



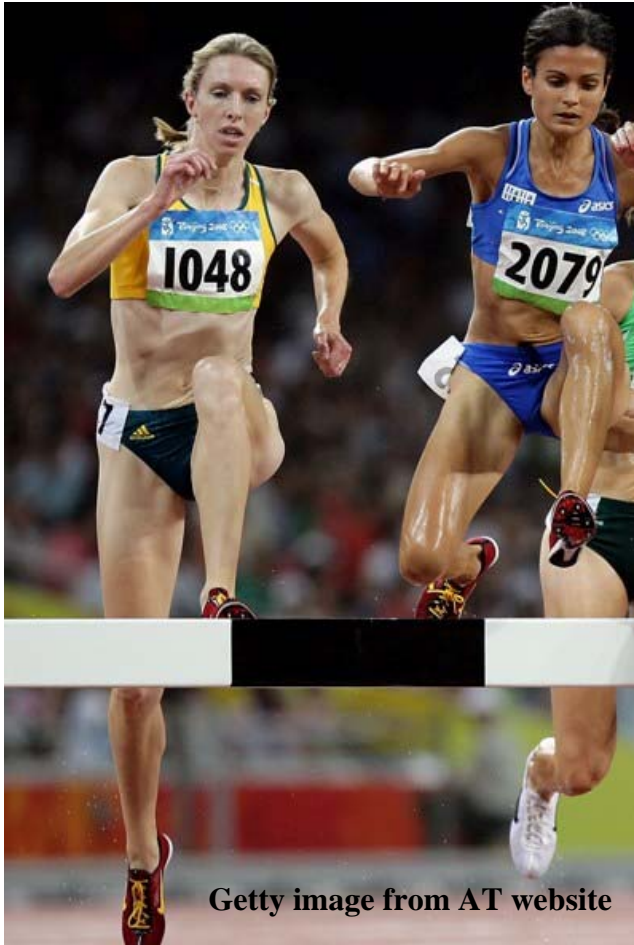
TRACK TALK

Athletics South Newsletter

August 22, 2008

Issue 2

DONNA IN BEIJING



Getty image from AT website

Whilst Donna's placing in the 3000m steeplechase heat may not have been the result anticipated by Donna and her many faithful supporters, we know that Donna gave 100% on the day of competing.

Donna has achieved what many athletes have only dreamed of—competing at an Olympics, and she is an incredible role model for any aspiring young athlete.

Donna is a classy athlete, and lady, and we congratulate her on her achievements thus far.

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SPRINT THROWS

Domain Athletic Centre, Hobart

TIS

PLACES LIMITED - CAMP

16th—19th September

Activities will include information on physical preparation, programming, plyometrics, core stability, speed development, nutrition for power, technique analysis etc. and drug education.

COST: **\$75** Development Squad Members
 \$125 Others

Live in Accommodation available at
SPRINGVALE HOSTEL


Key Speakers:

- WARREN YOUNG—A/Prof Human Movement, Uni of Ballarat
- SEAN MURPHY – Strength and Conditioning, TIS
- DAMIAN LAWLER—Sprints Coach
- HAMISH PEACOCK—Tasmania's Champion Spear Chucker and TIS Scholarship holder
- PETER FORTUNE & EVAN PEACOCK

ALL ATHLETES INTERESTED IN
SPRINTS, HURDLES, MULTIS, JUMPS AND THROWS
ARE INVITED TO NOMINATE FOR THE CAMP. Places are still available. COACHES ARE ENCOURAGED TO ATTEND EITHER FOR THE WHOLE CAMP, OR FOR ANY SESSIONS.



Athletics
Australia



Athletics
Tasmania

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REMINDER—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 course run from 9 until 5 on both days.

(Note: The conduct of the course 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.

[Registration details on Athletics Tasmania website www.tasathletics.org.au](http://www.tasathletics.org.au)

**YOU DO WHAT YOU
KNOW HOW TO DO.**

**WHEN YOU KNOW BETTER
YOU DO BETTER.**



STATE CROSS COUNTRY CHAMPIONSHIPS (Pics supplied by Helen West)



**CALENDAR OF EVENTS**

Date	Event	Location
AUGUST		
Sat 23rd	Tynwald Park Handicaps	New Norfolk
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 & 8km	Risdon
Sun 31st	AS Winter Throws Series #6 12.30 p.m.	Domain
SEPTEMBER		
Sat 6th	Tas Bevis Memorial Cross Country 5 km & 10km	Huntingfield
Sat 13th	Gellibrand Drive Cross Country 3km, 6km	Sandford
Sun 14th	Tasmanian Road Championships 5 K Series & Fun Run	Devonport
Sun 14th	Brighton Country Challenge (TMA) 10km & 5km	Pontville
Sat 22nd	Tolosa Park Relay—4 runners x 3 x 1 mile	Glenorchy
Sun 28th	PSG Primary Selection Trials (Main) **	Launceston
Sun 28th	AS Winter Throws Series #7 10.00 a.m.	Domain
OCTOBER		
Sun 5th	Southern All Students Track & Field Championships (Incorporating Pacific School Games Trials for Primary & Secondary Students) **	Domain
Sat 11th	Southern SATIS	Domain
Sat 18th	State SATIS	Launceston
Sat 18th	AS Interclub Prog #1	Domain

Further calendar details available on http://athleticssouth.trump.net.au/calendar/winter_2008.php

**Check Athletics Tasmania website for further information in respect of the Pacific School Games



CROSS COUNTRY SEASON

Female Athlete of the Season Award

Name	To round 10	Round 11		Round 12		Round 13		Round 14		Round 15		Round 16		Total
Angela Grimmond	40	1	6					1	6					52
Melanie Daniels	27	1	6	1	6	1	6	2	4					49
Andrea Marquardt	28	3	3	2	4	1	6	2	4					45
Jessica Morey	19	4	2	4	2			3	3					26
Sarah Browning	12	2	4	3	3			3	3					22
Sarah Pinto	15	3	3	2	4									22
Francesca Smith	18					4	2							20
Natasha Fitzpatrick	6	2	4	3	3	2	4	4	2					19
Kylie Risk	6	1	6					1	6					18
Emma Weitnauer	6	4	2			2	4	4	2					14
Donna MacFarlane	12													12
Sharon Coad	8					3	3							11
Anna Smee	10													10
Carolyn Davis	3			5	1	3	3	5	1					8
Olivia Gillie	5	5	1	4	2									8
Allie Britten	6													6
Kate Sutherland	5													5
Ilka Barr	4													4
Kristy Richardson	1					4	2	5	1					4
Ataiti Faulkner	2													2
Zoe Palmer	2													2
Cara Tilyard	1			5	1									2
Belinda Atkinson	1													1
Louisa Bolton						5	1							1
Jacqui Dalwood						5	1							1
Deborah Gardner	1													1
Simone Grimmond		5	1											1
Jessica Ireland	1													1
Felicity Stringer	1													1

ATHLETICS TASMANIA HONOUR— JIM COURT

Congratulations to Jim Court on being presented with an Athletics Tasmania merit Award at the recent AGM. This award recognises outstanding service to athletics in Tasmania.

Jim has been a competing member of Northern Suburbs since 1990 and on the committee since 1995, undertaking several roles. For the past three years Jim has also collated all the Athletics South Out of Stadium results and been a member of the AS Organising Committee. He regularly officiates at competitions run by Athletics South and Athletics Tasmania. He always undertakes club duty responsibilities and in summer quietly ensures that starting lines for track events are set up and hurdles are in place.

Jim was awarded life membership of the Northern Suburbs Athletic Club in 2006 in recognition of the many years of service with the club across all areas of activities.

Well done Jim—an award thoroughly deserved. (copied from NSAC Newsletter)



Did you know?

An Australian invented the starting blocks.



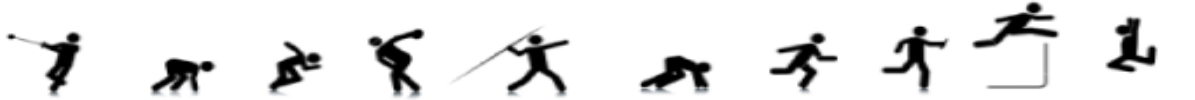
Charlie Booth (1903—2008) invented the blocks for his own, very practical purpose. He used to rehearse starts on his father's front lawn, and the practice back then was to dig holes for the purchase needed to start a sprint. The holes in the yard were unpopular with the old man, so, in 1921, Charlie took a T-bar and two halves of a four-inch block of red gum, joined them, and placed them into dad's treasured turf. Later he improved on his design, welding the metal plates and spikes together that become a template for an invention the athletics world now takes for granted.

At a race meet in Heidelberg, Victoria, Charlie let slip the comment that the starting blocks helped him run better. This was as "performance enhancing" as it got in those days, and Charlie was instantly disqualified for life. The enforced hiatus only lasted a few weeks, until it was overturned.

Unfortunately, the real stumbling block for Charlie's starting blocks was the same as it is now for anyone with a big idea and small funds: the rigmarole and expense of patenting his invention. He managed to secure an Australian patent in 1940, a year after he quit running professionally, but couldn't afford to get cover worldwide. Which probably explains the claims by a couple of Americans that they indeed invented the starting blocks.

By 1937, the blocks had already become widely accepted, thanks mainly to women's athletics. The widespread use of the block meant Charlie had inadvertently revolutionized the sport he loved. Suddenly, "starting skills", as they are called today, became vital to a runner's performance. The neuro-muscular coordination, strength and power required in the complex choreography of the first movement has become just as important as speed across the ground.

Charlie Booth was a champion runner in the 1920's and 30's and he still holds the Australian records for 100m for Men 85 years (16.98 secs) and Men 95 years (28.57secs), the latter set in 2002.



60 Sec's with!!!!!!!!!!!!!!!!!!!!

Name: Rowan "Foolhardy" Mason

Role in Athletics: Professional hamstring tester.

1. Why do I do it?

Well I'd love to have a go at sprinting one day.

2. When did I last cook the family meal and what was it?

Well my rostered dinner nights are Mondays and Thursdays. I last cooked up *Roasted Slashed Fillet of Sea Bass Stuffed with Herbs, baked on Mushroom Potatoes with Salsa Verde*. Just something spontaneous I came up with on the spot..

3. If Welshy says jump, your response is??

What's in it for me?.....Matching top?

4. Rosemary Coleman is famous for what?

Laughing in the face of danger.

5. Who didn't Peter Fortune Coach to a gold medal?

In what sport? I believe he likes orienteering, rowing and netball.

6. What is the best form of clothing to wear to the domain in winter?

AMF gear, if not, anything sponsored by Craig West & Associates.

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

TMA: great for a perve.

8. Skins/ 2XU, cool or uncool?

Both uncool, thunderstruck the way of the future!

9. If you could be anything else in athletics anywhere in the world, what and where?

I'd be a walks judge at the Olympics. A great way to make friends.

10. Should this interview take more than 60 sec's and if answer is "yes" what on earth were you thinking?

Yes. I just couldn't google the answers fast enough!



ATHLETE SPOTLIGHT—HAMISH PEACOCK



As reported in the first issue of Track Talk, Hamish Peacock recently competed in the World Junior Championships in Bydgoszcz, Poland in July.

Hamish graciously replied to my “email interview”.

Q. Your WJC team participated in a team camp on the Gold Coast before departing to Poland – apparently this trip involved 40 hours of travelling. How did you occupy yourself during this time and cope with the long trip?

A. Being with a group of teammates certainly makes this a lot easier. I listened to my MP3 player and there were movies to watch on the plane and so many people to talk to, so boredom wasn't so much a problem.

Q. You've come through the National U17 and U19 squads, what has been your experience of these?

A. The national junior camps have been great. You meet heaps of new people including athletes, coaches and past athletes. As well as training there are education sessions involving a variety of topics such as nutrition and mental preparation. For me the camps also provided extra motivation for when I get back home to put in the hard yards and achieve what I want to.

Q. I read that your team were accommodated in a hotel that contained a nightclub and casino. Any partying going on there?

A. Yeah that was a good setup. After everyone had finished competing we had some fun. Bit of time to relax and let go after months of hard training.

Q. I also read that a record 183 nations took part in the championships. Did you have any issues with communicating with officials or other athletes?

A. I had no issues at all really. There was always an official involved that could speak some English and at the hotel and the airports most people can speak English. And also the team had its own translators who showed us around and made sense of things.

Q. Any strange rituals/comments from some of the other athletes?

A. Not that I can remember, most in my event were pretty normal you could say.



Q. There are some pretty hot bods amongst elite athletes. Are you still in awe of some people and their physique or is it a case of 'seen it all before'?

A. I'm pretty much used to seeing it now but its obviously still great to see the girls in action.

Q. What were the conditions like compared to Ostrava last year?

A. They were very similar the average temp was probably in the low twenties. For my qualifying round though it was around 16 degrees it was the coldest session at the champs but coming straight out of a Tassie winter probably helped. It did rain during the final but that was not any issue as it was nice and warm.

Q. What was the worst experience you gained from this competition?

A. Flying, I hate long flights because I can't sleep on them.

Q. What was the best experience you gained from this competition?

A. Probably more experience in international level competition. Going through the procedures, call rooms and qualifying rounds is good experience for other big comps.

Q. You were the youngest athlete to make the final of the javelin, yet you remain cool under pressure? So much so, that you let rip with a PB in your final throw. You must be mentally tough. Is that something you have worked on or is it just genetics?

A. No I haven't really worked on my mental toughness. I just relax and try not to think about it too much. There is no point thinking about the bad things, that just makes things harder. I just continually tell myself (and others) that I'm going to pull out the big one when it counts. It seems to work for me.

Q. What is your typical training week?

A. In Winter at the moment Weights/Medball /Plyometrics on Tuesday and Thursday (some Saturdays) Throwing/Sprints/Hurdles Monday, Wednesday, Sunday, Sprints on Friday and I play soccer on Saturdays.

Q. Apart from a summer of no doubt continuing to set new state records what is your next goal?

A. My goal for the next season is firstly to stay healthy and avoid injury and then to throw an Olympic B qualifier; 77.80m

Q. Who is your tip to win Olympic gold in the men's javelin event?

A. Andreas Thorkildsen

Q. What is your advice to up and coming athletes?

A. To have fun firstly.

Once you decide you want to take athletics more seriously, train hard and train smart. And never take yourself too seriously. If you are having a down patch where you aren't improving, don't worry too much just think about how it felt when you were in form and realise that if you put the hard work in the rewards will come.

Thanks Hamish, and good luck in achieving your goals.



Achilles Tendinopathies

What is it?

Tendinopathy is a broad term used to describe inflammatory and degenerative tendon conditions. Achilles tendinopathy (AT) is thought to have become more prevalent in recent decades, as participation in sporting and recreational activities has increased.

The Achilles tendon attaches to the back of the heel bone before splitting into two muscles, the gastrocnemius and soleus. These muscles are often referred to as the “calf muscles”.



(<http://content.revolutionhealth.com/contentimages/nr55552004.jpg>)

The cause of AT is still unclear. However, it is thought that vigorous activities such as running may result in excessive loading of the tendon. This may lead to small areas of damage, triggering initial pain and swelling.

(Muffelli et al 2004; Luscombe et al 2003)

Do I have it?

AT typically causes pain which may be initially felt at the start and end of training sessions. As the condition worsens, pain may be experienced during the middle of sessions and in severe cases may affect normal daily tasks.

In the early phase the tendon may be tender and appear swollen. The area above the heel bone is most commonly affected. However, pain can be experienced at the base of the heel where the tendon attaches to the bone. If the condition becomes chronic, the tendon may thicken and develop nodules.

(Muffelli et al 2004; Luscombe et al 2003)

How can I treat it?

It is important to remember that treatment should be administered as early as possible, as treatment of chronic AT is complicated and uncertain.



Initial treatment should include the decrease of intensity, frequency or duration of exacerbating activities. In some cases, complete rest may assist to reduce the symptoms. However, this is debated, as the healing process may require tendon loading through exercise. The use of cold packs and anti-inflammatory drugs may be used to reduce pain and swelling.

If symptoms do not settle with initial treatment methods, seeking the assistance of your local podiatrist or physiotherapist is recommended. It is likely that your practitioner will recommend some of the following treatments:

- Eccentric calf exercises
- Heel wedges
- Orthotics
- Ultrasound
- Deep friction massage
- Calf muscle stretching

If these treatments fail the referral to a sports medicine physician may be considered.

(Muffelli et al 2004; Luscombe et al 2003)

How can I prevent it?

AT is thought to be caused by excessive loading of the tendon. Therefore, sudden increases of training intensity, duration or frequency should be avoided.

Problems with the way calf muscles work may be related to the development of AT. Calf strengthening, particularly in an eccentric fashion, and adequate flexibility of the muscles may be a worthwhile prevention strategy. A video sample of this exercise is available at this link: <http://www.injuryupdate.com.au/images/videos/achilles.mpg>.

Excessive and rapid sideways motion of the heel bone is thought to create a 'whipping' effect on the Achilles tendon, which may cause excessive loading. Control of this motion can be achieved through the use of a shoe with support around the heel. If required, an orthotic device may be used to provide additional support.

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.

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Podiatrist

B.App.Sc.(Pod)

PGDipSportMed

References

Maffulli, N., Sharma, P. & Luscombe, K.L. (2004). Achilles tendinopathy: aetiology and management. *Journal of the Royal Society of Medicine*, 97, 472-476.

Luscombe, K.L., Sharma, P. & Maffulli, N. (2003). Achilles tendinopathy. *Trauma*, 5, 215-225.



TASMANIAN RACE WALKING CLUB

The 2008 winter season is drawing to a close with the final road walk to be conducted on Saturday 6 September.

Whilst the Club has only a small number of dedicated walkers and officials, the athletes continue to demonstrate their dedication to the discipline and with the current group of talented younger walkers, the future is assured.

The Club had representatives compete in Canberra at the Race Walking Federation walk which is the biggest walk in Australia. The younger athletes that competed gain valuable experience through being involved in large fields.

A group of athletes also contested the National Road Walking Championships in Victoria but results not known at the time of this report.

From a Club perspective, the season saw two members achieve Australian representation. Firstly, Daniel Coleman earned Australian representation at the World Walking Cup in Russia where he confirmed his ranking by being the first Commonwealth walker home in the 10km junior event.

The second representation was Wayne Fletcher's appointment to the judging panel at the Beijing Olympic Games where Wayne judged in 3 events. This appointment confirmed Wayne's standing as an international judge.

The Club always welcomes new and old walkers and will commence the summer track season with the various school based events.



State Walks
Championships
at Kempton



OVA ATHLETICS CLUB

The Club's athletes have had a successful winter campaign competing in the Athletics South cross country programme. Whilst numbers were small (as a number of members compete in the road walks), the athletes' results reflect their dedication.

The Club cross country runners competed successfully at the State Championships with Natasha Fitzpatrick winning the Under 14 and the Under 14 team collecting the bronze medal. Tahlia Hunt recorded a creditable time in the Under 12 event (moving from race walking to run). Sarah Browning continued her excellent form recording a strong win in the Under 16 event. Jessica Morey collected silver in the Under 18 event to round out a successful day for female competitors.

In the men's events, Jayden Hey collected bronze in the Under 14 with Nathan Morey running strongly in the Under 20 to win silver. Delegate to Athletics Tasmania Board, Sam Morey competed in the open and under 23 - 12km event, recording a solid time.

A number of Club members are now in hard training in readiness for the forthcoming track season where it is expected that the Club, whilst not the biggest, will put forward a strong showing.

In preparation for the 2008/09 season, the Club has also released a new polo top – details (including photo) are available on the Club website.

It was pleasing to note that during the 2007/08 season, the Club had the highest ratio of officials to athletes of all Clubs in the State and demonstrates the commitment of parents and supporters to the sport.

IAN HOLLOWAY



ATHLETE SPOTLIGHT—DANIEL COLEMAN

2008 WORLD CUP REPRESENTATIVE UNDER 20 10KM WALK

Written By Tim Erickson
Race Walking Australia
“Heel and Toe” – May 08



Daniel "Freddy" Coleman, born 2/2/1989 and currently ranked as the top Under 20 race walker in Australia and the Commonwealth, is Tasmania's only current elite walker.

Now aged 19, Daniel commenced race walking in Little Athletics, winning the Tasmanian Under 13 1500m LA Championship in 2002. That same year, he took his first tentative step onto the national stage, placing third in the Australian Under 14 3 km road walk with **15:29** and placing 3rd in the Australian Under 14 Schools 1500m track championship with **7:15.31**.

In 2003 he moved up to the Under 16 age group with a series of competitive performances. He took fifth place in the 2003 Australian Schools 3000m walk with **14:19.93** and improved to 4th the next year with **14:09.08**. Along the way, he took silver in the 2004 Race-walking Australia 3 km Championship in Canberra (**14:40**) and bronze in the 2004 Australian Under 16 5 km Road Walking Championship (**25:00**).

In 2005, he moved into the Under 18 age grouping and had to turn his attention to the longer distances, to which he seemed ideally suited. In quick succession, he took third in the Australian Under 20 10 km championship in Canberra in June (**48:54**), won the Australian Under 18 8 km road walking championship in August (**39:22**) and recorded a fine **49:41** in a VRWC club 10 km walk in

October. In November, he was 4th in the Pacific Schools Games 15-16 3000m walk with **13:24.92**.

In hot conditions in December in Sydney, he took silver in the U17 3000m (**14:04.26**) and U20 5000m (**24:11.44**) walks at the Australian Schools Championships.

In January 2006, he improved his 10 km time to **48.41** in the Canberra A Series meet and then came the big break through in Sydney in February when he produced a sub 9 minute last 2km lap to force his way under the Race walking World Cup qualifying standard of 47 minutes, finishing the 10 km road walk with **46.47**. A day later he won the Australian U18 3000m walk with **13:10**, yet another PB. Two weeks later he travelled to Melbourne and finished 10th at the MCG in the Victorian 5000m title, recording **22:28:04**.

Finally, the end of March, he came 3rd in the Australian U20 10000m track title with yet another PB time of **46:43.75**.

At the World Cup in Spain in May 2006, where he was the Junior Team Captain, he finished the best of the 3 Australians in the U20 10 km road walk, coming 42nd in **47:02**. (And was in fact the 4th U18 walker to finish and the 2nd Commonwealth athlete.)



After winning the Race walking Australia U18 5km walk in Canberra in June 2006 (**23:10**), he won the Australian U20 10 km road walk title in Hobart in August with yet another PB – **46:17**. He finished the year in fine form, winning the Tasmanian All Schools Under 20 5000m championship in October with a 1minute PB time of **21:29**. His hard work was recognized that same year when he was awarded a Tasmanian Institute of Sport scholarship.

2007 saw him trying to balance the demands of his Year 12 studies with the demands of his walk training. Now under the guidance of AIS walks coach Brent Vallance, he was frequently seen challenging the Mount Wellington slopes as his solo training intensified.

Battling an injury, he was forced to settle for second place in the Australian Under 20 10 km in Canberra in June (**46:47**) but bounced back to win the Race walking Australia Carnival 10 km in Adelaide in late August in a PB time of **45:58**.

It was not until his final year of secondary school had completed that he was free to concentrate on his walking and he showed his intentions with a time of **44:50** in winning the 10 km road walk held in conjunction with the Australian 50 km championship in Melbourne in December.

From there it was onto Canberra where he participated in a 21 day intensive walking camp at the AIS. As all camp participants were required to finish the stint with a 20 km walk in the Canberra National Series Meet in late January 2008, he duly lined up for his first 20 km attempt – the result a very encouraging 7th place in **1:33:26**. His next road walk was in Melbourne in late February where, in a test walk held alongside the Australian 20 km championships, he won in **44:24**.

The aim had always been to break the 44:05 qualifying standard and hence gain selection for the 2008 World Junior championships and the one opportunity for the summer now presented itself in the form of the Australian Under 20 10,000m track championship, held on the Gold Coast in March. He led from the front and won convincingly with a time of **44:11**, yet another PB but an agonizing 6 seconds away from his target. By way of consolation, he was selected in the Australian Under 20 Men's team for the 2008 World Race walking Cup (his second World Cup selection) but it could so easily have been the double.

With his Year 12 behind him, Daniel has now relocated to Canberra where he works part time and trains with the AIS walkers. With a great last 2 years under his belt, he has earned a second opportunity to mix it with the world's best. Following on from that, his next big challenge will be to successfully transition from outstanding Junior to competitive Senior. With his mixture of talent and commitment, I think the odds look pretty good at the moment.

Post script: (by Race Walking Tasmania)

Daniel performed admirably in Russia, coming home in 26th place overall (68 athletes), placing him No1 in the Commonwealth, in a superb time of 43.57, a World Junior qualifying time. Efforts to have him included in the World Junior team failed due to the qualifying date. Daniel continues his quest for further National selection in his attempts to gain selection in the World University Games next year over an arduous 20KM.



Our Obsession with Success

Right at the very moment of reading this article many of us will be involved at some level of sport and understandably will have some expectation of success attached to that level of participation.

Is this obsession healthy? Is it necessary? Is it important or relevant to us in the scheme of every day life?

The simple answer to all these questions for those of us involved is “YES”. If it were not you would most likely be sitting back in a lounge chair on a daily basis eating chips and watching re-runs of CSI and old movies.

What I want to ask is how do we define the word success and make it relevant to our lives in a way that is healthy and functional and something we can learn from and build upon?

Last weekend Donna MacFarlane represented her country in the Steeple Chase and didn't place in the event, in fact she didn't make it into the final and the next day the headline stated Donna Bombs Out!

Did Donna bomb out? Maybe she had an expectation like many of us that she may have had a better result however on the night that did not eventuate. The media place Donna and people like her under enormous pressure to perform at these events by simple words printed in a magazine or newspaper and if taken out of context the pressure can become overwhelming. Should not the headline have read “Donna just misses out”? Personally I think the editor could have found a catchy headline that showed a lot more respect and positiveness. I could also understand many young athletes who would like the media to be positive and supportive as they may be a little scared of what may happen to them if they get to the high level Donna performs at.

Donna is a great role model, a very approachable person and very talented so I challenge anyone to say she isn't successful just doing what she does, just as is Tamsyn Lewis who regularly gets belted by media, ex athletes and sometimes current athletes about how she does things. One prominent former athlete remarked that “Tamsyn hasn't got what it takes to be an elite athlete or to be an Olympic medallist”. Does that mean she is not successful? Grant Hackett and Cadel Evans did not win gold medals and the public perception of those guys is “geez they did great, tried their hearts out, especially Cadel with his injured knee” but Jana Rawlinson has an injury and she's a drama queen!

Are our expectations or obsession with success too extreme or lopsided depending on someone's likeability as an example?

Elite sport is just that – elite. Success for many elite athletes is just to compete at that level, for others it is to compete in a particular meet or event such as the Olympics and for others again it is to win a small piece of jewellery that is called a medal. It's ironic that some of our greatest medallists are everyday people who are no different from the next door neighbour until they go out and sail a boat, cycle a bike, throw a heavy orb and run and jump over obstacles and all of a sudden we have sometimes unrealistic expectations of them winning medals or events.



Each and every person reading this article should define success in their own minds, what is important or relevant to their lives and what is possible and stay true to that focus for their entire sporting lives. It is **your** definition and if you are comfortable with it “*our*” obsession with success will not affect you in a negative way. For any young athlete thinking about being an elite athlete, if it is **your** goal and **your** dream - never let anyone destroy it by forcing you to adhere to *their* definition of success.

My motto is “*Success is the journey*” and I try to instil this in any person I coach. I once had one of my former charges tell me a story of her chance meeting with Lee Troup in Melbourne. He was at a book signing and she bowed over and introduced herself to him and he asked her what sport she played and she proudly said “I’m a runner too”. He asked her how she was doing and the short interlude became a defining moment for her. She asked him for advice and he gave her these words of wisdom, “the best advice I could give to anyone is to be there when it happens? Because one day it will happen”

She will always remember this advice in whatever she does in the future, athletic or otherwise as will I because it is true.

Success is whatever **you** want it to be!

DAMIAN LAWLER

"I've missed over 9,000 shots in my career.
I've lost almost 300 games.
26 times I've been trusted to take the game-winning shot...and missed.
I've failed over and over and over again in my life.
And that is why I succeed."

Michael Jordan
Professional Basketball Player



Handy Hints: Fitting Orthotics into Shoes

Fitting your pair of foot orthotics into shoes can be difficult and at times very frustrating. Below are a few hints which may help.

- Select a shoe with one or more removable insoles. This may increase the depth of your shoe to make room for the orthotic.
- Loosen the upper material of the shoe (lacing, velcro, buckle etc).

Using an orthotic may lift your foot higher in the back of the shoe. This can make your heel shift up and down when walking or running. Altering the lacing style may help to secure your foot in the back of the shoe (refer to the diagram below)



(<http://www.fieggen.com/shoelace/locklacing.htm>)

For more information on this lacing technique or other methods of lacing, please refer to this website: <http://www.fieggen.com/shoelace/locklacing.htm>

- Shoe models vary in design, which sometimes affects the way that an orthotic sits in the shoe. In almost all cases your local practitioner will be able to modify the orthotic device to suit your shoes. To assist them, it is important to bring your regularly worn shoes to your appointment.
- Fitting orthotics into running, jumping and throwing spikes can be a challenge. It is important to discuss the use of orthotics in spikes with your practitioner. If required, orthotics can often be made to fit a particular spike/shoe design.

If you continue to experience difficulty, please consult your local podiatrist or practitioner who provided the device.

To obtain further information or advice regarding these hints, 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



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

NAME: *Peter Fortune*

ROLE IN ATHLETICS: *High Performance Manager Athletics TIS*

Why do I do It?

Got sucked in as a teenager and couldn't let it go

When did I last cook the family meal and what was it?

Can only cook steak and mashed potato and never

If Welshy says jump your response is??

What am I landing on?

Rosemary Coleman is famous for what?

Being a tireless worker for athletics and making me a cup of tea before the Midland Hwy to Launnie. Mother of Dan and Patrick. Interesting muscle fibre mix!

Who didn't Peter Fortune coach to a gold medal

Almost everyone

What is the best form of clothing to wear to the Domain in Winter?

The big coat that the TIS gave me and the ski shoes that I acquired at Salt Lake 2002

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

The Country Club.

Skins/ 2XU, cool or uncool?

Uncool. Everyone's got em. Go Thunderstruck

If you could be anything in Athletics anywhere in the world what and where??

Coaching in Tassie, or maybe France

Should this interview take more than 60 sec's and if the answer is "yes" what on earth were you thinking?

I'm not a good typist.... How do you save



Planning a training program is essentially a large component of preparation for coaches.

This article is part 1 of a 3 part series to provide information to assist you in your preparation.

DEVELOPING A TRAINING PLAN—PART 1

What is a plan?

A plan is a strategic document that outlines the future. In business you use Cash flows, which are plans of cash expectations looking into a future period, these are generally described as a static plan.

These static plans do not take into account unexpected developments in the future period. A business may determine that the fuel costs amount to 25% of costs, but if the fuel cost has increased to 30%, the cash flow will be wrong.

What does the business do?

The business can develop the cash flow into a better style of cash flow which is, described as, *active-static* cash flows which take into account the cost of doing something. This method is better, but is still erroneous, due to not taking into account changes in volume.

To develop the best possible cash flow the business needs to use an active cash flow, this has included not only the cost to do something but allows for changes in volume.

Each method is an advancement on the previous model, but there is also an increased cost.

The above is used to illustrate that planning is not a complete science and requires resources to complete and this does not always provide a satisfactory result.

The main point of planning is it based on looking into the future by using historical and known future developments.

Therefore the question that needs to be asked what would have happened if the business didn't have a cash flow?

He who aims at nothing usually hits it - - Confucius



In a sports context planning is quite often referred to as periodisation and usually revolves around the following:

1. Sporting year; whether this be 6 weeks, 6 months, a year or 4 years, this would be your Static plan (Long term program)
2. Each cycle; whether 4 weeks, 6 weeks or some other time frame: this would be your active-static plan (detailed program)
3. Each week; this would be your active plan (short term goal).

As an example:





Athletics South Presents the

2008 Southern All Students Track & Field

Championships

Incorporating Pacific School Games Selection Trials

Sunday 5th October 2008

At the Domain Athletics Centre – Hobart



Program to Commence at 8.30am

CONDITIONS OF ENTRY

1. Entry fee **MUST** accompany entry form or it **WILL NOT** be accepted. Cheques, postal or money orders are to be made payable to Athletics South. Stamps are not acceptable as payment.
2. Athletes must compete in their correct age group determined by their age as at the 31st of December 2008.
3. Athletes may enter ONE age group only.
4. Age Groups are calculated as follows:

Age Groups		
10 years	born 1998	10yrs
11 years	born 1997	11yrs
12 years	born 1996	12yrs
13 years	born 1995	U/14
14 years	born 1994	U/16
15 years	born 1993	U/16
16 years	born 1992	U/18
17 years	born 1991	U/18
18 years	born 1990	U/20
19 years	born 1989	U/20



5. Athletes wishing to be nominated for the Pacific School Games team must complete the relevant nomination form available from Athletics Tasmania and submit it prior to or immediately following competition accompanied by the applicable nomination fee.
6. Entries can be lodged with Athletics South, GPO Box 324D, Hobart 7001 or with Athletics Tasmania.
7. Entries close on Wednesday 24th September 2008.
8. Late entries **MAY** be accepted on the day dependant upon available space in events. Existing participant numbers will not be disclosed. Late entry fees will apply.
9. Late entries **WILL CLOSE 1 HOUR** prior to the advertised start time of the event.
10. Where running spikes are to be used, spike length must not exceed 7mm.
11. Starting blocks must be use in events up to and including 400m. Blocks will be provided by the organising committee.
12. Competitors must wear their school sports uniform.
13. **ALL ENTRIES MUST BE CONFIRMED NO LATER THAN 30 MINUTES** before the starting time of the event.

AGE QUALIFICATIONS

Competitors must be under the age on 31st December 2008

Entry Forms also available to download from the Athletics South at

<http://athleticssouth.trump.net.au/>

For Information on the Pacific School Games visit:

<http://www.pacificschoolgames.edu.au/sports/track-field.html> or

<http://www.tasathletics.org.au/>

Any Queries To: Jessica Palermo - 0408 294 264 or

Jessica.Lyden@team.telstra.com



Winners - Nathaniel Mommers 2.5 km
& Jarrod Gibson 5 km



Froggy Wise Memorial Handicap



ATHLETICS SOUTH CROSS COUNTRY 9 AUGUST 2008



As you can see from the increased content of the newsletter our list of contributors has grown, which is very encouraging and I very much appreciate it, and trust that you have appreciated their efforts as well. However don't rest on your laurels and assume someone else will tell the athletics community about what is going on—if you have any news, pics etc. email me at moleary@blundstone.com.au.

HUGE THANKS TO THE FOLLOWING CONTRIBUTORS

DAMIAN LAWLER (and Rowan Mason and Peter Fortune)

SAM LEITCH

DARREN ALOMES

THE COURT FAMILY

DARREL HARINGTON

GAYE BOWDEN

HELEN WEST

IAN HOLLOWAY

ROSEMARY COLEMAN

JESSICA LYDEN

EVAN & HAMISH PEACOCK

Also sincere thanks to Jenny Stevenson, Lynne Sansom and Tracey Parry who have sent me copies of photos subsequent to my request.

September issue to be distributed on the 20th—contributions required by Sept 16th.

I hope you enjoyed reading this issue.



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SUMMER COMPETITION SPONSOR
