



TRACK TALK

Athletics South Newsletter

GOOD LUCK DONNA



Pic from Foxsports website

The first heats of the 2008 Olympic 3000m women's steeple chase event will be on Friday 15th August, (8.25 p.m.) with the final scheduled for Sunday 17th August at 9.30 p.m. (Beijing times).

We are only two hours ahead of Beijing so switch on the coffee pot and stay up to cheer on Donna.

I am sure that everyone joins us in wishing Donna all the very best in this next stage of her incredible athletics journey.

Volume 1, Issue 1

July 18, 2008

Special points of interest:

- *Mental training for warriors*
- *ATFCA Coaching Courses*
- *Plantar Fasciitis*

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Hamish Peacock at World Juniors

Article on AA site

http://www.athletics.com.au/fanzone/380/wj08_day4

12.7.2008

Peacock shows his colours

Tasmania's Hamish Peacock reinforced his status as a 'big time performer' in an enthralling javelin final at the world junior championships.

The 17 year old, who won a silver medal at last year's world youth championships, improved his personal best three-times during the event which mesmerized the crowd through the ever moving leader's board and the eventual victory to the host nation's Robert Szpak.

Hamish was in the bronze medal position entering the final round of the competition thanks to his fourth round effort of 72.81m. Then, within the space of two throws he was demoted two places as Jaakko Talvitie of Finland and Ansis Bruns of Latvia threw 74.47 and 75.31m respectively with their final throws.

Hamish responded with a personal best, but his last ditch effort of 74.44 was not enough to regain the lost places.

"That was insane," said Peacock on the nature of the competition.

"I went all out on the last throw and did a PB, so you can't do much more than that.

(Note: All of the throwers who finished above Hamish were a year older. Also the Finnish thrower, who finished in 8th position, beat Hamish last year in the World Youth Championships).

Congratulations Hamish on an outstanding effort.

Athletics South has a New Web Master

Just letting you know that Kev Morse has taken over the reins of Athletics South Webmaster. A special thanks to Chris Sullivan for the effort he has put in over the years to create and maintain the current website.

Prior to the commencement of the Track & Field season it is proposed that Athletics South will have a new Website, designed by Sam Morse and running on Clubsonline. Prior to this occurring, input is needed from the Athletics South Board, together with all athletes, officials and supporters as to what you, the users would like as content on the new site.

Feel free to put forward suggestions on what you feel should be included or e-mail the Webmaster from the link at the bottom of the [Athletics South office bearers page](#).



60 SEC's with !!!!!!!

NAME: *Richard Welsh*

ROLE IN ATHLETICS: *Many – I like to think of myself as an athlete, but also a Development guy and promoter of the sport, plus a mentor and motivator to many.....*

Why do I do it? *It's an extension of who I am. Who wants to sit in an office all day doing the same old thing, when we can be involved with what we love for a living?*

When did I last cook the family meal and what was it? *Crikey, I'm the youngest! My parents came to visit me over the Anzac weekend, and I cooked a BBQ at my place with Anita's family as well.*

If Welshy says jump your response is?? *Watch how high they go!*

Rosemary Coleman is famous for what? *For being that friendly lady at EVERY event.*

Who didn't Peter Fortune coach to a gold medal? *Many, someone like Fort loves to coach people of all abilities. It is a reflection on his dedication to the sport, not just the elite.*

What is the best form of clothing to wear to the Domain in Winter? *Pack a suitcase full of everything you own, never know what to expect. I like a bit of thunderstruck compression gear, plus a plethora of Brooks apparel and at least 6 pairs of shoes to choose from for the run.*

Just between us which is the best club in Tassie athletics (I won't tell anyone else)? - *Depends on what element, many have their own strongpoints. Best not to kiss and tell.*

Skins/ 2XU, cool or uncool? *Cool on people who use them for the right purposes. I cringe every time I see a little kid wearing a pair of skins, as they are better off eating their vegies for good recovery.*

If you could be anything in Athletics anywhere in the world what and where?? *I'm the last person who can generalise. I love my job for the variety. One day I am organising an event, the next wearing a suit talking to sponsor, the next on a camp with kids. Even after 10 days working at the world champs I was over it, so I suppose I like what I do for the variety. That said, I am career driven, so let's go for the President of the IOC!*

Should this interview take more than 60 sec's and if the answer is "yes" what on earth were you thinking? *I was thinking its 9pm; I'm still at work and have been since 6am. Now I'm thinking I should go home and pack for my 2 month trip to Melbourne, cos I leave in the morning. Now I'm thinking well done Hamish in the qualifying, I think he can win a medal. Now I'm tired.*



Mental Training for Warriors: Success Is All In Your Head

"They conquer who believe they can" - Emerson

This article delivers a 5 step program on how to take a look at the ceilings you may currently have created for yourself and how to smash through them to another level in both your physical preparation and skill.

Step 1 Accept Responsibility

"Man is what he believes" ~ Anton Chekov

"Whether you think you can or think you can't... You are Right!" That famous saying by auto pioneer Henry Ford has been one that I have used again and again in my training over the years. The fighters that I train have adopted many of the motivational sayings I have given them into their daily jargon. From "Answer the scratch," and "Through endurance you will conquer," to "If it is to be it is up to me," the guys are now constantly bombarding me, their peers and students with these statements when they are appropriate. Not only is this a good sign that they are listening and learning during my training, but these constant reminders are also improving their character as human beings. For a while I wasn't sure if this was possible, but now I know that it is. Everyone is in the process of an evolution. Which direction and the pace of that evolution is up to each individual. Only you can choose how you think and how you will behave. As Victor Frankl stated, "...Everything can be taken from a man but one thing; the last of the human freedoms--to choose one's attitude in any given set of circumstances, to choose one's own way." According to this, you must first accept responsibility that you are the only one in control of your destiny. Once you realise this and hold yourself to a higher standard, you are primed to make instant improvement both physically and mentally.

Step 2 Adjust Your Current Standards

"There is nothing either good or bad, but thinking makes it so." ~ William Shakespeare

The word "standard" is a very powerful concept in terms of training. Everything about the training you perform has some sort of standard, or perception, attached to it. When many of the fighters come in to train for the first few sessions their standards and perceptions are radically different than a number of sessions later. Even though this is interesting, it is far more important to see that the difference in perceptions of these athletes were all in their own minds. So, what I have found in training athletes over the years is that changing their perceptions about their standards should be the next step toward improving their physical and mental performance once they have accepted responsibility that they are in control. One of my most often used sayings to my athletes over the last 8 years has been "If it is easy to do, it is also easy not to do!" What I mean is that anything you choose not to do because you think it is difficult is simply difficult because of the perception that you have created. As an example, I always ask new athletes I am working with if they think that eating right all the time is hard to do. Every one of them always answers that it is very difficult. My job is to change their perception and show them that it is not any harder to buy and eat the right food than it is to buy and eat the wrong food. That action is actually just as easy. Once an athlete is made to realize this, they instantly begin to hold themselves to a higher standard and see the act of eating well as much easier. You see, by creating in our minds that things are or may be difficult, we instantly build in excuses why we don't have to do them. This can be looked at as lowering our standards or simply as copping out.

Now, the idea of eating right versus eating wrong is pretty simple example for an athlete to make a quick shift in the way they perceive something. However, when it comes to the intensity of a workout, whether in terms of the amount of weight or the overall level of exertion, this is something that takes much more time to raise the standard. When I start with many runners, they usually have little or no weight training experience. None of them enter the gym with the idea that they can slap 3 plates on each side of the bar and start blasting. I don't know why their perception of what is heavy or intense is so low, but that is where we often begin. As a result, we again have to change their standard by changing their perception. Once an athlete doesn't think a weight is so heavy anymore or that a workout is now not that tough, instantly they start to live at the ceiling of their new perceptions.



Step 3 Become a Threshold Passer

"A problem can not be solved with the same consciousness that created it." ~ Albert Einstein

I propose that athletes move from lower to higher standards through what I call "threshold passing." By this I mean by this is that a certain perception or standard that an athlete has set for him or herself is their current threshold. The only way to overcome that threshold is to pass through it by first thinking at a different level of consciousness about it. So, if a runner thinks that 80kg on the squat is heavy, it is heavy. If they think that 95kg is heavy, 80kg now seems much lighter to that same athlete. The only way to ever get that athlete to eventually think that 95kg, and not 80kg, is heavy is to attempt weights gradually higher than 80kg until he hits 95kg. In my training, I challenge my fighters to be threshold passing addicts. I want my athletes to always challenge the way that they think about the expectations

Step 4 Get Comfortable Being Uncomfortable

"If you are distressed by anything external, the pain is not due to the thing itself but to your own estimate of it; and this you have the power to revoke at any moment." ~ Marcus Aurelius

Thresholds can be expressed in weights, like the 80Kg to 95Kg example, but a more difficult way to understand them is through perceived intensity. When I was in training, a classic test that we used in studies was the Rate of Perceived Exertion (RPE) test. This test was a 0-20 scale (0 being easy and 20 being the most difficult) that an athlete rated themselves on dependent on how hard they thought an exercise or activity was at a given time during the test.. As I tested athletes I saw that their perceptions were related to past experience with exercise and also training level. For example, a couch potato might think they were at 16 on the RPE scale while a runner might be at 3. Now granted, the physical shape of the two subjects would help to define the numbers as I stated, but even if that runner took years off, if they still had a higher standard for themselves through past experience, they would rate a lower number. Simply put, the RPE is about where you physically feel you are at, mentally how tough you are and the threshold you are prepared to tolerate as your ceiling. Understanding the RPE scale, what I am also constantly trying to do with my fighters is manipulate their perception of the scale. My training is designed to get them more comfortable where they were once uncomfortable. What once was an 18 for an athlete I want to become a 12 at the same intensity. As the athlete becomes more familiar with the pain and physiological changes at a certain physical level of exertion (not perceived level) his/her perception of how difficult it is gets reduced. I have seen this through our hurricane endurance sessions. By monitoring my own and the heart rates of our athletes, I have found that even at the same high heart rate level, sessions seem "easier" for us now that we are used to experiencing them. So, by setting our standard so high during these sessions we have an expectation of how we should perform and pass through the necessary thresholds to get there. This demonstrates that sometimes changing how you think will get you to perform at a certain level and also that constantly performing at a certain level will change how you think. As you will see from Step 5, both perception manipulation and action are essential to take your efforts to the highest level.

Step 5: Now Do the Work

"Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I shall have the belief that I can do it, I shall surely acquire the capacity to do it, even if I may not have it at the beginning." ~ Mahatma Gandhi

All of the above being said, even instantly changing perceptions doesn't mean your athlete is going to go in and double his or her previous weight on a lift. Everyone must remember that the physical changes must still eventually take place and that often takes more time than it takes to change your mind. The mind and the body can be seen like the yin and the yang in this case. There has to be a balance between the two. The mind and the body are completely interrelated. By changing your perception, you then give your body the opportunity to challenge itself at a higher level. At that point it is up to you to do the work. After this is done and adequate recovery occurs, the object is to then do it again. So, next time you go into the gym, I want you to accept responsibility for your current situation and start analyzing your current thresholds to see where your own perceptions may be holding you back. Once you find these, the goal is to create a new ceiling and rise above it.



Did you know?

The Olympic Games opens on 08/08/08—eight is a lucky number in China.

SLOGAN—The slogan is ‘One World, One Dream.’

MASCOTS—Beijing has adopted not one, but five mascots, known as the Fuwa, or ‘good luck dolls’. They represent water, metal, fire, wood and earth—the five elements of Chinese philosophy. The mascots are named Beibei, Jingjing, Huanhuan, Yingying, and Nini. Say the first syllable of each name - ‘BeiJing HuanYing Ni’ and you have just said “Beijing welcomes you.’

THE STADIUMS: Bird’s Nest—The Beijing National Stadium is the Games’ showpiece, holding 90,000 spectators. The Bird’s Nest cost roughly \$500 million, incorporates 35km of steel and has 11,000 square metres of underground rooms.

The Water Cube—The \$200 million Beijing National Aquatics centre is clad with more than 100,000 translucent plastic pillows, glows in the dark and covers 7.8 acres.

DRUG TESTING 4,500 drug tests will be performed during the Olympic Games, up from 3,700 in Athens and 2,800 in Sydney. 150 staff will carry out more than 200 drug tests per day. The drug-testing lab cost more than \$10.5 million to build and covers 5,000 square metres. The testing facilities will be under armed guard 24 hours a day, as will the samples being transported through the city.

AUSSIIES AT THE OLYMPIC GAMES

1. Medals– Australia has only missed out on a medal at one Summer event - where and when was it?
2. Games—Colin Beashel (Sailing) and Andrew Hoy (Equestrian) have both represented Australia at how many Olympic games?
3. Ian Thorpe (swimming) is our most decorated athlete with how many medals?
4. Thorpe also shares the record for the most Gold medals by an Australian at a single meet—five in Sydney—who does he share this record with?
5. Which two countries are the only ones to have participated in every Modern Olympic Games?

1. St. Louis in 1904
2. 6
3. 9 (five gold, 3 silver, 1 bronze)
4. Shane Gould
5. Australia & Greece



ATFCA LEVEL 1 COACHING COURSE

Athletics Tasmania and the Australian Track and Field Coaches Association (Tasmanian Branch) will be conducting Level 1 Coaches Course prior to the commencement of the 2008-2009 athletics season. The proposed dates, venue and times are

Domain Athletics Centre Sat 30th August and Sunday 31st August

The courses run from 9 until 5 on both days.

(Note: The conduct of the courses is subject to sufficient numbers of participants, and courses for the North and North West are also scheduled).

This is a national curriculum produced by ATFCA. The course includes theory of coaching (participants will be provided with a copy of the Australian Sports Commission text *Beginning Coaching*), but is mostly practical in nature.

Participants will also be provided with the ATFCA Coaching Manual and additional printed notes.

ATFCA coaching courses proceed through a number of levels. The Level 1 course covers all events, except hammer, pole vault and steeplechase. This is a course for beginners and teaches the scissor kick for high jump, standing put for shot put, 3 step run-up for javelin, standing start for sprints. Aspiring coaches wanting to coach at a higher level will need to complete the Level 1 course and then proceed to the Level 2 course.

ATFCA LEVEL 2 COACHING COURSES

Any Level 1 coaches wishing to proceed to Level 2 should register their interest.

Specialisations include

- ⇒ Sprints, Hurdles and Relays
- ⇒ Middle & Long Distance
- ⇒ Race Walking
- ⇒ Jumps
- ⇒ Throws
- ⇒ Multiple events
- ⇒ Coaching Young Athletes
- ⇒ Coaching Athletes with a Disability

Participants will be limited to a maximum of two specialisations in any one season. Specialisations are dependent upon qualified presenters and mentors being available to assist participants, it follows that not all specialisations may be available in any one season.

Any queries in relation to the coaching courses should be directed to Darrel Harington, ATFCA Coaching Course Coordinator (dgharington@ozemail.com.au or 6248 7145)

“Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.” - Mark Twain

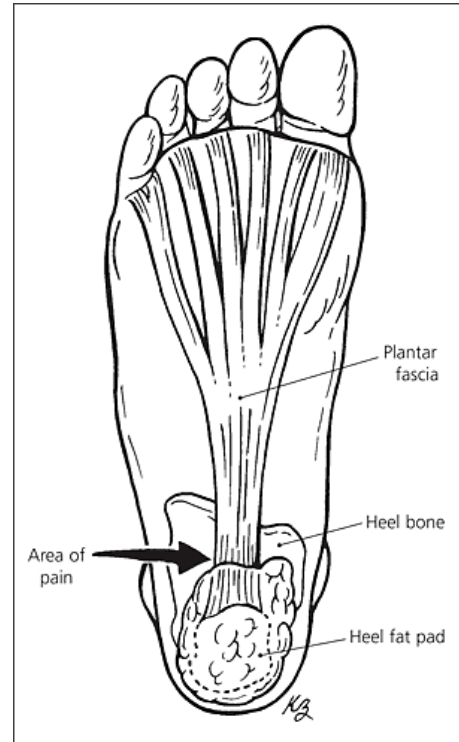


Plantar Fasciitis

What is it?

Plantar fasciitis, also known as heel spur syndrome, is a condition that affects the tissue connecting the bottom of the heel bone and forefoot. This large ligamentous structure, called the plantar fascia, is placed under great strain when walking and particularly when running. It is thought that plantar fasciitis develops when the tissue experiences an excessive amount of pulling, resulting in small tears, commonly in the area closest to the heel.

The condition equally affects both men and women and can last for up to 6-18 months in severe cases (Young et al 2001; Buckbinder et al 2002). 76% of all athletes suffering from plantar fasciitis are runners (Lutter 1986).



(http://www.aafp.org/afp/20051201/2247ph_f1.gif)

What are the signs and symptoms?

There appear to be 2 distinct phases to plantar fasciitis:

Acute Phase

The condition may start as pain in one foot, which feels like a bruise. Pain is typically felt after periods of inactivity or after prolonged periods of activity. This may get progressively worse over a 3-4 week period with the continuation of normal daily activities, particularly if this involves training and competition.

The condition can often be resolved at this stage if appropriate treatment is administered and the pain controlled.

Chronic Phase

If the condition is not controlled by initial treatments or left untreated, it may progress to a more chronic phase. This phase can last for 6-12 months, where the pain may be experienced for a large portion of the day.



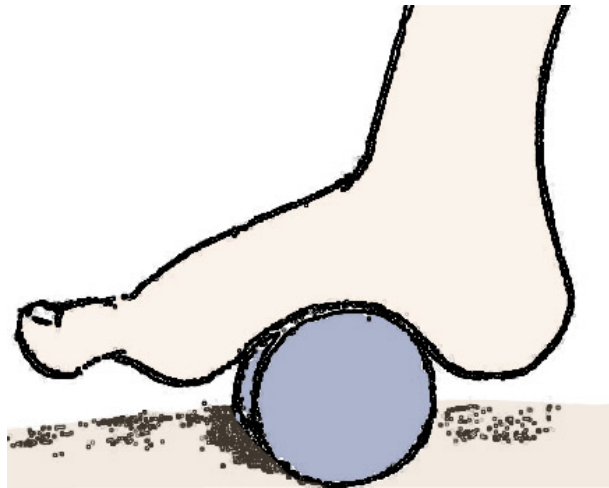
What should I do if I think I have plantar fasciitis?

Rest

Resting the foot by reducing, or even ceasing activities that place strain on the plantar fascia may allow the tissue to heal on its own. There are some activities such as aqua running, which can be used to maintain fitness levels while resting the foot. The duration of the rest period required for healing is debatable. However, the return to normal activity should not happen until all pain in the tissue has resolved.

Ice

The use of ice therapy may reduce inflammation within the damaged tissue. A convenient method of ice therapy is to freeze an 80% filled plastic water bottle and roll it under the foot.



(<http://www.northcoastfootcare.com/footcare-info/images/water-bottle-image.jpg>)

Caution should be taken to avoid cold injuries. Place protection over the pack (such as a tea-towel) and limit ice therapy sessions to 15 minutes or less duration. Ice therapy may be repeated throughout the day as long as 15 minute breaks are maintained.

Massage

Gentle massage of the tissue may help in the acute phase of plantar fasciitis. Massage can be performed by the athlete. However, the advanced skills of professionals such as massage therapists or physiotherapists may be more effective.

Stretching

Stretching the plantar fascia and calf muscles may help recovery once the initial pain has subsided. If these stretches increase the pain they should be ceased.

Below are some examples which can be found on the internet.

Plantar fascial: <http://walking.about.com/cs/heelpain/ht/pfstretch.htm>

Calf: <http://walking.about.com/cs/rwtechnique/a/rwcalfstretch.htm>

<http://walking.about.com/cs/stretching/a/achillesstretch.htm>



Plantar Fasciitis continued

Shoes

Supportive shoes can reduce the strain on the plantar fascia. Using running shoes instead of spikes can also be helpful when resuming running after full recovery. Advice regarding the characteristics of a supportive shoe for your foot type can be found at the website below (created by The Athletes Foot).

<http://www.theathletesfoot.com.au/documents/Howtochoosebrochures/Running.pdf>

Strapping/Arch Supports/Custom Orthotics

Supporting the arch of the foot, by the use of strapping, arch supports or custom orthotics can reduce the strain on the plantar fascia. A physiotherapist or podiatrist can demonstrate methods for strapping the foot. Arch supports can be purchased through a variety of footwear stores and pharmacies, which may be appropriate. However, the prescription of a prefabricated or custom orthotic through a podiatrist will ensure an appropriate fitting and prescription.

What can I do to prevent it?

- Avoid sudden increases of training intensity and volume
- Replace worn out footwear and use an appropriate shoe design

Avoid excessive running on hard surfaces such as synthetic athletic tracks or roads

If you have symptoms of plantar fasciitis, which do not resolve with initial self treatment, it is advised to seek advice from your local medical or health practitioner.

If you require further information or advice regarding this article please contact Sam Leitch at samuel.leitch@dhhs.tas.gov.au or at Ispahan Podiatry on 6224 3555.

Sam Leitch

Podiatrist

B.App.Sc.(Pod)

PGDipSportMed

References:

Young, C.C., Rutherford, D.S. & Niedfeldt, M.W. (2001). Treatment of plantar fasciitis. *American Family Physician*. 63(3): 467-74.

Buchbinder, R., Ptasznik, R., Gordon, J., Buchanan, J., Prabakaran, V. & Forbes, A. (2002). Ultrasound-guided extracorporeal shock wave therapy for plantar fasciitis: a randomised controlled trial. *Journal of the American Medical Association*. 288(11): 1364-1372.

Lutter, L.D. (1986). Surgical decisions in athletes' subcalcaneal pain. *American Journal of Sports Medicine*. 14(6):481-5.



WINTER COMPETITION

Winter athletic activities are well underway and thanks to Jim Court for keeping me updated with the results. The results data would take up numerous pages within the newsletter so my apologies for not including much detail on this activity.

Would someone involved in the winter sessions like to write a report for us for the next newsletter?

Date	Event	Location
JULY		
Sat 19th	AS * 5 Mile Beach Cross Country 4km & 8km	5 Mile Beach
Sun 20th	Launceston Ten	Launceston
Sat 26th	AS * Kempton Road 4km & 8km	Kempton
Sun 27th	AS Winter Throws Series 10am	Domain
AUGUST		
Sun 2nd	AT/TMA State Cross Country Championships	Pontville
Sat 9th	AS Froggy Wise Memorial Handicaps 2.5 km & 5km	Waterworks
Sun 17th	AS Budget Fun Run 2.5 km & 5km	Hobart
Sat 23rd	AA Australian Cross Country Championships incl All Schools	Melbourne
Sun 24th	AA Australian Schools Cross Country Championship Relays	Melbourne
Sat 30th	AS *Risdon Brook Dam 4km & km	Risdon
Sun 31st	AS Winter Throws Series #6 10 a.m.	Domain



PICS FROM ROAD CHAMPIONSHIPS IN CAMPBELL TOWN SUPPLIED BY
JENNY & MICHAEL STEVENSON



60 SEC's with!!!!!!!!!!!!!!!!!!!!!!

NAME : *Helen West*

ROLE IN ATHLETICS: *Spectator / registrar SBHC*

Why do I do It? *What am I doing?*

When did I last cook the family meal and what was it? *Last Night...Pumpkin soup*

If Welshy says jump your response is?? *Why?*

Rosemary Coleman is famous for what? *Patience.*

Who didn't Peter Fortune coach to a gold medal *Me!*

What is the best form of clothing to wear to the Domain in Winter? *Pure wool, lots of it.*

Just between us which is the best club in Tassie athletics (I won't tell anyone else)?
SBHC

Skins/ 2XU, cool or uncool? *Expensively cool*

If you could be anything in Athletics anywhere in the world what and where??
A Mum watching her kids perform their best.

Should this interview take more than 60 sec's and if the answer is "yes" what on earth were you thinking? *I'm wondering why I am doing this at all.*



I NEED YOUR PHOTOS TO HELP PROMOTE THE SPORT

There is an general consensus that we need to build numbers within our sport. This translates to increased competition for the athletes and increased funds for clubs etc. To assist with this I would like to put together some promotional material and would like some photos of athletes in action.

If you have any photos could you please email a high resolution version to me at moleary@blundstone.com.au. You will be consulted for your approval before any relevant artwork is used.

Well, that's the first issue of the Athletics South newsletter compiled - hope you found it interesting reading.

THANKS TO THE FOLLOWING CONTRIBUTORS

DAMIAN LAWLER (and Helen West and Richard Welsh)

SAM LEITCH

JIM COURT

KEV MORSE

DARREL HARINGTON

JENNY & MICHAEL STEVENSON

Wondering why your news wasn't included? Did you tell me about it?

We all lead busy lifestyles, with work and/or study commitments, family, other interests etc. I am not in a position to go hunting for your contributions but am happy to gather all information provided to me and place it in this newsletter for distribution.

If you have any news, pictures etc, relevant contributions please email them to me at moleary@blundstone.com.au.

August issue to be distributed August 22nd—contributions required by August 18th.