GCAS NEWS

SPRING 2025 – ISSUE 66

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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

Now more than ever, life is full of choices. Some are easy, such as what to have for dinner or what to wear. Others, more serious, like choosing a career or choosing a life partner. Some decisions are made on the run without enough thought, while others are sometimes dwelt on for far too long.

I live in an amazing community out in the hinterland, and I am also blessed to have some wonderful people around me. During my life, I have made many life choices to realise my dreams. After making these choices, I then had to work on them to ensure they were going to realise the reason I made them.

At school, we all make choices on what subjects to take so that we have the best opportunity to pursue our careers. Mine was always going to be teaching. My physical education teacher in high school influenced me so much that this was the career I was always going to choose. I worked hard to make this come true. The bottom line is, if you make a choice to follow a particular path, it is going to take dedication, persistence and a never-ending desire to achieve. You have to do the work. No one else.

As a young person, you will make many choices in life that will impact not only yourself but also many others. So how do we stress on young people to make good decisions and choices? I must admit, involvement in sport has helped many young people I know develop the trait of making a sensible choice. I know sport made me make choices. When I was young, I made choices to stay at home instead of going out with my friends because I had to train the next day. The choice to go and live in Adelaide, away from family, for seven years to pursue my dream of performing at the Olympics. These were tough choices at the time.

Good choices can do the following:

- positively impact others
- are repeatable
- generally create an opportunity
- include others positively
- are logical
- are accountable
- are consistent and sensible.

The choices we make always affect someone. At times, a choice may primarily affect the person who makes it, but never exclusively. There is an attitude today that promotes making choices with little to no regard for others. It is not selfishness, but more self-centeredness through ignorance.

We can therefore teach our youngsters to make better choices. How?

1. **Don't let stress get the better of you.** It's easy to feel stressed out and anxious when you're facing a tough choice. Don't rush decisions without thinking them through. If you're feeling anxious about a decision, try to manage your stress so that it doesn't cloud your thinking. Go for a walk on the beach. Do some physical activity.
2. **Give yourself some time (if possible).** It's hard to think clearly under pressure, and sometimes the first thought/choice isn't always the best one. If you can sit on a problem for a while so you can process your options and feel confident about the choice.
3. **Weigh the pros and cons.** Sometimes we can lose sight of the big picture. Think of the pros and cons. Sometimes this can make the choice more obvious.
4. **Think about goals and values.** Be true to yourself and what you value in life. The best option might become more obvious.
5. **Consider all the possibilities.** Making a decision can result in different outcomes so you need to consider any likely consequences.
6. **Talk.** It can help to speak to someone to get their perspective.
7. **Rethink your options.** Look over options again. If the original choice is still the best one, fantastic.
8. **Learn from the past.** Know what you know and what you don't know.

"Life is a sum of all your choices." Are you happy with the path that you're choosing for yourself? The choice is yours.

We all know someone who has made some bad choices in their life. They may have been overwhelmed, tired, confused, stressed or in a rush. In most instances in sport, young athletes are influenced by their parents.

What is sadly seen also, is there are many gifted children who have become victims of pushy parents who live their lives vicariously through their children and, along the way, crush the child's potential and enthusiasm. The helicopter parent pushes the child when they are training, telling them what to do along with the coach. The parent on the sideline running up and down the sideline at footy or at the track, giving advice.

With the US Open on at the moment, I remember back some years when I read about Emma Raducanu who won the US Open. She was, at the time, ranked 300 in the world and was 18 years of age. She had just finished sitting her final high school exams. She was also the first player ever to come from the qualifying rounds to get a shot in the main draw to then go on and win. She didn't lose a set the whole way through. In the WTA rankings back in 2022, Raducanu was ranked 10th. Currently, she sits at No. 39, but she is still so young. She is reportedly worth a whopping £13.5million at the age of just 22. Let's hope she has a long life in tennis and we hear much more about her.

Growing up Emma tried a lot of sports. She did ballet, swam, rode horses, played golf, went skiing and also tried go-karting. I have always encouraged parents to let their children try many sports and not to specialise too young. By playing a number of sports, children develop skills not only physical and practical, but also mental, the decision-making attributes. Specialising too soon creates pressure, and pressure can sometimes see athletes disappear from sport altogether.

It is essential that all parents insist on the value of a good education. No matter how good a parent thinks their child is, few will make it to the top of their sport. They need to have something to fall forward into. It is important for all sportspeople to always get back up, don't be afraid to fail, and push on. This is the way you learn and grow.

RACV Royal Pines Resort

2025 CORPORATE CHRISTMAS EVENT

RACV Royal Pines Resort welcomes corporate and social guests to join us for the return of the Gold Coast's greatest annual Christmas Party.

Enjoy dazzling live entertainment, a 3-course dinner and 4.5-hour drinks package in the Royal Benowa Ballroom.

DATE: Saturday 22 November 2025
TIME: 6.30pm - 11.00pm
COST: $199* per person
DRESS: Cocktail attire

Scan the QR code to book or call 07 5597 8700

Terms and conditions apply. Tickets are non-refundable. Booking fees additional. Seating is in shared tables of 10. If booking for a party of less than 10 people you may be seated with other groups. RACV/Auto Club/Seniors Card discounts not available as this is a special ticketed event. For more information, please visit the booking page or contact 07 5597 8700.

WARMING UP

DYNAMIC STRETCHING

GOLD COAST ACADEMY OF SPORT

Warm Up – there are so many things written and spoken about in this area. We are just going to raise a few questions.

Ever see soccer players swinging their legs to and fro before the match kicks off? Or seen cricketers swing their arms like windmills? Want to know why they do this?

It's called dynamic stretching and it is hands down the most effective way to warm up before a workout. BUT – most of you already knew this –RIGHT?

If athletes are doing it, it's got to be good. What better way to prepare yourself for moving, than to well... move! Right?

So let's jump (that's a full-body dynamic warm up) on that band wagon and delve into why dynamic stretching is the missing link to your warm - up routine.

What is dynamic stretching?

The key word here is 'dynamic'.

Dynamic stretching is essentially an active warm up where you are moving as you stretch.

This is as opposed to static stretching which includes your standard 10-20 second quad stretch, tricep stretch, stretching your hammies, etc, etc. Of course, warm up is important before you exercise, we all know that.

Things have changed. Where athletes used to do a heap of static stretching before a workout, now they are told not to. Although there are some athletes that still do it. Right or wrong? It is now acknowledged that static stretching should only be done AFTER a workout. And it's dynamic stretching BEFORE your workout that'll give your workouts more oomph.

It makes total sense. Static stretching after a workout – once your muscles are warm and loose – is a great mobility-boosting technique to improve flexibility.

Why should I do dynamic stretches before exercising?

It's dynamic stretching that prepares your body for what you're about to do. And it is highly effective.

In research published by The Scandinavian Journal of Medicine and Science in Sports, Croatian scientists compared 104 past studies on **static stretching as an exclusive warm up to find that it actually reduces strength in the stretched muscles by up to 5.5 percent!** Needless to say they concluded that: ***"static stretching as the sole activity during a warm up routine should generally be avoided."***

A bit of an eye-opener? Maybe to some, maybe not to others.

On the other hand a study published in The Journal of Strength and Conditioning Research, found that dynamic stretching enhances muscular performance. The researchers looked at leg extension power and found that performance was significantly greater after dynamic stretching, compared to after no stretching and static stretching.

The RESULT: dynamic stretching is the way to go.

Specifically, an athlete should aim to target the muscle groups they are about to use. For instance, walking lunges, air squats or even jumping squats for the more advanced, will all warm up the lower body.

Other benefits of dynamic stretching include:

- Boosted blood flow to the working areas of the body.
- Improved body awareness by calling on your balance and coordination skills in your warm up.
- Better range of motion during sport and exercise.
- Feeling less stiff and sore (we all know what the day-after penguin walk feels like).
- Increased heart rate so you're ready for action.

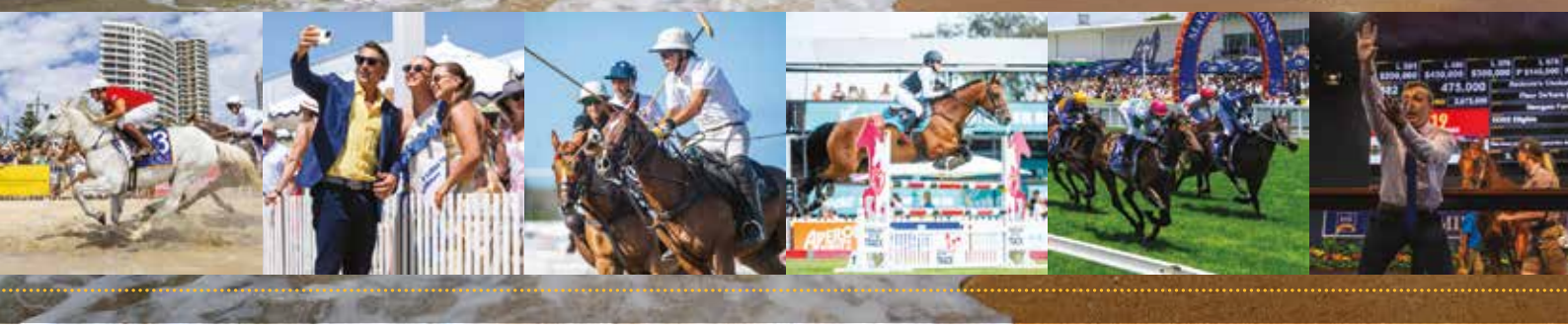
Static vs dynamic stretching: the verdict

There's no competition. Both are winners and both can help to improve your training sessions.

Just remember: dynamic stretching for warming up and static stretching for cooling down.

Deciding where to be in January?

Easiest winner you'll pick all year!



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GOLD COAST ACADEMY OF SPORT

Queensland's brand-new **$200** **Play On! Sports Voucher** program is now open – and it's all about helping more kids get active, stay healthy, and be part of their local sporting community.

Whether you're a family, a club, an activity provider or a referral agent — there's something for everyone in the Play On! Sports Vouchers program.

Families — apply now!

Parents and carers of eligible children aged 5–17 can now apply for a $200 voucher.

Make sure you have:

- An Enquire account
- Your child's Medicare card
- A valid Health Care Card (HCC) or Pensioner Concession Card (PCC) if applicable

Apply here: qld.gov.au/playon

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.

Young Athletes Travel Subsidy

Fact Sheet Continued

GOLD COAST ACADEMY OF SPORT

How often can athletes and officials apply?

Eligible athletes and officials can only apply for 1 event per tier once every 2 calendar years. If an applicant is applying for 2 events in 1 year in different tiers they do not have to wait the 2 year period to apply for an event in a different tier. For example, if an applicant attends a state and international event in 2015, they do not need to wait 2 years to apply for a national event. If the applicant applies for all 3 event tiers in 2015 they must wait till 2017 before being eligible again. Funding tiers can be accessed in any order.

	2015	2016	2017	2018	2019	2020
State	✓		✓		✓	
National		✓		✓		✓
International	✓		✓		✓	

Applicants who received funding for attendance at state, national or international events under YAAP for events held from 1 January 2014 to 15 December 2014 will not be able to apply for attendance at a state event for 2 calendar years (i.e. If your last approved event was held in 2013 you can apply for state event funding in 2015. If your last approved event was held in 2014 you can apply for state event funding in 2016).

You will still be eligible to apply for funding for attendance at one national and/or one international event from 1 July 2015.

Submitting an application

As funding is provided retrospectively, applications will not be considered before the start of an event. Applicants are required to use their own resources to travel to events. Applications must be received by the department within six months after the start date of an eligible event.

All applications must be submitted using the online application form. The online application form is NOT compatible with mobile or tablet devices. Any online applications must be made from a PC. You will also need the most current version of Adobe Acrobat Reader to be able to see and print your application offline.

Links to the relevant event application form are here:

- State event - https://portal.enquire.net.au/portal/applicant/srs?id=955
- National event - https://portal.enquire.net.au/portal/applicant/srs?id=956
- International event - https://portal.enquire.net.au/portal/applicant/srs?id=957

Before you begin the online application process, you will need to have your bank details available and the contact details of the relevant regional/state/national coach/manager to include in the application. The department will verify attendance with the relevant organisation.

Lodging an application does not guarantee funding. All applications and recommendations are based on eligibility and available budget. You will be notified of the outcome of the application within 6-8 weeks of applying online.

Need further information?

For more information visit www.qld.gov.au/recreation/sports/funding or email srsgrants@qld.gov.au.

SPORTS REPORT

Wrap Up Report: Academy Program Highlights and Successes

GOLD COAST ACADEMY OF SPORT

Pushing through to Spring with purpose!

Our Brumbies Emerging Athlete Program (BEAP), delivered in partnership with A.B. Paterson College, has continued to grow strongly over the past few months. Students in Years 9–12 have explored key topics in Nutrition and Sport Psychology, gaining valuable insights from leading industry experts. A highlight of the program was an inspiring session with Olympic trampolinist Ji Wallace, who shared his journey and lessons in resilience, performance, and mindset. 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, with students across Years 7, 8, and 9 exploring a range of important topics to support their development as athletes. Year 7 students focused on Anatomy, gaining a deeper understanding of the body through a session delivered by Allsports Physio. Year 8 students learned about Safety in Sport, including practical skills in strapping, also presented by Allsports Physio. Meanwhile, Year 9 students dove into the world of Sport Psychology with an engaging session led by Lana, one of the Academy's leading psychologists, exploring how mindset plays a vital role in performance. We look forward to seeing what these aspiring athletes continue to discover and achieve as the program progresses.

Our Senior and Junior Netball Programs have recently wrapped up after an exciting season in collaboration with the Bond University Bullsharks. Both programs provided athletes with the opportunity to develop their skills, grow as teammates, and embrace the values of commitment and resilience both on and off the court.

A big congratulations to everyone involved, and a special mention to our award winners:

- **Senior IGNITE Netball:** Athlete of the Program – Layla Keough, and Encouragement Award – Breanna Gordon.

- **Junior Netball:** Athlete of the Program – Harper Waygood, and Encouragement Award – Sophia Simmons.

We are so proud of the progress and dedication shown by all athletes and look forward to seeing what they continue to achieve in their netball journeys.

We're now at the very back end of our Future Stars Program, with just a couple of sessions to go! Eight enthusiastic athletes have been developing their skills, athletic abilities, and knowledge of sporting pathways throughout the program. So far, they've completed two targeted Strength and Conditioning sessions where they built their own personalised training programs, as well as a dynamic pool session that challenged their endurance and teamwork.

In addition, the athletes have explored important off-field topics including Time Management, Team Building, Social Media and Branding, and High Performance Habits, equipping them with valuable tools for success in both sport and life. We look forward to wrapping up the program and seeing the results during the final session's re-testing.

SPORTS REPORT

Wrap Up Report Continued

Our Future Stars Extension Program has wrapped up for 2025, with the athletes having their last session. They have gone through incredible journeys of growth and development. Seven dedicated athletes, who previously completed the initial program, returned this year eager to take the next step in advancing their capabilities.

Throughout the program, they've tackled a dynamic 11-station indoor circuit, enjoyed a hands-on nutrition workshop making protein balls with an expert dietitian, and experienced two Reformer Pilates sessions at the brand-new Breathe Performance Centre at Arundel, followed by a recovery session with Normatec boots in their Recovery Room and a presentation.

Along the way, the group has also expanded their knowledge in Sponsorship Development and Body Biomarkers, while pushing themselves through high-intensity sessions designed to challenge and elevate their performance.

The Academy is incredibly proud of their commitment and can't wait to see how these motivated young athletes continue to apply what they've learned moving forward.

We're thrilled to announce the launch of our brand-new Sailing Program, delivered in partnership with the prestigious Southport Yacht Club.

The program introduces participants to the foundations of Sport, including Body Maintenance and Recovery, Sport Psychology, Nutrition and much more all under the guidance of highly experienced industry professionals. Beyond developing technical skills, the program also encourages resilience, problem-solving, and leadership. We are looking forward to seeing how the kids grow throughout this program!

What's Next?

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 September Sprint Clinic. Applications for this close on the 15th of September. Juniors will be held over 1 day – 9-12years and Seniors will be held over 2 days – 13-16 years.

In collaboration with Gold Coast Basketball, we're thrilled to offer an action-packed program across three weekends in October. This is your chance to sharpen your skills, refine your technique, and elevate your basketball IQ. Dive into intensive training sessions, engaging workshops, and gain insights from top-tier coaches. Don't miss out on this incredible opportunity to transform your game and grow into a more complete player! Applications close 6th September.

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

5 x Compression Therapy $89

1 x Contrast Therapy Bathhouse 1 x Compression Therapy $59

3 x Reformer classes for $49 or we have larger packs and Memberships available

ALLSPORTS PHYSIOTHERAPY GROUP HELENSVALE & PIMPAMA

Youth Athlete Spotlight: Sports Taping & Strapping

Ever notice athletes with tape around their ankles or wrists? That's **sports taping or strapping**—a method using rigid adhesive tape to support joints and limit excessive movement. Some research shows that rigid taping can **significantly reduce the risk of ankle sprains**—especially for athletes who've sprained before—by roughly **50–70%** *ScienceDirect.*

Taping may also sharpen your sense of joint positioning—known as proprioception. A 2024 look into a lot of research articles found that taping (both rigid and elastic) can improve how accurately your body perceives joint angles compared to no taping or a sham, though the studies varied in quality *BioMed Central.*

Performance-wise, rigid tape has been shown to **enhance balance**, while elastic tape may help with horizontal jumps. However, this may not apply to all types of jumping, such as vertical jumping.

Why This Matters for Teens

- **May prevents repeat injuries:** Taping is especially helpful if you've had an ankle sprain before.
- **Improves body awareness:** Helps your brain better sense joint position and movement.
- **Supports performance:** Can aid in balance and certain types of jumping—though not all movement types see benefits.

Word to the wise: Taping works best when applied correctly—so learn from a coach, trainer, or physiotherapist. It's a powerful tool in your athletic toolkit—but only when used properly!

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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SPRING HEALTH TIPS FOR YOUNG ATHLETES

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Spring is the season of fresh starts, longer days, and more time outdoors. With competitions heating up, it's the perfect time to focus on staying healthy, energised, and injury-free.

1. Stay on top of hydration.

Warmer weather and outdoor training mean you'll need to drink more water. Keep fluids up before, during, and after activity.

2. Prioritise rest and recovery.

Busy training and competition schedules can add up. Aim for 8–10 hours of sleep and don't underestimate the power of rest days.

3. Manage allergies.

Spring pollen can trigger hay fever and asthma. Keep medication handy if needed and talk to your GP about ways to stay on top of symptoms.

4. Ease into higher loads.

With more events and outdoor training, don't jump too quickly into extra intensity. Warm up well, stretch, and build up gradually to avoid overuse injuries.

5. Fuel with fresh, seasonal foods.

Take advantage of spring produce, fruits, veggies, and whole foods give you the energy and nutrients to perform at your best.

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

Body

PHYSIO PACKS

"BODY MAINTENANCE" PACK

GOLD COAST ACADEMY OF SPORT

ALL SPORTS PHYSIOTHERAPY GROUP

With our partner, AllSport Physio, the Academy has put together a **"Body Maintenance" pack** for athletes. Included in the pack is a foam roller, trigger point ball, a mini band, a therapeutic exercise band and a long powerband which is for stretching.

The pack costs **$50** and is great value and can be used in the athlete's recovery time after training and competition. Some of the bands can also be used for warm up purposes to get rid of any sore spots and help with preparation for training.

It all comes in a pack which keeps all the pieces together so they cannot be lost or damaged.

Should you wish to purchase, please do not hesitate to contact us.

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GROUP TRAVEL BENEFITS

When booking as a group of 10 or more with us, unlike individual bookings, you only need to pay a deposit upfront instead of the full amount—essentially allowing you to 'layby' your trip.

This flexible payment option not only gives your group more time to organise funds but can also help reduce potential amendment and cancellation fees.

Small groups, individuals and supporters or family

We're also happy to assist with travel arrangements for individuals and smaller groups—whether it's friends, family, or supporters attending an event, or just a couple of mates heading to a game. Whatever your plans, we'd love the opportunity to provide you with a competitive quote!

Jessica Stafford-Ewing

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HART SPORT

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Balls & Mats

Featuring artwork by First Nations artist, Emma Bamblett
(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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GOLD COAST ACADEMY OF SPORT

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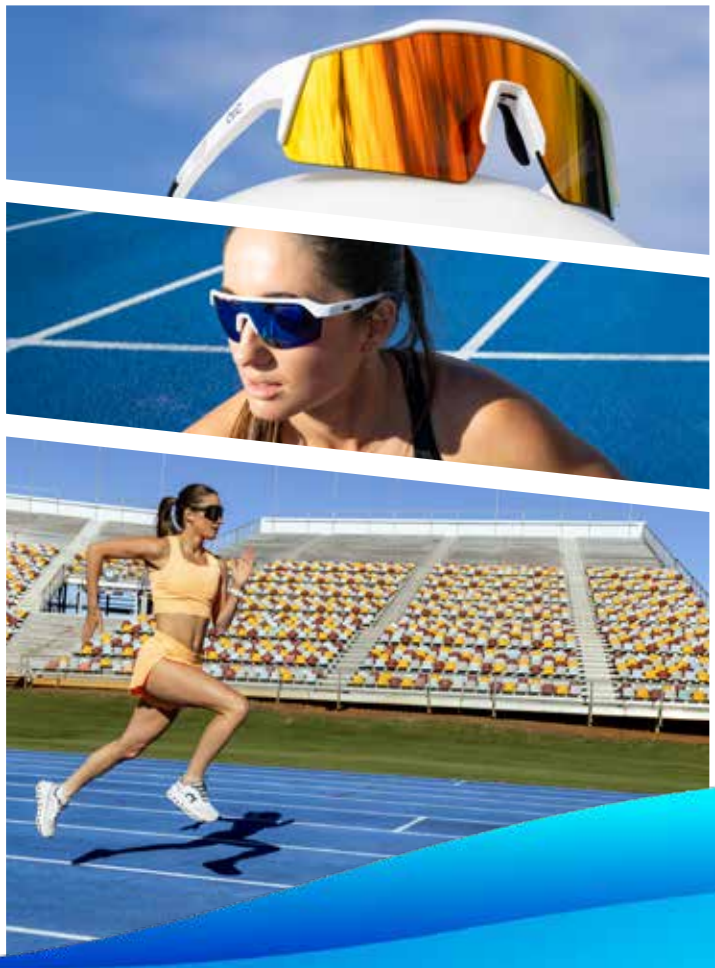


RECIPE

GOLD COAST ACADEMY OF SPORT

ROGAN JOSH WITH SPINACH AND POTATOES

(serves 4-6)

Prepartion time: 10 minutes | Cooking time: 20 minutes

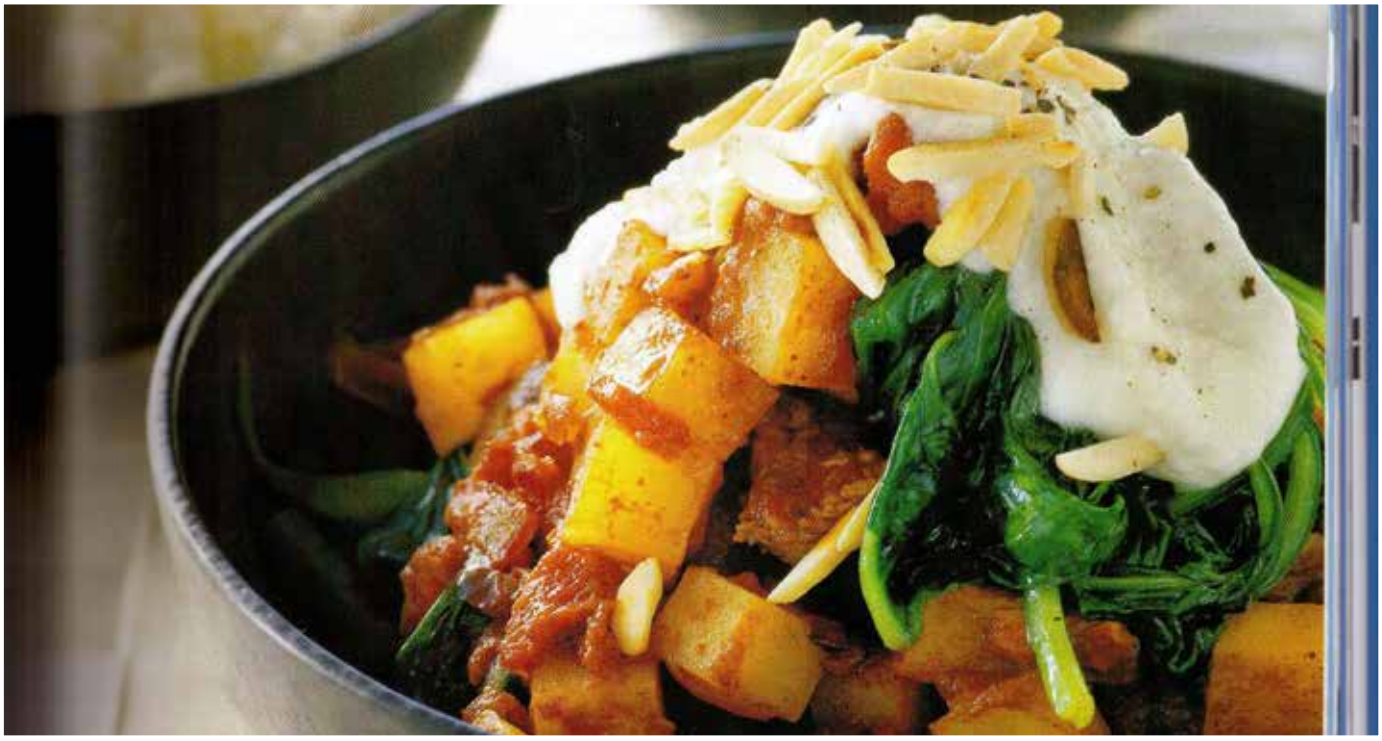
Ingredients

- 2 cups Basmati rice
- Olive or canola oil Spray
- 500g trim lamb fillet, cut into cubes
- 1 sachet MAGGI TASTE OF ASIA Beef Madras
- 1 onion, sliced
- 400g can chopped tomatoes
- 300g potatoes, peeled and cut into small cubes
- 200g green beans, sliced
- 250g English spinach, coarsely chopped
- 1 cup PETERS FARM No Fat Natural Yogurt
- 2 tablespoons toasted slivered almonds
- 8 poppadoms

Analysis	Serves 4	Serves 6
Energy (kj)	2970	1980
Carbohydrates	107	72
Protein (g)	46	31
Fat (g)	10	6
Calcium, Vitamin C		
Zinc		

Method

Cook rice in a large saucepan of boiling water for about 12 minutes or until tender. Drain well. Spray a non-stick wok or frying pan with oil and heat. Cook lamb in 2 batches over medium-high heat until browned. Remove from wok. Add spice mix, onion and 3 tablespoons water and stir-fry for 3 minutes or until onion is soft. Add tomato and potato and cook, covered, for 10 minutes or until potato is soft. Add lamb, beans and spinach and cook, covered for 5 minutes or until vegetables are tender but still crisp. Sir through yogurt. Serve on rice with a dollop of yogurt and sprinkled with almonds. Cook poppadoms in the microwave following packet instructions, and serve on the side.



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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

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