrition, and sport psychology. Recently the squad changed up their location and had a beach training session incorporating conditioning and game like elements. It was also great to see that training in the rain didn't stop this squad. They continued to put in the effort to improve and further develop their skills ahead of the upcoming rugby season.

Gold Coast Rugby League Referees

The Gold Coast Rugby League Referee program commenced on the 7th February with a specific focus on improving referee sprint, speed and running techniques. Coached by Glynis Nunn the program has 16 participants aged from 12 – 16. In addition to running, this program has taught the referees how to fuel their body appropriately and maintain their body through various recovery techniques discussed by Allsports Physiotherapist Tianah. The squad will also be shown various strength and conditioning elements to assist with improving their on-field performance. Their off-field performance will be supported by sports psychologist Jackson Hill where he will discuss techniques to overcome barriers relevant to refereeing. Tim Mander (Shadow Minister for Housing and Public Works and Sports and Racing) will be a special guest of the program speaking to the participants about his 20-year career as a leading NRL referee. He earned respect for being fair, even-handed and making accurate decisions under incredible pressure. This knowledge and experience as a former leading Australian rugby league referee will undoubtedly be something that is important for young referees to hear. No doubt this is a talented young group of referees to look out for in the future.

Future Stars

The Future Stars group for 2022 will be a diverse and exciting group of young athletes. We were blown away that there were so many sports which were going to be represented within this group. With a total of 30 applicants, inclusive of Carbine Club award recipient Emelia Surch, sports represented are surfing, kayaking, swimming and diving, to tennis, track and field, netball, softball, touch football and AFL just to name some. The future stars program is a 6-month program commencing on the 18th March covering aspects of fitness, wellbeing and health along with readiness for sport competitions. The participants will additionally learn techniques to cope with stress and added pressures which young athletes often face in the sport environment. We look forward to welcoming such a variety of athletes into one of our most popular programs and no doubt there will be some wonderful discussions as we progress through the future stars program.

Upper Coomera – Future Stars

At Upper Coomera State College, the 'Future Stars' program will once again cater to Year 7, 8 and 9 students. On the 22nd February the year 9 students were involved in an educational based gym/training program information session. This session focused on the elements of a training program, compound lifts, isometric and isotonic contractions and the basic laws of strength training. The group was shown how exercises can be modified by providing resistance using, body weight, resistant bands, swiss balls and free weights.

The Year 8 future stars students were involved in a practical based body weight strength and conditioning session. This session focused on using body weight to make certain exercises harder and harder. The purpose of this session was to provide alternative ways to exercise using no equipment for the students to include in their written fitness program later in the term as part of an assessment piece.

Term 1 the Year 7 students are focusing on the History of Australian Sport and will have Glynis Nunn, Olympic Heptathlon Gold Medallist speaking to them. With all athletes, sports and sporting organisations having a story to tell, Glynis provided a unique recollection of her experience as an athlete competing back in 1984 to now. Her experience will provide an understanding of the changes in Australian society from a sport perspective

Yoga and the athlete

As we get older, our bodies get stiffer, particularly if we stop exercising and stretching. Alternatively, at a younger age, with growth spurts, or growth in general, children need to do some form of stretching. It is much easier to do it in a group and YOGA is becoming more accepted by sporting coaches. Below is some information that might change your mind about Yoga being an old person's activity or something you do for meditation and relaxation.

As a firm believer in cross training, I have long been aware of the benefits that yoga can provide. My challenge was 'selling' it to my athletes. Often limited by time, we want to spend our training time running and so my powers of persuasion would have to be convincing. After trying a number of studios I came across a yoga style that I believed would be well received by my athletes. It is called **"Power Yoga."**

This style sequence moved and flowed. The practice develops increased flexibility, core strength, balance and breathing control. The class format allows people of all levels to participate together each working at their own pace. However, like most things in life, there are no quick fixes. To see the benefits takes time and commitment..... but the results are worth it.

The concept of Power Yoga is drawn from the ancient teaching of Hatha and includes the flowing style of Vinyasa. Power Yoga has a common-sense approach to its postures for our modern-day lifestyles.

Below are some comments from a Yoga instructor who has had vast experience with sporting people.

I started doing it for meditative purposes to help me through my grief of the loss of two friends. I got more into it when I was 24 to help me get back some mobility and postural alignment after years of playing football.

I have worked with numerous sports players including football teams (all codes), triathletes and tennis players. Sports players today are under immense pressure to perform and put their bodies on the line. Although they are supported by top trainers and medical staff the stress still takes its toll. Yoga can assist with maintenance of muscular and core strength and helps to provide the balance and symmetry in an athlete's body. As important is the peace and clarity that comes about from yoga practise.

Yoga can benefit everyone, male, female, young and old. Each person is unique. Generally speaking, females are more flexible than males, however a male who has trained as a gymnast or dancer is likely to have far more flexibility than an adult female who hasn't included stretching in her exercise routine. It is important to understand your own body and work to your own level. You are your best teacher and you need to be accountable to yourself.

For an athlete to perform at a high level intense training is required. This can sometimes lead to overuse injuries. Yoga brings a symmetry and balance to all types of athletes, jumpers, throwers and runners. Regular yoga practice helps to carry oxygenated blood to the muscles and nutrients back to the joints and assists in moving of lactic acid build up. It is important to understand that practising yoga can decrease an athlete's muscle power for up to 5 hours after the practise and is not recommended 24hrs before a race/event/match.

I could talk to you for a day on this topic. However, in short, regular yoga practise will help the athlete find who they are and to understand 'non-attachment'. Non-attachment can be many things to many people but it can be simply the feeling of being able to go beyond where one feels comfortable and focus on something else. They will feel the calming effects which can improve their everyday life. They will learn to deal with challenges in a non reactive way. It will provide a good foundation, in particular for professional athletes, as they move towards the end of the athletic career.

Like anything if you go into something too hard too soon it can have detrimental effects. It is important to build up slowly, working on postural improvements over 12 months. Consistent practice will help with neuro muscular training and the conditioning of the nervous system. This can't be achieved quickly.

Yoga is like any other exercise activity. If you do it to excess it may cause damage. For example, the contortionist type of yoga (where yogis contort their bodies into pretzel like shapes) can put excessive strain on joints, muscles and ligaments, just as a runner who is passionate about marathon running – the consistent load can lead to knee, ankle and hip injuries. For a healthy life it's a matter of balance. To be the best in the world an athlete has to push to the limit. They just need to counterbalance to reduce the risk.

Children start to lose their flexibility between the ages of 5-10, in particular boys (girls will often take part in dance, ballet & gymnastics that helps maintain flexibility). So, including some form of stretching/yoga at a young age will help maintain flexibility and muscular strength.

If you are interested in starting Yoga to help your body and health, visit a website www.findyoga.com this will help you locate a studio in your area. Power and Vinyasa style yoga are a flowing style yoga. However, practice of any yoga is beneficial. Find one that suits you.

The photos below are just a few of the poses I've found beneficial. All incorporate moves that help to lengthen and strengthen the body in areas valuable for runners. I am sure that throwers and jumpers will equally benefit from yoga.

Hip/glute stretch, shoulders & back

Shoulders, back, calves

Lunge – hip flexor stretch

Balance, single leg strength

Back & hamstrings

Back, quad

Balance, spine twist, leg strength

The GCAS GOLD COAST ACADEMY OF SPORT 2022 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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