GCAS NEWS

GOLD COAST ACADEMY OF SPORT

Issue 44,
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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

2022 Annual Awards Night

The Gold Coast Academy of Sport is proud to share the recognition of athletes from the annual Awards night which was hosted at the RACV Royal Pines on Thursday 10th November. Over 400 people gathered to celebrate a year of sport and development. All athletes who were involved in specific sports programs were recognised receiving a certificate.

During the night the Academy recognises one athlete from each program with an "Encouragement" and an "Athlete of the Year" award. These athletes are selected by the coach or coordinator of the specific program and are decided upon by their training ethics and participant in the program. The Academy also recognises outstanding commitment to sport and academic achievements through the Mayoral awards, the Hon. Mick Veivers AM award and the Female and Male Athlete of the Year.

The Mayoral awards are awarded to athletes who have shown outstanding commitment to all aspects of training, preparation and study. The athlete's coaches, managers and peers have acknowledged those chosen for their contribution and potential to further develop as outstanding sports people in more ways than just performance.

The Hon. Mick Veivers AM award is awarded to an athlete who epitomises the values of the academy. This award was renamed from Chairman's award when Mick stood down from being Chair of the Academy and became our Patron. As founding chair of the Academy he wanted to recognise an athlete who exemplifies the following ideals:

To Achieve your best in every aspect of life;
To Excel in everything you do;
To Inspire others and yourself by your deeds; and last but not least
To Respect yourself, the gifts and opportunities you've been given and those around you.

As you can imagine there were many athletes who would were noted to have these characteristics. We did ask coaches and managers to submit names to address the criteria. Tia Murray from Upper Coomera State College was the selected athlete and the following is her involvement in sport. Tia has an extremely diverse life – she won the school cross country and ran well at Broadwater district Cross country. She was also age champion at the school athletics carnival. At Gold Coast Little Athletics regionals, she won Discus and Javelin. She also placed 3rd in hurdles and triple jump qualifying for States in all 4 events.

In year 7 at Upper Coomera she was selected in the future stars sports academy, the Stem class and the creative arts academy. She has excelled in all 3 programs and has been offered a place in all 3 again in year 8. She represented the school at district athletics in 5 events, winning the discus and the tetrathlon. She has also represented the school in year 7/8 and year 9/10 interschool touch football with great success. At her school's sports awards Tia won the MVP for 7/8 touch football, the future stars all-rounder award and the Broadwater athletics award for 12 years girls.

In Oztag she was selected in the Labrador state side and had a great tournament resulting in selection to the State Super Series. Selected in the QLD Southern Storm team she played at the Nationals in Coffs Harbour. Tia has also been asked to referee for Oztag and enjoys this. Just recently Tia has taken up Karate and has been asked to represent her club in tournaments after only a few months.

The female athlete of the year was Montana Atkinson. Montana was selected as the Gold Coast Para Swimmer of the year and has set dozens of Australian and Qld records this year. At 14, she is an S14 Multiclass National swimmer who dedicates herself to swimming and her dream is to represent Australia at the Para Olympics for Paris 2024 and Los Angeles then onto Brisbane. She has had to learn to overcome fears and challenges. When she was just eleven, she experienced a massive seizure that left her oxygen deprived for 5 minutes – this has left her with an intellectual disability. She lives for swimming now and is always smiling and looking to move to the next challenge. She looks upon life as challenges that need to be achieved. Now a Harvey Norman Ambassador with thousands of followers on Instagram she

represented Australia recently in the Virtus Oceania Asia Games held in Brisbane where she competed in a number of swimming events coming away with multiple medals. A very worthy recipient. The male athlete of the year was Thomas Kerkow-Hill. At the Paddle Queensland awards Thomas received two awards. The first being the Coulthart Trophy (which he also received in 2021) for best performing under 16 male paddler at the Paddle Australia National Marathon championships and secondly, the Canoe Sprint male Junior Paddler of the Year. It certainly was a great achievement.

In addition to these awards from the governing sport, Thomas, along with other talented athletes has received notification of being selected to go into Phase 2 of the YouFor32 program for Canoe Sprint. During all his sporting commitments he has also dealt with some extremely stressful family health issues.

This year's winners are listed below.

Sport Program	Name	Award
Rugby Union	Agapetos Lote-Felo	Athlete of the Year
Rugby Union	Rhys Simpson	Encouragement Award
Rugby 7s U15	Evie Sampson	Athlete of the Year
Rugby 7s U15	Isabella Narain	Encouragement Award
Rugby 7s U17	Sara Saletele	Athlete of the Year
Rugby 7s U17	Alice Minahan	Encouragement Award
Rugby Referees	Riley Farrigua	Athlete of the Year
Rugby Referees	Kai Hoger	Encouragement Award
Future Stars	Maddelyn Marston	Athlete of the Year
Future Stars	Payton ella Gratton Luke Visser	Encouragement Award
Future Stars 2	Kingston Seve	Athlete of the Year
Future Stars 2	Koby Carroll	Encouragement Award
Future stars UCSC Yr 7	Esther Taleni	Athlete of the Year
	Rilee Norris	Encouragement Award
UCSC Yr 8	Jasper Schmahl	Athlete of the Year
	Douglas Tarrant	Encouragement Award
UCSC Yr 9	Te Rahira Garnham	Athlete of the Year
	Jaxon Flanders	Encouragement Award
Future stars Pimpama SSC	Alizay Tamatea-Nelley	Athlete of the Year
	Chloe McAlister	Encouragement Award
BMX	Jacob Moore	Athlete of the Year
BMX	Audrey Gard	Encouragement Award
Mayoral Award	Blake Foreshew	
Mayoral Award	Analiese Murphy	
Mayoral Award	Aidan McIntyre	
Hon. Mick Veivers AM Award	Tia Murray	
Carbine Club of Qld	Emelia Surch	
Sportswoman of the Year	Montana Atkinson	
Sportsman of the Year	Thomas Kerkow-Hill	

It was great night for all those who attended and it was wonderful to see the expressions of athletes who won awards on the night. Congratulations to all athletes who participated and particularly to the parents and carers who drive them to training and competitions throughout the year. You are a very special part of their sporting journey. We hope that you enjoy all of our photos. In finishing I would like to say that there were many worthy athletes in our programs who could have received awards. To all athletes not only of the Academy, remember to celebrate the little successes along the way but never ever forget the **ww** picture. A sporting journey is continuous and never ends until your time in the sport does, and even then, when your personal journey ends, I hope your passion encourages you to stay give back to your sport the way others gave when you were just starting.

Michael Jordan said the following:

*I've always believed that if you put in the work, the results will come. I don't do things half-heartedly. Because I know if I do, then I can expect half-hearted results. We live in a microwave society where we want and expect success to happen overnight. We see the success of those around us being shared on social media, but we don't see the work that they put in behind the scenes to get to where they are. Success, greatness, and championships are born in the **journey** and they are only celebrated at the end. Put in the work, over time, if you want to get to where you want to get to!*

The Gold Coast Academy would particularly like to thank the City of Gold Coast for their support throughout the year to enable us to continue to deliver the many programs that were highlighted at our Awards night. There are also a number of partners and supporting sponsors that we would also like to recognise. Those are RACV Royal Pines, Magic Millions, TFH, AllSport Physiotherapy, Allsport Travel, The Southport Sharks, 94.1FM, Hart Sport and Cambio Accounting. We have to remember it takes a **"it takes a village to raise a child"**. Everyone that contributes to help the Academy deliver educational opportunities adds their support to helping young athletes chase their dreams.

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TO INSPIRE
TO ACHIEVE
RESPECT
TO EXCEL

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Time: 12pm – 3pm
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Program Manager Report Summer 2022

Future Stars

The Future Stars 6-month program concluded on Friday 16th September. In August the participants had a presentation from the Australian Sports Integrity Unit. The session involved a discussion on Integrity in sport at all levels and banned substances, drugs and match fixing. Following this session, the students underwent a media interviewing workshop where they learnt tips to help them how to respond when interviewed after a competition or event.

The second last session with the group involved re-testing the athletes across various strength, speed and agility tests. Some of these tests included flexibility sit and reach, vertical jump, an agility run and the amount of push ups and sit ups they could complete in a minute. These tests were done with athletes at the beginning of the program to gauge where they might have strengths and weaknesses. All athletes improved in at least two or three areas which was fantastic. The final session was held at the Gold Coast Performance Centre where Glynis took them through a pool session as an alternative method of training for fitness and training when injured.

It was a pleasure to have such a wonderful future star's group with so many talented athletes. All participants have really taken on board many elements which were taught throughout the program to benefit their performance. We look forward to watching their progress in their sporting journey.

Future Stars 2.0

After welcoming a second Future Stars program for 2022 in Mid-July, the program concluded early November. The program had athletes from across 11 different sports involved and saw some great friendships created. The athletes were engaged with topics similar to the initial Future Stars group with a strong focus on developing the athlete as a whole by providing tips and tools to support their journey. The athletes had a sports journal which was used throughout the program to support their training away from the academy and keep track of short-term and long-term goals, injuries, training and much more.

Various Sport Psychology sessions delivered to the athletes focused on promoting mental toughness, resilience and coping skills to achieve specific outcomes in their respective sport. To support the athletes learning of these topics, we had guest speaker Natasha Price and her coach Adam Sheppard present. Natahsa, an elite Marathon Wheelchair athlete shared her life challenges, expectations and dreams which showed the young athletes that there really should be no obstacles to what they can do. Some tips from Tash included: *Set small achievable goals in order to smash long-term goals, celebrate the little wins along the way and most importantly, embrace your challenges to adapt and overcome.*

A presentation from Allsports Physiotherapy to help the athlete's physical development included ways to maintain their body through various recovery and rehabilitation methods. Multiple strength and conditioning sessions were also delivered and included elements of speed, agility and strength, with a strong focus on technique. They also took part in a yoga session.

With the increased use of 'Social Media' in today's society, a presentation was given to the athletes on this topic. It focused on the good and bad of social media, along with the negative and positive impacts social media can have on a developing and an already established brand. This was an eye-opening topic for the majority of participants as they did not realise how easily anything online can be exposed, and impact theirs and other people's reputations. Additional sessions the group were involved with included how to put together a sponsorship package and market themselves to gain a sponsor, Leadership and Culture, Time Management and Nutrition. We finished the program of with re-testing, again the same as the 6-month future stars group and with a pool session and activities.

APPLICATIONS WILL OPEN SHORTLY FOR THE FUTURE STARS PROGRAM.

Little Athletics Queensland Day

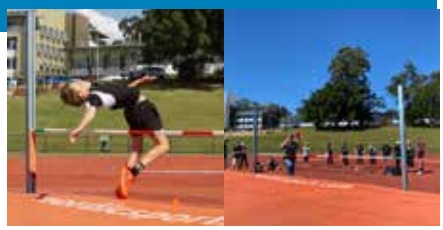
The full-day athletics program on the 10th September was delivered out of Griffith University. We had 27 attendees which were a mix of both athletes and coaches with numerous coaches also involved in the High Jump Seminar. The day ran very smoothly with all athletes and coaches being actively involved in sessions. The disciplines covered during the day were:

- Sprints/Running- Gerrard Keating
- Long Jump and Hurdles – Glynis
- Shot put and Javelin – Brett Green
- High Jump/ High Jump Seminar and Triple Jump– Paul Cleary

Additional presentation on Nutrition, Body Maintenance and Recovery were also delivered by the academy's professional presenters.

We received some fantastic feedback from the day with many asking when the next one will be delivered. We will be looking at delivering a day similar during 2023.

High Jump Seminar



In addition to the athletics day we had Paul Cleary (high performance High Jump coach from Victoria), delivering a seminar to coaches and teachers to further their knowledge of high Jump. Paul was six times national junior and schools triple jump champion, and five times national junior and schools long jump champion. He represented Australia at Pacific Conference Games as an 18-year-old and on returning was offered and took a scholarship to the Australian Institute of Sport. He has coached numerous athletes to international representation in High Jump.

We had 11 involved in the seminar with coaches frequently asking questions to improve their understanding and support their athlete's development. Those involved took a great deal away from Paul's teachings and hope that the knowledge shared can help benefit Little Athletics clubs across Queensland.

Upper Coomera – Future Stars

Year 7 students had Jack from Allsports Physiotherapy discuss training programs and principles.

The students learnt about basic sports science elements, fitness components and then related this to various aspects of their own training. The students were tasked with selecting specific exercises for the various training attributes discussed and had to explain the reason for selecting each exercise. They did this for Cardiovascular fitness, Maximal strength, Hypertrophy and Power.

Year 8 focused on Movement skills and how to analyse their own and others performance to provide specific and relevant feedback to improve a certain skill. For this session Glynis focused on the technique of running with the main discussion points being, foot angle (drive) on ground, arm action, knee action, position of body and ground position. The students were tasked with videoing themselves and then playing back the video to analyse their running providing specific feedback in relation to the main discussion points.

Year 9 Students were presented to by Allsport Physiotherapist Jack on Exercise Physiology energy systems. The students were involved in discussions surrounding each energy system with a specific focus on how to train each system to achieve optimal results. They were tasked with identifying various exercises to achieve results with a primary goal in mind related to their specific sport.

Pimpama State Secondary College

Term 4 for the Future Stars Pimpama student were taken through a Pilates session with instructor Chantelle Wallace. The session focused on strength and conditioning of the body and breath work for relaxation and focus. Breath work during Pilates also helps to facilitate correct muscle activation and enhance muscle control. Post Pilates, the students were taken through a short recovery session using foam rollers. It was particularly important for the students to partake in the foam rolling to help reduce DOMs (delayed onset muscle soreness) which they may feel the following day from the Pilates session.
The students did a fantastic job during the class.

Speed Clinic's

During the September school holidays we delivered our third lot of sprint clinics for the year. The 2-day clinic was delivered on the first week of the school holidays and saw 15 athletes attend from across various sports including cricket, soccer, hockey, AFL, athletics, and touch football. We had some participant whose running technique significantly improved compared to other with majority improving their running time over 30 meters which was tested at the start and end of the clinic. We additionally ended each session with recovery tips where we took them through 10 minutes of foam rolling and trigger balling as alternative ways to promote muscle recovery.

The 9-12 years clinic was supposed to be delivered during the first week of the holidays also but due to significant rain fall on the Thursday this was re-schedule to the second week of the holidays. We had 12 young athletes attend the 1-day clinic and they were a fantastic group to coach as they really took on board ways to improve their running technique. The majority of the participants involved were from across multiple sports and we even had a dancer who also does track and field attend. They all improved significantly with many returning for our final sprint session of the year held during the first week of the Christmas school holidays.

Dates:
– 13+ Sprint clinic Monday 12th and Wednesday 14th of December
– 9-12 Sprint Clinic Thursday 15th December

BMX

A specialised BMX program was delivered over 3 weekends from October to November leading into the BMX National Championships. We had 16 riders involved from the ages of 9-14 years. Delivered on Sunday afternoons the first and last sessions were delivered out of Nerang BMX and the second out of Ashmore BMX. We thank both associations for use of their facilities during the program.

AUS Cycling coaches Dale Percy and Craig Graham lead the program focusing on specific elements in preparation for the Nationals. These included detailed elements of track and pump, visualisation, tactics, stimulation, analysis, race plan and preparation.

Reece from the BMX Centre Nerang spoke to the riders about the importance of knowing their bike, how to fix it, clean it and maintain all components appropriately. The riders also were provided with a workbook where they needed to label all components of their bike.

The workbook was also used during the program to complement the presentations that were delivered on nutrition, recovery and body maintenance, and for riders to write down their short term and long-term goals both within the program and at National. At the end of each day the riders were tasked with completing their training diary page. They were required to fill in what they learnt during the session including coaching cues, how they felt and their water intake.

Additional presentations were delivered on social media (the positive and negative affects) and how to market their own brand to gain sponsorship as well as strength and conditioning and BMX Etiquette.

Upcoming

Rugby Union

The annual rugby union program will be run again in 2023 starting late January through to March. The 2023 program will focus on the U15 age group with trainings being delivered out of RACV Royal Pines. Coaches for the program are Jason Croll and Joshua Bush from Gold Coast District Rugby Union.

The program will not only focus on specific skill development area but will have a strong focus on various educational sessions including Nutrition, strength and conditioning and sprint training, sport psychology and social media and branding.

New programs we are looking at delivering in 2023 include:

- Gymnastics
- AFL Women's
- Surf Life Saving

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AND

HAPPY NEW YEAR

THE OFFICE WILL BE CLOSED FROM
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Horse Support

The Gold Coast Academy would like to thank Magic Millions for their support throughout the year. As facilitators of educational sessions for the athletes, Annaleise and I are always aware of the 'TEAM' that is around every athlete. We also stress that it is important to gauge how the athlete is feeling, what their recovery is like, their growth stages, etc. And the same can be said about horses. I was lucky enough when I lived in Adelaide to visit the stable and horse training centre of Colin Hayes. The way he trained horses was no different to how I trained, except, of course, that the horse had 4 legs to carry themselves around on. They still got tired and they still needed their rest after sessions. They were probably pampered a bit more than I was. I hope everyone enjoys this outlook on how important it is to look after horses.
– Glynis Nunn

No athlete reaches the top alone.

From day one they are supported by parents, by family, by friends. And then by professionals, a network of specialists catering to the many needs required by the competitor chasing their dreams. And it is no different for the thoroughbred racehorse. An animal born with one purpose - to run, and to run fast. And there are so many people involved in their journey to the finishing line.

For a start the breeder, the person who figures out which stallion is going to suit which mare. Then there are the stud managers and staff who look after the breeding horses and the veterinarians who are involved from well before a horse's birth; ensuring both sire and dam are fit, well and fertile and making sure all is well during gestation. A newborn foal is meticulously cared for, a number of tests conducted to ensure all is well. Feet and limbs are checked too but for the most part the first months are mother and baby bonding time!

Upon weaning the thoroughbred is again given time as they head towards yearling and education stage. They tend to take to riding well, they like humans and have an innate desire to please - plus they are intelligent. A horse's trainer is the overseer of their racing career. They take care of planning the day to day routine, the feeding regimens, the exercise, the races, etc. But even the hardest of workers cannot accomplish all of this alone. Hence that network, the team around the racehorse...

THE STRAPPER: the person looking after the day to day - the feeding, the cleaning, the usual chores associated with caring for an animal. But there is so much more to this role, the reason strappers do what they do - the love of the horse.

"I love the bond you get to create with them," said Becca Hughes who works for successful Mornington trainer Matt Laurie.

"It is very special sharing that feeling with a horse. I love watching them grow and getting to be a part of their successes - to be part of the team that sets them up for a bright future."

THE TRACKWORK RIDER: timing is everything for the racehorse as it is for the athlete; being fit and in the right frame of mind at exactly the right moment wins races and whilst the human has a degree of control over their own destiny, the thoroughbred is guided by the person on board... the trackwork rider who, said Ben Cadden "is one of the most valuable members of a racing stable - a good one is worth their weight in gold."

If a trackwork rider lets their horse work too slowly, they won't be fit enough. Too fast and there won't be enough left in the tank on race day. The rider doesn't have a stopwatch in hand, rather an inner clock - a very special skill indeed!

A widely respected horseman who was an integral part of the career of superstar Winx, Ben said that trackwork riders "need to be two things to our horses... educators; turning that raw yearling into a fire-breathing racehorse... and listeners; in some ways we take on the role of a vet - horses can't talk so we have to be able to feel those subtle changes in a horse's stride or their mental state and well being."

And like strappers, trackwork riders become attached to their charges - "we don't own them or pay for them but there is a great sense of pride when a horse we ride wins a race, whether it's a Group 1 or a maiden - and the more difficult a horse is, the more satisfaction a rider feels."

THE FARRIER: there is a very old and well known saying - "no foot no horse" - and the farrier's role in keeping horses fit and well can never be underestimated. They can be part of a horse's career from very early; corrective shoeing and trimming required for some foals whilst

good shoeing is vital for a successful racing career.

“Without correct balance and hoof integrity a horse can not function or perform at the peak of its ability,” said Hunter Valley farrier Sean Chapman.

“Incorrect balance can significantly impact the horse’s length of stride and therefore their performance.”

Based in Japan where he works with some of the world’s most valuable horses (including 15 years with the superstar stallion Deep Impact), the Australian born farrier Matt Schumacher agreed - describing the farrier’s main role as “keeping people’s investments sound and in good order.”

Owners and trainers have to have, he added, a great deal of trust in their farrier - “they have to be confident that we are doing what is best for the horse.”

THE DENTIST: like humans, horses need their teeth to be in good shape to remain healthy and happy, thus the history of equine dentistry goes back hundreds of years. Horses chew for a few minutes at the most and once they swallow the food remains in their digestive tract for up to 40 hours. So the teeth need to do their job!

“If a horse is expected to perform at their best, they need the right nutrition,” explained Melbourne equine dentist Dr Mark Burnell, “and scientific studies have proven that if feed is not chewed properly everyone is wasting their time.”

“With the care we give horses, we have tripled or even quadrupled their life expectancy (vs horses in the wild) and their teeth have to be healthy throughout that time.”

Not only to ensure the correct nutrition, but also for comfort (horses need to be able to take a bit from a young age) and of course happiness. “If a horse has a sore tooth, you will know it,” Mark said, “they are like kids, they will start playing up.”

THE PHYSIOTHERAPIST: there would not be too many athletes who can compete at the top level without consulting a physio and horses are the same - in fact, says Physiokey Equine’s Nicky Irwin - “horses probably get more treatments than humans.”

“Most race horses have massage and/or physio treatment weekly, sometimes more. The main aim is to release lactic acid build up and treat muscle strain from exertion in races or training.”

“Sore backs, hamstrings and groins are also issues that need regular monitoring and apart from traditional physio we can also use salt baths, cryogenic treatments, electro/PEMF therapy.”

“It has become a very important part of training horses,” she added - “trainers now realising that horses have to be treated as the elite athletes they are. The faster their muscles stretch and contract - the faster the horses go!”

THE VET: racing stables build relationships with veterinarians and vice versa.. and it is this aspect to the work that the highly regarded Victorian vet Dr Stuart Vallance enjoys most.

“Being part of the team that gets horses to the races,” is, he says, extremely satisfying. “It is really nice to get to know the horses and their foibles - to be part of their life from the minute they arrive at the stable to the time they leave.”

“It is also great to be part of the decision making process, such as when horses are ready to go or when they need a break, and which treatments they require.”

All of which keeps the stable vet busy - along with the daily routines such as checking the airways, treating with electrolytes and ensuring each horse is sound and happy.

THE FLOAT DRIVER: the thoroughbred spends a lot of time on the road and those transporting them need to be skilled and experienced. Such as International Racehorse Transport’s Mandy Hall who says that the main role of her position is “to get the horses from A to B in a safe and timely manner.”

And there is a lot to that - all the usual vehicle checks (tyres, oil, water, lights etc) plus taking into consideration the individual quirks of the horse.

“If you are told that a certain horse is a bad traveller you can give them extra room, the same goes for broodmares,” Mandy said, adding that there are checks along the way - showing that the float driver has to also be a horse person.

THE OFFICE MANAGER: there are seemingly never ending amounts of organisation and paperwork required in a racehorse’s life and with trainers busy with the hands-on, a good office manager is essential.

“We are the backbone of the business,” laughed Stephanie Kent who works for her father, the Cranbourne based trainer Michael Kent.

“My main role is doing the accounts but that’s the most boring part,” she said, noting that on top of that monthly requirement is owner communication, updating the website, keeping horse/owner/supplier/employee records up to date, hiring staff, taking care of licensing requirements, replenishing stock, processing payroll, keeping up to date with racing policies and procedures, staff training/meetings/social events, barrier certificate records, looking after the jockey’s silks, insurance, travel arrangements, horse sales and purchases, trial and race entries... the list goes on!

A list which makes one think that the title of ‘office manager’ is not quite far-reaching enough - “I’m a travel agent, party planner, you name it, I do it!” Stephanie joked.

It’s a busy and demanding job but she loves that “every day is so different. And the role suits my personality - I love being organised, meeting new people and helping others. And if I need a moment away from the desk I get to go and pat the horses.”

ALLSPORTS PHYSIOTHERAPY GROUP

ALLSPORT PHYSIOTHERAPY

Warming up: why do we do it? It takes effort and energy away from what we could be putting into the game, right? Don't we just warm up anyway as the game goes on? Sure!

But instead of hitting your peak 10, 15 or 20 mins into a match/race/training, why not from the first bounce/kick/whistle/gun? You could already be well behind by the time you've hit your stride!

This is what a good warm up can provide.
The main premise behind warming up is to get your body moving in order to increase blood flow to your muscles and increase your internal core temperature a little bit (actually just a little less than half a degree!).

This small increase is vital to help more oxygen get to your muscles. Oxygen is carried in your blood by a molecule called haemoglobin, and this increase in body temperature helps the haemoglobin to release oxygen more easily.

Secondarily, the increase in body temperature activates metabolic enzymes that help fuel your muscles so they can function more efficiently. A good warm up will bring the body temperature to the perfect point where these enzymes are most active.

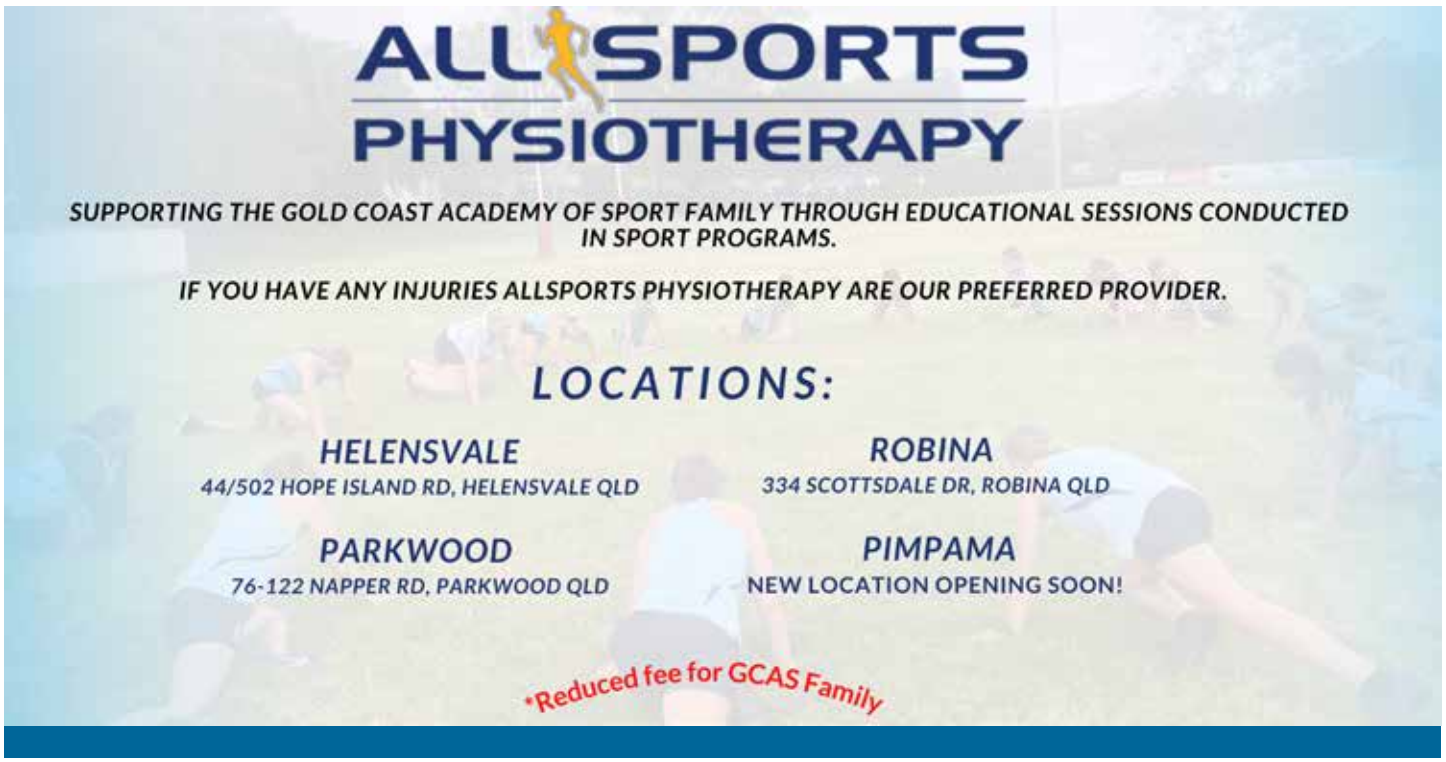
Thirdly, the increase in body temperature speeds up transmission of nerve impulses that helps with muscles contracting and relaxing more efficiently. Sports that involve quick changes of movement will especially benefit from this change.

Additionally, warming up well will help prevent acute injuries like muscle strains and will help you to avoid overuse injuries by allowing the body to prepare slowly and steadily.

So how do we do it?
The ideal way to warm up depends on the activity you're about to engage in. A lot of the time you might find the best thing to do is something identical to that activity, just at a lower intensity. The important thing is to get blood flowing to the muscles that you're going to be using in the upcoming activity. It doesn't have to be extravagant but as a general rule, your heart should be beating a little faster, you should be breathing faster and maybe starting to sweat a bit.

So get out there and get warm! You'll be amazed by the difference a warm up as little as 7 minutes can provide to your performance!

If you're struggling with warming up properly and need a little extra guidance, come and see the team at Allsports Physiotherapy Helensvale. Book an appointment today online or call 07 5665 8993.
–Oliver Payton, Physiotherapist.



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glynis@goldsport.com.au
programs@goldsport.com.au
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PO BOX 433, Ashmore City QLD 4214

Partnership with the Carbine Club of Queensland

The Gold Coast Academy of Sport is excited to announce the continued partnership with the Carbine Club of Queensland. This joint venture was started in 2017 to support a young up and coming athlete in their pursuit of excellence in sport. The bursary, named The Carbine Club "Striving for Excellence" award is given to an athlete between the ages of 14 - 19 who is striving towards excellence in their chosen sport. The athlete will receive a Bursary of $1500.

The Carbine Club of Queensland is proud to work with the Academy to help promote Junior sport in Queensland which mirrors the ideals of The Carbine Club. Glynis is very humbled and pleased to have her name associated with a scholarship which helps a promising junior athlete in Queensland.

The selected athlete will need to demonstrate high standards of responsibility, resilience, courage, dedication, humility and social skills. It is hoped that the bursary will help an athlete with costs associated with their training, travel and preparation for competition.

The Carbine Club and GCAS are asking athletes to nominate. Applications will be considered by a committee and an announcement will be made in February 2023.

The board of the GCAS thanks the Carbine Club for their generous support of junior sport and look forward to the association in the future. The successful applicant will become an ambassador of the Academy and be part of the development programs run under the Gold Coast Academy of Sports umbrella.

Past recipients include:

2016 - Amy Coulston
Represented Australia in Track and Field at the Oceania Championships.

2017 - Tianah List
Successful qualified in Javelin for the World University Games but was unable to attend due to injury. Now resident in the USA on scholarship to a University. Tianah also represented Queensland in Softball winning a national championship.

2018 - Regan Hackett
Ice Hockey – was studying and playing in Ontario in the Eastern Canadian Midget hockey league. He gained selection in a number of representative teams while there and captain of team North America. After training with a leading coach in NSW during 2018, Regan was scouted and now resides in Canada pursuing his dream of Ice Hockey excellence.

2019 – Ellie Beer
Track and Field. Ellie is involved in Athletics, Surf Lifesaving and Oztag. She was selected as a 16 year old to represent Australia at the World Relay Championships and later went on to represent at the World Championships in the 4 x 400m women's relay team. She holds the U/16 Qld and Australian 400m record. She aims to represent Australia at the Olympics in the 200m and 400m.

2022 – Emelia Surch
Track and Field. Emelia was selected as a member of the Australian Junior team to go to Cali, Columbia in the 100m hurdles and the Long Jump. Emelia finished 4th in the Long Jump with a personal best jump of 6.45m and is looking forward to continuing her representative career in 2023.

Criteria

- Athlete must be an Australian Citizen.
- Athlete must be a registered member of an affiliated club of their sport and reside on or in close vicinity of the Gold Coast.
- Athlete must accept their scholarship within the Program by agreeing and adhering to the terms and conditions outlined in the Athlete Agreement and Code of Behaviour of the GCAS.
- Athlete must make themselves available to attend any functions as requested by the Carbine Club of Qld.
- Athlete must be respected by the sporting organisation they are involved with.
- Show potential within their sport and obvious talent to progress.
- Athlete must be between 14 - 19 years of age as of October 1st of year of award.
- Demonstrates resilience, courage, social skills, dedication, humility and be coachable.
- Demonstrates high standards in relation to responsibility, respect for elders and fellow sporting competitors, family, pursuit of excellence and training.
- The capacity to be a role model and leader in the future.

Interested in applying for this bursary to help with expenses in your sport?

Please find the application on the Gold Coast Academy of Sport website. Applications will close 17th March 2023 and then be considered by a committee. The committee will then interview the final applicants.

THE CARBINE CLUB
of QUEENSLAND

THE CARBINE CLUB
Striving for Excellence Bursary

$1,500

Criteria to Apply:

- Between 15 and 19 years old
- Must be an Australian Citizen
- Must be a registered member of an affiliated club of their sport and reside on or in close vicinity of the Gold Coast

Please note the full criteria list can be found on our website.

2022 Award Recipient • *Emelia Surch*

Applications Close 17th March

The announcement will be made shortly after

Scan the QR Code to Apply

GCAS GOLD COAST ACADEMY OF SPORT

Banana Bread

Ingredients

- 2 cups of all purpose flour (plain)
- 1 teaspoon of Bicarb soda
- ¼ teaspoon of salt
- ½ teaspoon of cinnamon
- ½ cup unsalted butter (115 gms)
- ¾ cup raw sugar
- 2 large eggs
- 1/3 cup plain yogurt / sour cream (only if you have it)
  I didn't so it doesn't matter
- 2 cups of mashed bananas (generally around 4 bananas
  but I used 5)
- 1 teaspoon of vanilla

Method

1. *Mix butter and sugar*
2. *Add vanilla and eggs*
3. *Add banana*
4. *Combine flour, bicarb soda, salt and cinnamon*
5. *Mix till all combined well.*
6. *Cook in a moderate oven until a spike goes into the bread and comes out without and mixture sticking to it.*

**** You can also add mashed apple / blueberries / chocolate chips / Nuts. My favourite was the Banana and Blueberry bread. This is a moist bread and is delicious.*
ENJOY

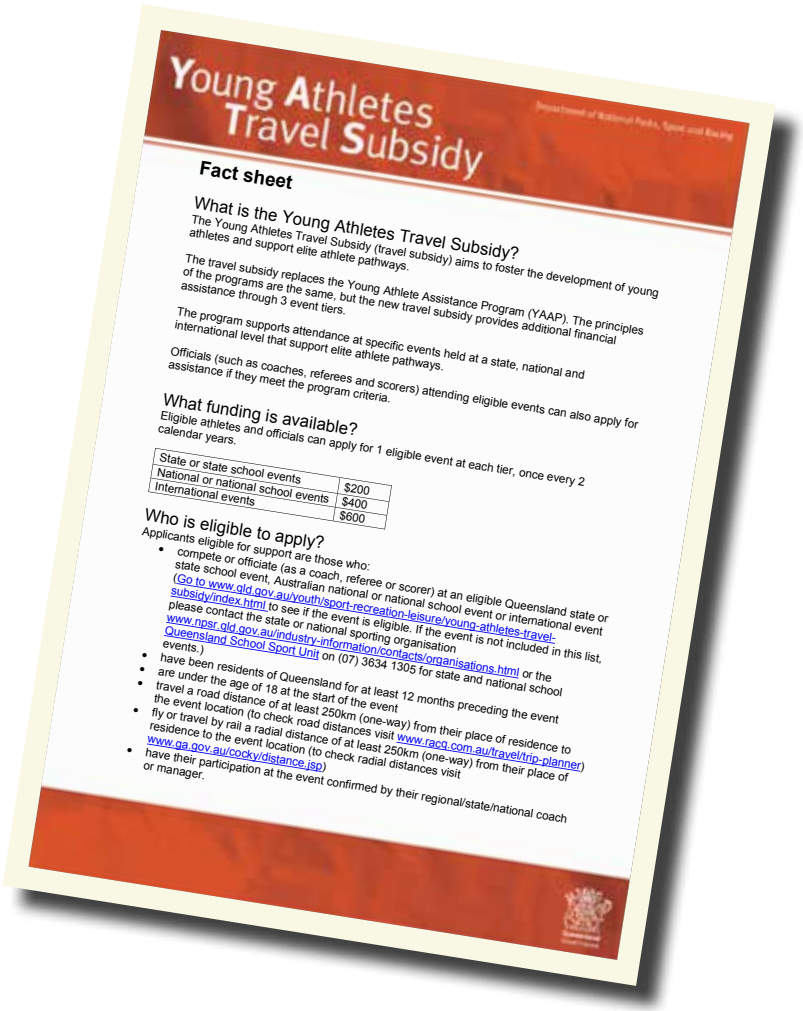
Recently I helped coordinate the National Little Athletics Camp at Runaway Bay. As Coles is a major sponsor, we were given a large number of boxes of bananas and apples. Even though the young athletes worked hard at eating them all, there were a box or two left. As I reside on the coast they were given to me. Hmmm – what do I do with many bananas? Find a recipe for Banana bread and make it – and freeze it for later on. What a great idea, although I did get a little tired of mashing up bananas, but this recipe is just the best.

Young Athletes Travel Subsidy

The Young Athletes Travel Subsidy is available to help athletes travel to major championships. The travel subsidy aims to foster the development of young athletes and support elite athlete pathways by providing financial assistance to help alleviate the costs associated with attending championship events.
The travel subsidy supports attendance at specific state, national and international events. Subsidies are provided retrospectively under a tiered funding model, with applicants eligible once every 2 calendar years at each tier. Officials (such as coaches, referees and scorers) attending eligible events can also apply for assistance if they meet the eligibility criteria.

The travel subsidy will allow up to a maximum of $1200 in financial assistance over the 3 event tiers, once every 2 calendar years. Eligible athletes and officials can apply for 1 event per tier once every second calendar year.

- State or state school event - $200
- National or national school event - $400
- International event - $600.


Young Athletes Travel Subsidy

Fact sheet

What is the Young Athletes Travel Subsidy?

The Young Athletes Travel Subsidy (travel subsidy) aims to foster the development of young athletes and support elite athlete pathways.

The travel subsidy replaces the Young Athlete Assistance Program (YAAP). The principles of the programs are the same, but the new travel subsidy provides additional financial assistance through 3 event tiers.

The program supports attendance at specific events held at a state, national and international level that support elite athlete pathways.

Officials (such as coaches, referees and scorers) attending eligible events can also apply for assistance if they meet the program criteria.

What funding is available?

Eligible athletes and officials can apply for 1 eligible event at each tier, once every 2 calendar years.

State or state school events	$200
National or national school events	$400
International events	$600

Who is eligible to apply?

Applicants eligible for support are those who:

- compete or officiate (as a coach, referee or scorer) at an eligible Queensland state or state school event, Australian national or national school event or international event (Go to www.qld.gov.au/youth/sport-recreation-leisure/young-athletes-travel-subsidy/index.html to see if the event is eligible. If the event is not included in this list, please contact the state or national sporting organisation www.npsr.qld.gov.au/industry-information/contacts/organisations.html or the Queensland School Sport Unit on (07) 3634 1305 for state and national school events.)
- have been residents of Queensland for at least 12 months preceding the event
- are under the age of 18 at the start of the event
- travel a road distance of at least 250km (one-way) from their place of residence to the event location (to check road distances visit www.racq.com.au/travel/trip-planner)
- fly or travel by rail a radial distance of at least 250km (one-way) from their place of residence to the event location (to check radial distances visit www.ga.gov.au/cocky/distance.jsp)
- have their participation at the event confirmed by their regional/state/national coach or manager.

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NEW YEAR'S EVE
ROCK THE NIGHT AWAY
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FOR THE WHOLE FAMILY TO ENJOY!
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ADULTS $69 ★ KIDS 8-12 $20 ★ KIDS 4-7 $15
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All items are available at the GCAS office. Please either contact either Annaleise or Glynis with orders. This can be done by email, phone or at program sessions. The Physio kit is everything you need to work on recovery and has been put together specifically for GCAS families.

Item	Price	XS	S	M	L	XL	2XL
GCAS T-Shirt	$30.00		•	•	•		
GCAS HOODIE	$30.00	•	•	•	•	•	•

• *Available size*

Postage of $12.00 will be charged if needed

CONTACT US

PO Box 433, Ashmore City QLD 4214
Email: info@goldsport.com.au
Website: www.goldsport.com.au

Glynis Nunn OAM
Executive Director
M. 0414 912 345
E. glynis@goldsport.com.au

Annaleise Stoyko
Sports Program Manager
M. 0412 756 524
E. programs@goldsport.com.au

GCAS NEWS

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