



TRACK TALK

Athletics South Newsletter

September 22, 2008

Issue 3

REMINDER

Athletics South Presents the
2008 Southern All Students
Track & Field
Championships

Sunday 5th October 2008

At the Domain Athletics Centre – Hobart



Program to Commence at 8.30am

Entry Forms at back of this newsletter and also available to download from the Athletics South at

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

Entries close on Wednesday 24th September, 2008

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PACIFIC SCHOOL GAMES SELECTION TRIALS

There are only two official selection meets for the Pacific School Games:-

- Primary Students (aged 10, 11 or 12 as at 31st December 2008)
Sunday 28th September at the St Leonard's Athletics Centre Launceston.

The Selectors will also take in account performances achieved in Southern All Students Track & Field Championships on Sunday 5th October. However in the case of any doubt or contested place the performances in the official trial will take precedence.

- Secondary Students (aged 13, 14, 15, 16, 17, 18/19 years as of 31 December 2008).
Saturday 25th and Sunday 26th, October 2008 at the Domain Athletic Centre, Hobart.
The Southern All Students Track & Field Championships on Sunday 5th October are being held under the same rules as the PSG age policy, and any performance at that meet may be used for National Qualifiers if attained, and would provide automatic entry into the Tasmanian PSG Team, subject to also competing at the selection trials. However all performances will be taken into consideration by the Selectors if a nomination form has been received.

REMEMBER - ANY ATHLETE WISHING TO BE SELECTED MUST COMPETE AT THE RESPECTIVE SELECTION TRIAL.

ANY INTENDING ATHLETE OR INTERESTED PARENT MUST READ THE PSG SELECTION POLICY AVAILABLE ON THE ATHLETICS TASMANIA WEBSITE .

ANY CONCERNS REGARDING SELECTION FOR THE PSG's SHOULD BE DIRECTED TO CHAIRMAN OF SELECTORS, MIKE GUNSON (contact details in selection policy)



Date	Event	Location
SEPTEMBER		
Sun 28th	PSG Primary Selection Trials (Main) **	Launceston
Sun 28th	AS Winter Throws Series #7 10.00 a.m.	Domain

2008/09 ATHLETICS SOUTH

Day	Date	Meet	Venue	Start
Sun	5-Oct	Southern All Schools/PSG Primary Trials (2)	Domain	
Sat	11-Oct	Southern SATIS	Domain	
Sat	18-Oct	AS Interclub Prog # 1	Domain	12.30pm
Tue	21-Oct	Southern SKO	Domain	
Sat - Sun	25-26 Oct	State All Schools Track & Field and PSG Secondary Selection Trials	Domain	
Sat	25-Oct	State 10000m Championships	Domain	
Sat	1-Nov	AS Interclub Prog # 2	Domain	12.30pm
Sat	8-Nov	AS Interclub Prog # 3	Domain	12.30pm
Sat	15-Nov	AS Interclub Prog # 4 " come & try day "	Domain	12.30pm
Sat	15-Nov	Gala Day	Penguin	
Sat	22-Nov	AS Interclub Prog # 1	Domain	12.30pm
Sat	29-Nov	AS Interclub Prog # 2	Domain	12.30pm
Sat	6-Dec	AS Interclub Prog # 3	Domain	12.30pm
Sat	13-Dec	State Clubs Championships	Penguin	
Sat	20-Dec	AS Reunion Day	Domain	1.00pm
Sun	28-Dec	AT - Race to the Taste Fun Run and Walk	Domain	
Sun	4-Jan	Cadbury Marathon Festival	Claremont	
Tues	6-Jan	AS Twilight/Bill Barwick Memorial	Domain	6.00pm
Sat	10-Jan	AS Interclub Prog # 4	Domain	12.30pm
Sat-Sun	10-11 Jan	State Combined Events Championships	Launceston	
Sat	17-Jan	AS Interclub Prog # 1	Domain	12.30pm
Sat	24-Jan	AS Interclub Prog # 2	Domain	12.30pm
Fri	30-Jan	Domain GP Meet - Briggs Athletics Classic	Domain	
Sat	31-Jan	Invitation National 20000m Track Walk Tasmanian 10000m Walk Championships	Domain	
Sat-Sun	31 Jan - 1 Feb	Australian U16/18/23 Combined Events AT Special Event Promotions	Domain	
Sat	7-Feb	AS Interclub Prog # 3	Domain	12.30pm
Sat	14-Feb	North v South Match (with relays emphasis)	Domain	
Sat	21-Feb	AS Interclub Prog # 4	Domain	12.30pm
Sat - Sun	28 Feb- 1 March	AT State Champs Days 1 & 2 (Sat pm, Sun am)	Launceston	
Mon	9-Mar	AS Interclub Prog # 1	Domain	4.00pm
Sat - Sun	14-15 March	AT State Champs Days 3 & 4 (Sat pm, Sun am)	Domain	
Sat	21-Mar	AS Interclub Prog # 2	Domain	12.30pm
Sat	28-Mar	AS "Fun Day"	Domain	
Sat - Sun	28-29 March	Tasmanian Masters Track and Field Championships	Launceston	



A some of you would be aware AT's Development & Marketing Coordinator, Richard Welsh was working on the big island for a couple of months. Richard kindly wrote the following article for us.

As a keen young athletics fan, I was naturally looking forward to watching the Beijing Olympics. Had you said to me a few years ago that I was going to get paid to watch the Olympics from the Athletics Australia boardroom, I'd have called you a fool. But that's what I did recently.

Ok, so that was the glossy side of it. While I watched, I wrote, listened, sourced images, transcribed quotes from athletes, deduced meaning from live results and cursed at Channel 7's coverage like everyone else. In short, my job was to write media releases and update the Athletics Australia website. There was generally a team of four of us, set up in the AA boardroom (we nick named it the battlezone), working during the morning and evening session of athletics.

While I'm confident in my knowledge of Athletics, difficulties came in navigating through the, at times, horribly slow AA website. Trust me, at 4am in the morning after you have been going for 16 hours, even the friendliest of people can get fired up at a computer monitor, when the internet throws a tantrum. It was worth it in the end, when we produced what I believe was quality information on all Aussie athletes, within minutes of events. The AA website had more hits than the world champs last year, so clearly, we were doing something popular.

Getting to bed at about 4:30am on Saturday 23rd was tough after we won our gold medal in Beijing, however I managed to lobb up in Geelong to run in the Australian Cross Country Championships. Had I just been running for myself, I would have stayed in bed, but being inspired by the games and keen for a solid team performance, I took off for the 12km race. All was good for the first two laps, but then my tired eyes kicked in and the third lap was tougher than it should have been. I was happy to do my bit for the team and thanks to the Tassie crew for all the support out on the course – it helped me get around when I was hurting!

I spent a month in the AA office before the games, where we got ourselves all set up. For each major championship, Athletics Australia produces a handbook, which includes athlete profiles, history of Australian's at major championships and all the stats that commentators such as Bruce McIvaney and David Culbert were coming up with. It was a rather proud professional moment when I handed Bruce the first copy of the media guide which I edited for Beijing, he was a top bloke also.

The Athletics Australia office is similar to that of Athletics Tasmania. They send teams away, so do we. They update a website, as do we. They organise camps and clinics, which AT does also, etc. The main difference was the scale of things, theirs being so much larger they have dedicated staff to roles, whereas Fiona and I do everything.

The whole crew in the AA office are top people. It's filled with passionate people, who have a professional approach about what they are out to achieve. There are several projects being worked on there that take time to have an effect on the sport overall, but I'm certain the mid to long term health of our sport is looking strong. I spotted a few things that I would change if I could, so I informed the relative people of my ideas, which were accepted, pleasing to see they are receptive to new ideas.



As we all know, you don't just turn up to an Olympics and compete, the journey is much more than that. One of the athletes that represented Australia in Beijing happily came into the AA office after the games and thanked all the staff for their help along the way, he also showed off his new bling (see picture), thank you Mr Hooker.





Athletics Tasmania

Media Release

Monday, 25 August 2008

Huw Peacock named for Commonwealth Youth team

AT/TIS Development Squad athlete **Huw Peacock** has been named in his first Australian team for the 2008 Commonwealth Youth Games.

Athletics Australia has named a team of 34 athletes for the games, to be held in Pune, India in October.

Competition will be held at a purpose build venue, which will be used as a training facility for the 2010 Commonwealth Games. The multi-sport games also include Swimming, Table Tennis, Weightlifting, Boxing and Tennis.

Peacock has been a familiar name in Tasmanian athletics circles in recent years, but until now, has generally been associated with older brother Hamish, who has represented Australia at both World Youth and World Junior competitions.

At only 16 years of age, Huw will be the youngest male on the team. He has been chosen for the hammer event and will throw the 6kg implement in the under 19 competition.

Continuing the Peacock family story, Huw is coached by his father Evan.

Tasmania also performed exceptionally well at the recent Australian Road Walks Championships.

Daniel Coleman again won the Under 20 men's competition over 10km. **Lynette Bannister**, who is currently based in Melbourne, won bronze in the open women's division.

Tasmania sent a large contingent over for the walks, with all females who made the journey to Melbourne's Albert Park, recording personal bests.

On Saturday (23rd August) at the Australian Cross Country Championships in Geelong, Tasmania were well represented.

Further details can be obtained from the Athletics Tasmania website.

Richard Welsh



ATHLETICS TASMANIA MERIT AWARD WINNERS



Back: Jim Court, George Norris, Kevin Alomes, Cheryl Wilson, Roger Howlett,
Front: Lynne Lyden, Darren Alomes and Jarrod Gibson

Congratulations to all Merit Award Winners.

**These awards recognise the work, over many years,
that these recipients have put into athletics.**



60 SEC's with Hannah 'Fabulous' West.

NAME: *Hannah West.*

ROLE IN ATHLETICS: *a winner ;)*

Why do I do it? *Because it's my lifestyle. So to speak.*

When did I last cook the family meal and what was it? *I was about 14 and had a bet with dad as to who could cook a better 3 course meal. Let's just say mine was that good, dad didn't bother to even contend. I'm still waiting for his entry. I cooked: Soy and black bean stir fry, and the rest I can't remember... haha.*

If Welshy says jump your response is?? *No thanks.*

Rosemary Coleman is famous for what? *In my books? Being my track mother at national all-schools and Australia cup.*

Who didn't Peter Fortune coach to a gold medal.. *nothing came to mind in 5 seconds. Sorry.*

What is the best form of clothing to wear to the Domain in Winter? *Layers and layers and layers and layers. And two pairs of socks.*

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

Sandy Bay Harriers. Need I say more?

Skins/ 2XU, cool or uncool? *2Xu are kind of my favourite.*

If you could be anything in Athletics anywhere in the world what and where?? *Right now? A pace maker for 800m races in Europe. And also winning 400m's casually on the side.*

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



The summer track and field season is fast approaching and as with any season it would not happen without the many volunteers that take on various tasks.

If you are interested in becoming an official please contact Jenny Stevenson on msteven1@iinet.net.au.

NO EXPERIENCE NECESSARY.

“Someone once asked me what I want on my epitaph when I pass away. I replied, 'just the words, I tried.' That's what this game of life is all about: Trying. There's the triers, the criers, and the liars. I want to be known as one who simply tried my very best.”

- Mickey Rooney



Blisters, the bane of athletes

Most athletes have experienced the discomfort of a blister at least once. It's one of the most common injuries of runners.

Skin is made up of many layers. When friction occurs to the skin, blisters may form in the middle layers. Most blisters are a minor annoyance and can be treated with the use of basic first aid. However, there is a risk of greater complications such as infection.

(Polliak & Scheinberg, 2006; Knapik, Reynolds & Barson, 1998).

Treatment

Where possible, leave the roof of the blister in tact. This helps to protect the underlying wound. It is important to clean the area well. This can be done by rinsing the area with saline water. This special mix of salt water can be easily prepared at home or purchased from your local pharmacy. For further information about preparation methods, refer to this hyperlink:

http://healthfieldmedicare.suite101.com/article.cfm/normal_saline_for_wound_care

Once the blister site is gently dried, apply a protective dressing. You can buy an appropriate dressing from your local pharmacy. Products such as Comfeel plus, Duoderm extra thin and Tegaderm are examples of accessible products. Other blister products will be available at your local pharmacy. Ask your Pharmacist before choosing a product.

Prevention

Blisters may be prevented by wearing correctly fitted footwear and moisture wicking socks.

When choosing footwear, pay careful attention to the length, width and heel fittings. Your shoe should be approximately 1 cm longer than your longest toe and wider than the width of your foot. Check the heel fitting of your shoe by holding the shoe to the ground and attempting to lift your heel out of the shoe. If you heel shifts significantly in the back of the shoe, this may lead to blistering.

Moisture wicking socks are made of acrylic or polypropylene, taking fluid away from your skin and maintaining a drier surface. These socks can be found at your local sports shop.



If you commonly experience blisters, and the above methods have not helped, using preventative taping may be worthwhile. The use of products such as Mefix, Hypafix and Omnifix are thought to reduce the friction of socks and footwear on the skin. Apply the tape to areas which are likely to blister during your activity. These and similar products can be found at your local pharmacy.

If you require further information about blister prevention, consult your local Pharmacist or health care provider.

If you have any question regarding this article, please contact Sam Leitch at sam@ispahan.com.au or at Ispahan Podiatry on 6224 3555.

Sam Leitch

Podiatrist

B.App.Sc.(Pod)

PGDipSportMed

References:

Polliak, A.A. & Scheinberg, S. (2006). A New Technology for Reducing Shear and Friction Forces on the Skin: Implications for Blister Care in the Wilderness. 17(2), p109.

Knapik, J.J., Reynolds, K. & Barson, J. (1998). Influence of an antiperspirant on foot blister incidence during cross-country hiking. 39, p202.

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http://healthfieldmedicare.suite101.com/article.cfm/normal_saline_for_wound_care

<http://www.dressings.org/>

<http://sportsmedicine.about.com/od/footandankleinjuries/a/Blisters.htm>



DEVELOPING A PLAN - PART 2 DARREN ALOMES

This is part 2 of the 3 part series on developing a plan, in part 1 we looked at the reasons behind planning for the future. To recap planning is basically a document based on historical events looking at future events. As Confucius said "He who aims at nothing usually hits it".

In this instalment we look at what steps and information are required to prepare and develop a plan for an athlete.

The approach taken is systematic, and the steps in preparing a plan are shown in Table 1. This article will look at the requirements in step 1.

Preparing a plan
The steps in producing a Training Plan are as follows:
1. Gather information
2. Produce an overall plan template and identify the months/weeks of the year
3. Identify on the plan at the appropriate period
the main competition
area, national, school etc. championships
qualification competitions
club fixture meetings
the 6 phases based on the main competition in phase 5
4. Identify on the plan
a. the blocks (e.g. strength, endurance) to be developed in each phase
b. the period of development for each block
c. the intensity of training week by week
d. number of training sessions per week
e. <u>evaluation</u> points to monitor progress
5. Identify appropriate training units for each block as appropriate to the phase of development.
6. Group the training units for each block into training schedules taking into consideration the number of training sessions the athlete can complete per week, the required training intensity and
Table 1 (Source: http://www.brianmac.co.uk/plan.htm .)



Step 1 is gathering information. Gathering information is initially gathered by correspondence with respective athletes, the correspondence varies between coaches and the athlete. Table 2 outlines some general information that a coach may ask. Some of this information may seem irrelevant, but a coach, when developing a plan, needs to garnish enough information about the athlete they are coaching to develop a complete plan for them as an individual. Inquiring about illness, relationships and family commitments is a very important and real requirement.

Gathering Information

The initial step required is information gathering. Table 2 outlines a range of questions that the coach may ask athletes.

Personal details -	Name, address, date of birth, telephone numbers, transport arrangements
Objectives - Performance	Time, height, distance
Objectives - Technical	Development of event technique
Experience	
Personal best (PB's)	
Finance	
Competition Dates	
Recent competition results	
Athlete's other Commitments	School, college, work, part time jobs
	Family and partner
	Hobbies and other sports
Time available for training	
Planned holidays	
Medical	Previous injuries or illness
	Current problems (diabetes, asthma etc.)
	Access to medical support
	Physiotherapy support
	Any medication? - is it a banned substance?
	Using asthma inhaler - application to use Beta 2 agent inhalers
Training facilities	Tracks and other running facilities (bad weather)
	Gymnasiums and weight training
	Swimming pools, saunas and massage
Last season -	What can be learnt from last season - good and bad aspects
Key questions for the athlete	How serious are you about your athletics?
	What do expect from your coach?
Table 2 (Source: http://www.brianmac.co.uk/plan.htm)	



As stated above Table 2 is by no means an exhaustive list of questions the coach may ask, and in fact the coach may gather a lot of this information through watching, listening and talking.

What does this allow the coach to do? Once the information has been gathered the coach can sit down and produce an overall yearly plan for training . As outlined in part 1 the timeframe varies depending on the goals of the athlete. (6 weeks, 6 months, 1 year or 4 years) The aim is to provide the best opportunity for the athlete to improve in competition according to their individual needs.

In the final instalment we will look at the final steps the static plan, active-static plan and active plan.

References

<http://www.brianmac.co.uk>

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."- Michael Jordan

"I always tell the kids, 'You know what's great about going the extra mile? There's very little traffic.'"

- Jim Larranaga



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

NAME: *Aaron Humphrey*

ROLE IN ATHLETICS: *Athlete/Out of Stadium Commissioner*

Why do I do It? *To Stay fit, run the gut away and to see fit girls on the mainland*

When did I last cook the family meal and what was it? *Chicken burger with lettuce and mayo with nice buns with chips...hang on, that's a McChicken Burger Meal and that was last night.*

If Welshy says jump your response is?? *Ok, I'd do anything for that man.*

Rosemary Coleman is famous for what? *Always being a Team Manager and for being a motherly figure in Athletics!*

Who didn't Peter Fortune coach to a gold medal? *Aaron Humphrey and Larry Edmur*

What is the best form of clothing to wear to the Domain in Winter? *Tights, Compression Top and Gloves.*

Just between us which is the best club in Tassie athletics (I won't tell anyone else)? *Eastern Suburbs, or Tamar for their purple colours....*

Skins/ 2XU, cool or uncool? *Skins Uncool...the mesh chafes where I don't like it to chafe..2XU I like though.*

If you could be anything in Athletics anywhere in the world what and where?? *I would love to be Blanka Vlasic or Georgie Clarkes masseuse, personal trainer and Partner .*

Should this interview take more than 60 sec's and if the answer is "yes" what on earth were you thinking? *Yes, perhaps I was bored at uni...*



Athletics South Presents the
2008 Southern All Students Track & Field
Championships

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



DID YOU KNOW?

It is almost 40 years ago that the “Black Power Salute” became front page news around the world.



On the morning of October 16, 1968 at the Mexico Olympics American athlete Tommie Smith won the 200 metre race in a then-world record time of 19.83 seconds, with Australia’s Peter Norman second with a time of 20.06 seconds, and American Carlos in third place with a time of 20.10.

After the race was completed, the three went to collect their medals at the podium. All three athletes wore Olympic Project for Human Rights (OPHR) badges, after Norman expressed sympathy for their ideals.

All three were booed when they left the podium and then ostracized in their respective countries for having the audacity to use this opportunity to make a political statement. All three were punished severely by their respective Olympic organisations.

Where are they now?

Smith continued in athletics, going on to play American football with the Cincinnati Bengals, before becoming an assistant professor in Physical Education at Oberlin College. In 1995 he went on to help coach the U.S. team at the World Indoor Championships in Barcelona. In 1999 he was awarded a Sportsman of the Millennium award. He is now a public speaker.

Carlos’ career followed a similar path to Smith. He initially continued in athletics, equaling the 100m world record the following year. Later he played American football with the Philadelphia Eagles before a knee injury prematurely ended his career. In 1982 Carlos was employed by the Organising Committee for the 1984 Summer Olympics in Los Angeles to promote the games and act as liaison with the city’s black community. In 1985 he became a track and field coach at a school in Palm Springs, a post which he still holds.

In 2005 San Jose University honored former students Smith and Carlos with a twenty-two foot high statue of their protest.

Norman was not picked for the 1972 Summer Olympics, despite finishing third in his trials. He did continue running until a severe setback with injury. He suffered a heart attack and died on October 3, 2006. Smith and Carlos were pallbearers at his funeral.

Reference: http://en.wikipedia.org/wiki/1968_Olympics_Black_Power_salute



If you have any news, pics etc. email me at moleary@blundstone.com.au.

HUGE THANKS TO THE FOLLOWING CONTRIBUTORS

DAMIAN LAWLER (and Hannah West and Aaron Humphrey)

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JENNY STEVENSON

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October issue to be distributed on the 17th—contributions required by Oct 13th.

If you have any news, pics etc. email me at moleary@blundstone.com.au.



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SUMMER COMPETITION SPONSOR
