GCAS NEWS

WINTER 2025 – ISSUE 65

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GCAS GOLD COAST ACADEMY OF SPORT

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

EDITORIAL

From the Chair from the Executive Director's desk

The Academy recently conducted a High Tea Function, during which we had the pleasure of inviting distinguished guests, supporters, and sponsors to celebrate and acknowledge the achievements of our sporting programs.

This event took place at the RACV Royal Pines and served as an opportunity to honour the four successful recipients of the Carbine Club bursaries. The Academy expresses profound gratitude to all individuals and organisations that have provided invaluable support throughout our operations. The City of Gold Coast Council plays a pivotal role in this regard; without their financial assistance, the delivery of our current programs would not be feasible.

Our special guests for the function were Ji Wallace, silver medallist at the 2000 Sydney Olympics in Trampolining. After a recent bout of ill health, he was back to his very best on the day, delivering a motivational and passionate talk on his journey. We also welcomed two of the Carbine Club recipients, Tori Russell (Tennis) and Lachy Donnelly (Pickleball). Both spoke extremely well and explained to all present about their journey so far and their dreams for the future.

Additionally, the Academy convened its Annual General Meeting, during which we regrettably bid farewell to two of our board members who have stepped down for various reasons. Bob Hagley has been a member of the board since its establishment in 2009. His guidance has been instrumental in nurturing the Academy from its formative stages to its present state, and we sincerely appreciate his dedication and support. Bonnie Hancock, who served for only one year, has chosen to focus on her personal development and commitments within her sport, and we extend our gratitude to her for her inspiration and contributions and wish her all the best. We anticipate welcoming new members to the board and look forward to exploring exciting directions in the years ahead.

As winter approaches, all athletes need to prioritize proper warm up and cool down routines during each training session. Ensuring that the body is adequately warmed up is critical, as it allows the muscles to gradually prepare for the physical demands of the session ahead. To do this, athletes are encouraged to wear thermal layers, such as compression or standard tights, as well as a jacket to keep warm. Once sufficiently warmed, individuals can remove these layers to do their training; however, it is important to again don clothes after the training finishes to effectively cool down. While some athletes may think this practice as unnecessary, I encourage everyone to experience the benefits firsthand.

Recently, we were thrilled to announce the recipients of the Carbine Club Gold Coast Academy Scholarship. We had an exceptional number of applicants which showed us that there are quite of lot of athletes and families looking for help to support their children in their elite sporting endeavours. Of the twenty eights applications it was narrowed down to eight finalists. The selection process was rigorous, involving multiple meetings and interviews to identify the most deserving candidates. The chosen athletes have exhibited unwavering commitment and a deep understanding of their sport and training. This partnership with the Carbine Club is offering invaluable support to these young athletes as they pursue their dreams of international representation and competition.

The first successful recipient of the scholarship is Tori Russell, who represents the sport of Tennis. Tori has recently returned from the United States, where she participated in several Tennis tournaments. In 2024, she received an invitation to compete at Wimbledon, an experience she described as a significant highlight—not only for the opportunity to compete but also for the chance to observe the world's elite players. Currently ranked number two in her age group in Australia, Tori aspires to break into the top ten globally in the coming years.

Lachy Donnelly represents Pickleball, a sport recognised as one of the fastest-growing in the world. He is ranked as the number one Male Junior on the PPA Tour within the country and has achieved notable results over the past year. At the 2024 Australian Pickleball Championships, Lachy secured titles in the U/18 Doubles, U/18 Mixed Doubles, and U/18 Singles Championships, thereby attaining Triple Crown Status—an honour acknowledged by the Pickleball Australia Association and reserved for a select group of elite players.

The Carbine Club has awarded its third scholarship to Koby Carroll in the discipline of BMX freestyle. In the forthcoming weeks, Koby will travel to France for the World Championships, followed by a competition in China in October, representing Australia. This bursary will significantly aid in facilitating his training and competition travel. We look forward to following his performances, given Australia's distinguished history in this sport.

Lastly, we celebrate our final recipient, Maya Zunker, who competes in Swimming. Maya is an elite swimmer and a state-level netball player, having achieved remarkable success in both sports. She has earned multiple medals at the Australian Age Swimming Championships in Freestyle and Breaststroke and has demonstrated exceptional performances, setting state records in these categories. We eagerly anticipate following her development in the upcoming years.

Congratulations are extended to these athletes for their successful receipt of the bursaries. The Academy also commends all applicants for their commitment to their respective sports at a high level. The selection process was certainly a challenging endeavour.

The Academy extends its best wishes to all our athletes for their pursuits in the upcoming season.

GALLERY

Photo's from High Tea

MODERN JAPANESE DINING

ARAKAWA

From sushi and sashimi to thrilling teppanyaki tables, every bite is a true masterpiece. Prepare for an immersive experience that blends tradition and innovation with vibrant flavours, and bold visuals.

A TASTE OF THE MEDITERRANEAN

amici

Enjoy a diverse menu perfect for the whole family. From classic antipasto to Amici's signature wood-fired pizzas, enjoy the authentic taste of the Mediterranean.

2024 Highlights and Outcomes

Magic Millions flagship event, the Gold Coast Yearling Sale and Carnival held over a ten day period each January continues to provide a huge boost for the Gold Coast, attracting visitors and investment from all over the world. From small beginnings with a sale of just 200 yearlings in 1986, to cataloguing over 4,500 horses for auction across Australia each year and conducting the World's richest sales based race series, Magic Millions has become a fundamental part of the breeding and racing economy in Australia. The company plays an integral role in one of Australia's largest industries - the thoroughbred industry employs 230,000 people nationally and 33,000 alone in Queensland.

The contribution of the Magic Millions January Carnival to the Queensland economy is nothing short of significant. Positive impacts to the community include in the accommodation, dining, entertainment and shopping sectors, attractions and transport. According to an independent research report, the 2024 edition of the Carnival delivered a total economic impact of $58.93 million across Queensland. Further evidence of the contribution to the region can be seen through the creation of more than 3,500 jobs as a direct result of Carnival activities across sale, raceday and event operations.

Come and discover the magic from 10 January next year!

MAGICMILLIONS.COM.AU

Economic Impact **$58.93 million** (an increase of 11.71%)

Total Sale aggregate nearly **$240 million**

81% of visitors to the sale were from interstate and overseas

Total Bed Nights **107,111** (an increase of 16.5%)

Overnight Visitor Expenditure **$39.48 million** (an increase of 19.78%)

International representation at the sales from **8 countries**

Delivery of Queensland's richest Raceday offering **$14.25 million in prizemoney** over 10 races

Highest grossing Yearling Sale in the Southern Hemisphere ever

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SPORTS REPORT

Wrap Up Report: Academy Program Highlights and Successes

GOLD COAST ACADEMY OF SPORT

Hitting the midway mark with a ton of Knowledge!

Our Rugby Union Program hit the ground running on January 22, setting the tone for a busy year. Athletes thrived under the guidance of our expert presenters and professional coaches, sharpening their skills in body maintenance, nutrition, rugby IQ, sports psychology, and skill work. The coach recently advised that 13 of the boys were chosen in the representative Cyclones squad.

Meanwhile, The Brumbies Emerging Athlete Program (BEAP), delivered in collaboration with A.B. Paterson College, has been progressing strongly over the past couple of months. Students in Years 9, 10, 11, and 12 have delved into key topics in Nutrition and Sport Psychology, gaining valuable insights from highly experienced industry experts. These sessions have equipped the athletes with practical knowledge to better understand how to fuel their bodies and strengthen their mental approach to performance – critical foundations for success both on and off the field.

Our Recreation and Sport Athletics Program, delivered in partnership with Gold Coast Recreation and Sport, continues to run every fortnight and has seen great progress in recent months. A dedicated group of young men have been actively working to improve their fitness, strength and agility, while setting personal benchmarks in events such as Long Jump, Javelin, Shot Put, Discus and running. Even on rainy days, the momentum hasn't slowed, with tailored circuit sessions incorporated to maintain consistency and engagement. The participants' commitment and enthusiasm are always a highlight of the program!

Upper Coomera College's Future Stars Program

has been an exciting and engaging journey so far. Year 7 students have explored the fundamentals of Nutrition and its impact on athletic performance, while Year 8s have examined the meaning and importance of Integrity in Sport, building a strong foundation of values and awareness. The program continues to evolve, with Year 9 students now preparing to delve into the world of Biomechanics. We look forward to seeing what these aspiring athletes will discover and achieve as they continue to grow through the program.

We recently launched our Junior Specialist and Senior IGNITE Netball programs at the start of May. This was met with tremendous enthusiasm and eager participation. Since the tipoff, athletes have engaged in a variety of enriching sessions focused on Leadership and Team Culture, Body Maintenance, and functional strength through mini band practice. The experience has been both educational and inspiring, with athletes thoroughly enjoying the opportunity to learn from Bond's experienced coaches and elite netball players. The energy and commitment shown so far have set a strong foundation for the sessions ahead!

Our **Future Stars Program** is now underway, with eight enthusiastic athletes eager to further develop their skills, athletic abilities, and understanding of pathways in sport. The program has already included two targeted Strength and Conditioning sessions, during which athletes created their own personalised training programs. In addition, a dynamic pool session challenged and engaged the group, pushing them to build both endurance and teamwork. We're excited to track their progress and look forward to seeing the results during the final session's re-testing.

Our **Future Stars Extension Program** has returned in 2025, welcoming back seven committed athletes who previously completed the initial program and are now eager to take the next step in advancing their capabilities. The program has already seen an energetic start, including a dynamic 11-station indoor circuit that challenged the athletes across a range of physical competencies. In addition, the group participated in a hands-on nutrition session, making protein balls under the guidance of an expert dietitian. Our next session. They will be involved in a Reformer Pilates session at the stunningly brand new Breathe Performance Centre at Arundel followed by a recovery session with Normatec boots in their Recovery room! With such a strong start, we're excited to see what the remainder of the program will bring for these motivated young athletes.

What's Next?

Looking to the near future, we have our BMX Program on the horizon and will be advertised in the coming month. We are aiming to have this program commence from 17th August.

We have our Mid Year Future stars program currently being advertised with applications closing on the 5th of June! Be quick, as there are limited spots!

If you are looking to take your speed, agility, and athletic performance to the next level? Whether you're an aspiring athlete or just want to improve your speed for fun, our Academy Sprint Clinic is for YOU! We have just advertised our June/July Sprint clinic. Applications for this close on the 23rd of June. Juniors will be held over 1 day – 9-12years and Seniors will be held over 2 days – 13-16 years.

Keep an eye out for out future Basketball Program that will be commencing in October! We will advertise in the coming months and will be a program you will not want to miss!

BREATHE PERFORMANCE

INHALE | EXHALE | BREATHE

GOLD COAST ACADEMY OF SPORT

The Academy's Extension Future Stars program has had the opportunity to use the newly opened Breathe Performance Centre. We were welcomed with open arms and used the new Reformer Pilates studio with their excellent instructor Tia Harper. After finishing the Pilates class, all athletes moved to the Recovery room where they used the new state-of-the-art Normatec recovery boots while relaxing in the recliner chairs, listening to the Sports Psychologist. A great visit was had by all.

RESET TO RISE: Smart Recovery for Young Athletes

BREATHE Performance Recovery

INHALE | EXHALE | BREATHE

Recovery is more than what you do after training—it's what sets you up for everything that comes next. For young athletes pushing their limits, the way they rest and reset matters just as much as the way they perform. Proper recovery not only enhances performance but also protects against fatigue, overtraining, and injury risk. That's where science-led recovery tools like compression and contrast therapy come in.

Compression therapy - the use of dynamic air pressure to rhythmically squeeze the limbs, aids the body's natural systems. By promoting venous return and lymphatic drainage, studies have shown that this process enhances the clearance of metabolic waste (like lactate), reduces delayed onset muscle soreness (DOMS), and boosts circulation. Reduced swelling and improved blow flow – the result? Muscles that feel fresher and are ready to move again! It's safe, non-invasive, and especially beneficial after high-intensity or back-to-back training sessions. All this while you sit back and relax in a recliner...passive recovery at its finest!

Contrast therapy is all about balance—hot and cold, stress and release. Alternating temperature exposure —typically via hot and cold plunge pools or even a sauna session followed by cold immersion– stimulates different effects on the body. Cold immersion induces vasoconstriction (narrowing of blood vessels), while the subsequent heat causes vasodilation (widening of the vessels). This cycle creates a "vascular flush," helping remove metabolic waste products, reduce inflammation, and restore oxygen levels to tired muscles. It also taps into the nervous system, helping the body shift from fight-or-flight to rest-and-repair. And while the science is solid, the experience is powerful too—an energising reset that supports both mental resilience and deep tissue recovery.

For young athletes, integrating these therapies isn't just about recovery—it's about building routines that support long-term physical and mental performance. It's how we future-proof performance, build resilience, and protect potential.

Special offer to Gold Coast Academy of Sport Athletes.

Please say you are part of the Academy when you visit.

3 x Compression Therapy Pack $60

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ALLSPORTS
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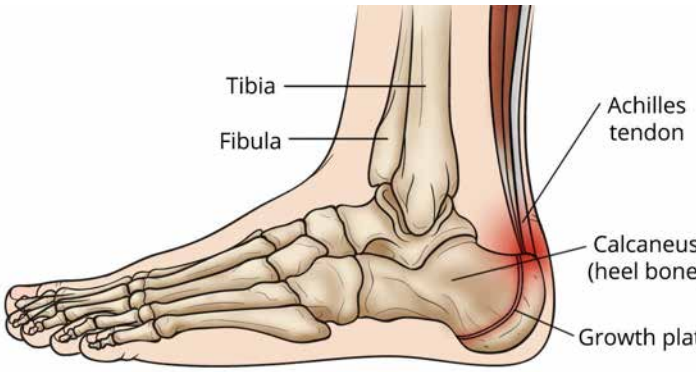
HELENSVALE & PIMPAMA

Managing Common Youth Sports Injuries: Sever's, Osgood – Schlatter, and Sinding-Larsen-Johansson

By your Allsports Physiotherapy team – Helensvale & Pimpama Clinics

Youth sport is an exciting time of growth and development, but with it can come growing pains. Three common injuries we frequently see in young athletes are Sever's disease, Osgood-Schlatter disease, and Sinding-Larsen-Johansson syndrome. These growth-related overuse conditions may sound intimidating, but with the right management, they rarely sideline athletes for long.



Understanding the Injuries

Sever's Disease (Calcaneal Apophysitis)

Sever's disease is a traction injury at the growth plate of the heel, where the Achilles tendon inserts into the calcaneus. It commonly affects physically active children aged 8–13, particularly during rapid growth phases (DiFiori et al., 2014). Activities involving running and jumping tend to aggravate this condition.

Osgood-Schlatter Disease

This condition causes pain and swelling below the kneecap where the patellar tendon attaches to the tibial tuberosity. It is typical in adolescents aged 10–15 during growth spurts, especially in sports with high jumping and running demands (Hosseinzadeh et al., 2019).

Sinding-Larsen-Johansson Syndrome

Similar to Osgood-Schlatter, Sinding-Larsen-Johansson syndrome affects the lower patella where the patellar tendon connects to the kneecap. It is often triggered by repetitive jumping or sprinting and is seen in adolescent athletes during growth (Kujala et al., 1985).

Treatment and Management

These conditions are generally self-limiting, resolving once the growth plates fuse. However, active treatment and education can significantly reduce symptoms and prevent prolonged downtime.

1. Load Management

Reducing or modifying high-impact activity can help manage symptoms without requiring full rest. A temporary reduction in jumping, sprinting, or sport-specific drills can prevent exacerbation (DiFiori et al., 2014).

2. Footwear and Orthotics

Supportive footwear and orthotic inserts can be useful, particularly in Sever's disease. Heel cups or cushioned soles reduce heel impact and improve biomechanics (James & Williams, 2008).

3. Physiotherapy

At Allsports Physio, our approach includes:

- Manual therapy to relieve muscle tightness and improve joint mobility.
- Stretching and strengthening programs targeting calves (Sever's), quadriceps (Osgood-Schlatter), and hamstrings (all conditions).
- Taping techniques to reduce mechanical strain, especially around the knee and heel (Brukner & Khan, 2017).

4. Education

We guide athletes and families to understand pain thresholds, recovery timelines, and appropriate training loads. Educated athletes are more likely to follow treatment protocols and avoid reinjury (Ginn & Halaki, 2012).

5. Return-to-Sport Planning

Our physios provide gradual return-to-play strategies that include neuromuscular retraining and sport-specific drills to ensure safe reintegration.

Keeping Gold Coast Athletes Healthy and Active

These conditions may be common, but with early intervention and expert guidance, they are highly manageable. At Allsports Physio Helensvale and Pimpama, we help young athletes overcome pain and return to the sports they love with confidence.

Need support with a youth sports injury?

Book in with us today — we're here to help.

Allsports Helensvale

Ph: 07 5665 8993 F: 07 5665 8994

A: GC North Medical Hub, Level 1, Shop 72/ 502 Hope Island Road, Helensvale 4212

Allsports Pimpama

Ph: 07 3879 7718 F: 07 5676 6713

A: Shop D1.4 Home Focus Pimpama, 12 Nexus Drive, Pimpama 4209

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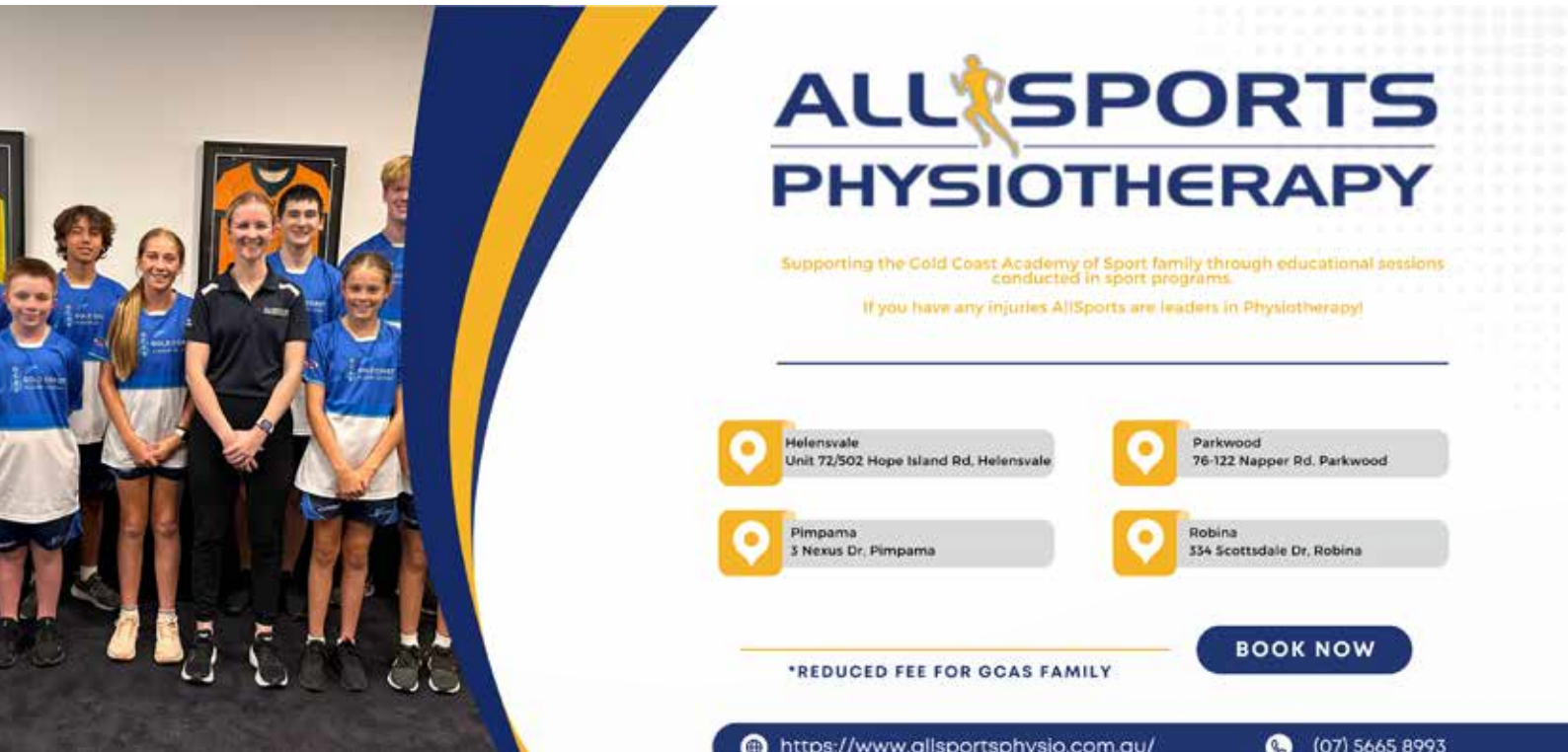

Her Medical

Proudly Supporting Gold Coast Athletes

GOLD COAST ACADEMY OF SPORT

WINTER HEALTH TIPS FOR YOUNG ATHLETES

Proud supporter of the Gold Coast Academy of Sport

Winter is prime time for colds, injuries, and burnout. But with the right strategies, athletes can stay fit, focused, and firing all season long.

1. **Don't let hydration slide.**

Cooler weather can trick you into drinking less, but hydration is key for muscle function, recovery, and focus.

2. **Prioritise quality sleep.**

Your body repairs and resets during sleep. Aim for 8–10 hours a night—especially on training days.

3. **Stay ahead of illness.**

Eat a rainbow of fruit and veg, keep up the hand hygiene, and consider a flu shot to stay in the game.

4. **Keep moving—smartly.**

Warm up thoroughly, stretch regularly, and listen to niggles. Winter is when strains and sprains sneak in.

5. **Fuel for performance.**

More training or colder weather = higher energy needs. Don't skip meals and focus on whole, nourishing foods.

Supporting young athletes means supporting their health too. At Her Medical, we back local athletes—on and off the field.

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- Brian's Auto Centre – $1,000 x 3 vouchers
- Carrara Markets – Vouchers for Mini Golf, Shopping, Rollerskating valued over $800
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HART SPORT

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(Wemba Wemba, Gunditjmara, Ngadjonji and Taungurung)

This dynamic collection of balls and gym mats illustrates a variety of stories relating to tradition, community and wellbeing, adding colour and connection to the HART Sport range.

Our AFL ball is rich with Emma's community imagery:

This artwork tells a story of how important football is in the Community. The oval is centre with people standing around watching. The Elders are located at the bottom of the artwork to highlight their wisdom and guidance. The hands placed around the artwork represents the players journey around the football. There is an eagle soaring in the sky to represent stories passed down. The circles with curved lines are the journey of players and Community.

5% of sales will go to Emma's nominated indigenous charity Djirra, which provides support for Aboriginal women.

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Need someone to speak to?

Joanna Turek Psychology

I am a registered psychologist with a specialized focus on health and sport psychology. My work is dedicated to supporting athletes, including teenagers, in enhancing both their mental well-being and performance. I help athletes navigate challenges like performance anxiety, body image concerns, and the pressure of competition. By working through psychological blocks, building resilience, and fostering positive relationships with food and body image, I empower athletes to thrive both mentally and physically in their sports and their lives!

I offer support in the following ways:

- Addressing performance anxiety and mental blocks
- Building positive body image and self-esteem
- disordered eating behaviours
- Enhancing mental resilience and focus for peak performance
- Supporting injury recovery and dealing with the mental challenges of recovery
- Stress management, grief & loss, trauma, and other life stressors.

With a holistic approach to psychological well-being, I guide athletes in achieving their potential while maintaining a healthy mindset.

Appointments can be made at The Good Joint, Burleigh Heads or online via telehealth. www.thegoodjoint.com.au.

More info www.joturekpsychology.com

RECIPE

GOLD COAST ACADEMY OF SPORT

CORN AND POLENTA PANCAKES WITH TOMATO SALSA

(serves 4)

Prepartion time: 15 mins | Cooking time: 10 minutes

Ingredients

Tomato Salsa

- 2 ripe tomatoes
- 1 cup (150g) frozen broad beans
- 2 tablespoons chopped fresh basil
- 1 small Lebanese cucumber, diced
- 2 small cloves garlic, crushed
- 1 1/2 tablespoons balsamic vinegar
- 1 tablespoon extra virgin olive oil

Corn and polenta pancakes

- 3/4 (90g) self-raising flour
- 3/4 cup (110g) fine polenta
- 1 cup (250ml) milk
- 310 g can corn kernels, drained
- olive oil, for pan frying

Analysis	
Protein	11g
Fat	18.5g
Carb	56g
Dietary Fibre	8.5g
Cholesterol	8.5mg
Energy (kj Cal)	1809 kj (432 calories)

Method

Score a cross in the base of each tomato, then place in a bowl of boiling water for 30 seconds. Plunge into cold water and peel the skin away from the cross. Dice.

Pour boiling water over the broad beans and leave for 2-3 minutes. Drain and rinse under cold water. Remove the skins. Put the beans in a bowl, add the diced tomato, basil, cucumber, garlic, vinegar and extra virgin olive oil and stir well.

To make the pancakes, sift the flour into a bowl and stir in the polenta. Add milk and corn and stir until just combined, adding more milk if mixture is too dry. Season to taste.

Heat oil in a large frying pan and spoon half the mixture into frying pan, making four 9cm pancakes. Cook for 2 minutes each side, or until golden and cooked through. Repeat with the remaining mixture, adding more oil if necessary. Drain on paper towels. Serve with the salsa.

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