



TRACK TALK

Athletics South Newsletter

October 20, 2008

Issue 4



NAMING RIGHTS SPONSOR FOR SUMMER TRACK & FIELD SEASON

Bennett's Petroleum will be the naming rights sponsor for the Athletics South Summer Track & Field competition for season 2008/2009.

The Board and members of Athletics South sincerely thank Troy Bennett for this commitment to our sport.

Season commenced on Saturday 18th October. Official opening planned for 1st November.

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NEW ATHLETICS SOUTH WEBSITE

www.athleticssouth.org.au

The content of the website will be a constant work in progress as requirements are assessed.

Thanks to Kev Morse who has undertaken the task of Webmaster and again thanks to Chris Sullivan who created and maintained the previous website over many years.

REMINDER:

**TASMANIAN ALL SCHOOLS COMPETITION IS ON
THE WEEKEND OF THE 25TH AND 26TH
OCTOBER, 2008**

(Incorporating the selection trials for the Pacific School Games and Australian All Schools & Youth Athletics Championships).

Check Athletics Tasmania website for further details and entry forms.



2008/09 ATHLETICS SOUTH CALENDAR

Day	Date	Meet	Venue	Start
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	



October-The silly season of athletics

Every year when October comes around I get quite excited however I also approach this month with some trepidation as well. Those athletes whom have chosen track and field as their number one sport train all year for the start of the season. Many of these athletes are students as well and in my experience tread the tight-rope between good performances and often personal bests early in the season and opening up the potential for injury from excessive training and competition all in a very short period in time.

I endeavour to have a reasonable relationship with the schools of my student athletes however this is often not the case and the athlete often gets caught in the middle of a compromising situation between competing for their school to gain maximum points for their school and also being sensible if they have developed some kind of niggle which potentially means rest for a comp or lower volume/intensity is required. Now I understand the schools wanting the best student/athletes competing as the majority of the school teams are filled with students whom are not athletics athletes but either play other sports and are fit to the ones whom are sedentary and there to make up numbers in a team doing disciplines they are not used to and only train for in the preceding 4-6 weeks of the school competitions.

As a coach I have been lucky enough to work with 2 schools in the past 4 years and have seen both of those schools increase participants and enthusiasm but most of all value these carnivals more highly and prepare for them with more structure and planning. This has resulted in better prepared student/athletes in particular and as a result of this less injury both in the preparatory stage and in the competition phase.

This is an area where the sport can become more proactive in my belief and approach schools early in the school year and offer advice and assistance for the school carnival silly season. PE teachers are overloaded with a curriculum that requires them to provide exposure to many facets of health and fitness on top of the Aussie mad sport culture where they also deliver tasters of almost every sport imaginable. The one thing that should set athletics apart is it is made up of the basics of all movement, running, walking, jumping and throwing. Add to that the need to have a well balanced, strong and stable yet flexible body to perform all the aspects of athletics makes it the basis of all sport.

If the sport (by that I mean clubs as well as peak bodies) becomes more proactive in this area maybe athletics will be seen as a more important feature in the PE curriculum and with all involved, coaches, student/athletes, school and clubs/peak bodies delivering a really high quality component to our students.



The other area I feel needs to be identified and respected is that student/athletes whom have chosen athletics as their number one sport work with a coach. The relationship between the two is a partnership and the coach has a job to do and that is assist the student/athlete to achieve at a level that they believe is the highest level they can achieve in any given timeframe. The trust between the two is unique and should not be downplayed on any level. If this relationship is compromised by the school vs. individual situation such as in October all party's need to be on the same page. If a student athlete is on a structured program it makes no sense to add to that program because it will only end in tears with injury and poor performance.

If you are a student athlete make sure your PE teacher knows that you already train with a private coach, you have a periodised program in place and what that program is. Initiate compromise early however always put your own health before winning, point scoring and prestige. Too many student/athletes feel pressured and make a competition based choice that jeopardises their whole season for one performance and the nett result is everyone loses. The student /athletes makes an injury worse, their performance in the race is not as high as usual and short term gain is lost (race lost) and the coach is frustrated after all the planning and hours of work put in place.

My advice to all reading this, whether you be a student/athlete, coach, school PE teacher, parent or fellow student/athlete, base your decision on what brings the best long term nett result. The short term result is wonderful however is the wrong path to travel and based on an incorrect philosophy. We are all here to learn, enjoy and challenge ourselves, just not at the expense of our student/athletes!

Damian Lawler

AMFSprint™

**CONGRATULATIONS TO HUW
PEACOCK ON ACHIEVING A PB
IN THE HAMMER THROW AT
THE COMMONWEALTH YOUTH
GAMES IN INDIA.**



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

NAME: *Samuel Leitch*

ROLE IN ATHLETICS: *Athlete (possibly retired??)*

Why do I do It?

It's a great individual challenge.

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

Probably 5 years ago. I live alone, so it's usually meat and vege for myself and Jilly (pet rat).

If Welshy says jump your response is??

Come back later

Rosemary Coleman is famous for what?

A champion full forward for many years and later had the leading goal kicker in the AFL medal named after her.

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?

I'm think I'm still trying to work that one out!

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

I thought there was only one club (Eastern Suburbs)?

Skins/ 2XU, cool or uncool?

Cool. Very very cool

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

Olympic mens 400m champion in Beijing!

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

Yes, I had to highlight all my answers red!!



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.

**NOTHING WILL WORK UNLESS
YOU DO.**

- JOHN WOODEN



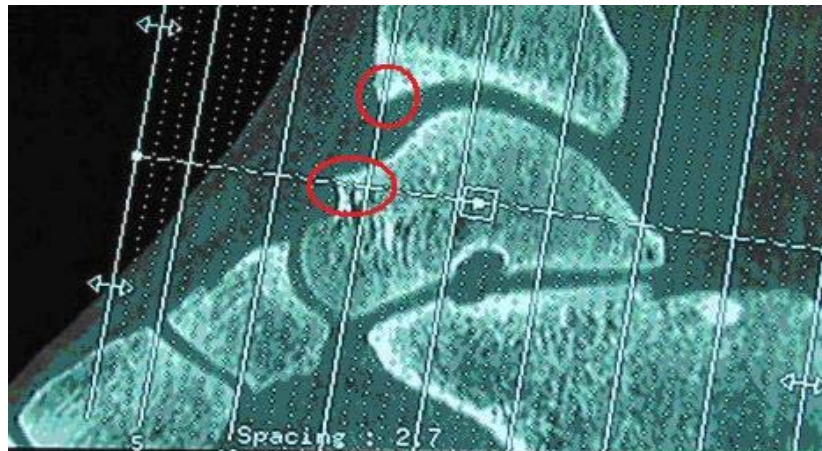
Anterior Ankle Impingement

What is it?

Anterior ankle impingement is a painful injury affecting the upward movement of the ankle joint. It occurs when there is an obstruction which affects the upward motion (dorsiflexion) of the ankle joint. It is found commonly in athletes who participate in sports which require repetitive dorsiflexion of the ankle. These sports include; sprinting, distance running, jumping events, football codes and ballet dancing.

Repetitive, forced dorsiflexion of the joint can lead to a bony reaction at the areas of contact. The reaction leads to the thickening of bone and development of a prominence, referred to as an exostosis.

People with anterior ankle impingement will often experience pain with activities such as running, lunging, kicking and landing from jumps. Pain is most severe at the point of maximum dorsiflexion. If the condition worsens, it may limit the amount of ankle movement possible.



How can I treat it?

If the condition is mild, anti-inflammatory medication, a heel raise, rest, and mobility exercises of the ankle joint may help to resolve the condition. However, if the condition advances, surgical removal of the bony prominences may be needed.



Heel Raise

(http://www.physio4life.co.uk/secure/assets/files/Image/shop/heel_raises.jpg)



How can I prevent it?

The cause of anterior ankle impingement is relatively unknown. However, it appears to have a close association with sports requiring rapid and repetitive dorsiflexion of the ankle. It is thought that some features of the bone anatomy and the stability of the local joints may cause an impingement, but this is yet to be proven with research.

To reduce the risk of anterior ankle impingement, monitor any anterior ankle joint pain, use supportive footwear and modify training to resolve any symptoms. If you are concerned you have symptoms, contact your local Podiatrist or Physiotherapist. They can provide an accurate diagnosis and advise you about management options.

Gossip

Some elite sportspeople have experienced anterior ankle impingement. A number of news articles have been written about Glen McGrath's battle with both anterior and posterior ankle impingements. You can read more about Glen's experience at this URL: <http://content-aus.cricinfo.com/australia/content/story/125885.html>.

If you have any questions 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

Further Reading

http://www.injuryupdate.com.au/injuries/foot_&_ankle/anterior_ankle_impingement.php

Bibliography

Brukner, P., Khan, K. (2001). Clinical Sports Medicine. 2nd Ed. Sydney: The McGraw-Hill Companies.



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

NAME: *Peter McDonald*

ROLE IN ATHLETICS: *Coach; Secretary, Australian Track & Field Coaches Association Tasmania Branch, Throws Official, etc., etc.*

Why do I do It?

Because I enjoy it and it is a means of compensating for my place on this earth

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

April 6 2008 and it was a barbeque

If Welshy says jump your response is?? *A grin*

Rosemary Coleman is famous for what?

Being the mother of Patrick and Daniel Coleman

Who didn't Peter Fortune coach to a gold medal *Hamish Peacock*

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

Shorts and a T Shirt if you are Chris Edwards

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

Eastern Suburbs of course!

Skins/ 2XU, cool or uncool? *Throwers don't need skins*

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

I am happy with my current situation

Should this interview take more than 60 sec's and if the answer is "yes" what on earth were you thinking? *Yes and it up to you to work out what I was thinking.*













Did you know?

The javelin throw has been part of the [Summer Olympics](#) since 1906. Although the javelin is currently used only for sport in most areas, it has a long history of use for [hunting](#) and [warfare](#). There are, for instance, numerous references to the javelin in ancient [Hellenic civilization](#), who practised a form of javelin throwing at the ancient Olympics. Some believe the objective was to throw at a target rather than for distance, but this can not be determined.

The javelin throw has a particularly strong tradition in the Nordic nations of Europe. Of the 66 Olympic medals that have been awarded in the event, 30 have gone to competitors from [Norway](#), [Sweden](#), or [Finland](#). Finland is the only nation to have ever swept the medals, and has done so twice, in 1920 and 1932.

Men's best throwers of all time (current 1986 model javelin) **

- (Updated [October 3, 2008](#))

RANK	MARK	ATHLETE	PLACE	DATE
1.	98.48	 Jan Železný (CZE)	Jena	1996-05-25
2.	93.09	 Aki Parviainen (FIN)	Kuortane	1999-06-26
3.	92.61	 Sergey Makarov (RUS)	Sheffield	2002-06-30
4.	92.60	 Raymond Hecht (GER)	Oslo	1995-07-21
5.	91.69	 Konstadínós Gatsiourís (GRE)	Kuortane	2000-06-24
6.	91.59	 Andreas Thorkildsen (NOR)	Oslo	2006-06-02
7.	91.53	 Tero Pitkämäki (FIN)	Kuortane	2005-06-26
8.	91.46	 Steve Backley (GBR)	Auckland	1992-01-25
9.	91.29	 Breaux Greer (USA)	Indianapolis	2007-06-21
10.	90.73	 Vadims Vasīļevskis (LAT)	Tallinn	2007-07-22

**

Javelin redesigns

On April 1, 1986, the men's javelin (800g, 1.76lb) was redesigned by the governing body (the IAAF Technical Committee). They decided to change the rules for javelin construction because of the increasingly frequent flat landings and the resulting discussions and protests when these attempts were declared valid or invalid by competition judges. The javelin was redesigned so that the centre of gravity was moved 4cm forward, further away from the centre of pressure (the point at which the aerodynamic forces of lift and drag act), so that the javelin had an increased downward [pitching moment](#). This brings the nose down earlier, reducing the flight distance by around 10% but also causing the javelin to stick in the ground more consistently. In 1999, the women's javelin (600g, 1.32lb) was similarly redesigned.

Modifications that manufacturers made to recover some of the lost distance, by increasing tail drag (using holes, rough paint or dimples), were outlawed at the end of 1991 and marks made using implements with such modifications removed from the record books.

(Ref. www.wikipedia.com)



DEVELOPING A PLAN - PART 3

DARREN ALOMES

In instalments one and two we looked at the reason behind planning, the steps necessary to develop a plan and gathering information, in this last instalment we look at producing an overall plan, identifying training periods and relevant blocks of training.

To produce the overall plan, we need to provide an understanding of an athlete. So for this exercise we will use details from a theoretical person.

Name:	Simon
Age:	16
Primary Event:	400m (aim is 54 seconds)
Personal Bests:	100m 12.90 200m 26.62 400m 57.24
Secondary Events:	100m, 200m and relays
Commitments:	Full time student, works 3 days a week after school, plays a team sport during winter for school and club. College exams in November so little training possible.
Training:	Only willing to train 3 days a week plus competition days, once winter sport has finished which is mid September.
Injuries:	no problems.
Last season:	Went through a secondary growth spurt, which hindered technique for early part of last season and effectively had 3 months of training which resulted in PB's above late in season. Athlete is now taller than both parents
Competition(s):	Independent schools plus all schools events (October - November) State Championships being major aim.



STATIC PLAN

Step 2 of preparing a plan is the development of an overall template outlining the months/weeks of the year. Winter Sport is considered to be preparation training as outlined below.

Month	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb
Phases	Preparation						Competition				

The main competition is at the end of February, being the State Championships.

There is a secondary competition in October, being the SATIS events and the athlete is required to do multiple individual events, including events the athlete has no experience in. Athlete wishes to compete well for the school in these events. From a coaching perspective the plan will only consider the State championships to be the major event.

The *competition phase* from October to March can be broken up further into the following 2 phases;

1. Competition Preparation
2. Main Competition

So the plan looks something like this;

Month	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar
Phases	Winter Team Sports						Competition Prep			Main Competition	Rest	

The above gives the athlete 3 months to develop the specific skills and fitness for his event and 8 weeks to hone this into a peak performance.

A STATIC ACTIVE PLAN MAY ENTAIL

A SAMPLE TRAINING WEEK

Monday	
Tuesday	Track Training
Wednesday	
Thursday	Track Training
Friday	
Saturday	Competition
Sunday	Track Training

*SAMPLE WEEKLY TRAINING SESSIONS**START OF COMPETITION PREPARATION*

Tuesday	3 x 200m in 30 seconds with 200m walk recovery
Thursday	2 x 150m in 19.50 seconds, 5 minutes recovery
	6 starts over 20 - 30 metres on straight
Sunday	1 x 600m, 500m, 300m with 5, 4, 3 minutes recovery
	1 Bodyweight Circuit

END OF COMPETITION PREPARATION

Tuesday	5 x 200 in 28 seconds with 200m jog recovery
Thursday	4 x 150m in 19 seconds, 4 minutes recovery
	12 starts over 20 - 30 metres on bend
Sunday	300, 200, 100, 200, 300m with 5, 4, 3 minutes recovery
	4 Bodyweight Circuits

ACTIVE PLAN

After the school competitions have finished Simon turns up to training tired and generally lethargic. After talking to the athlete you find out they are sore and have began studying for final exams which are in 3 weeks.

The plan for this session was

Tuesday 3 x 200m in 28 seconds with 200m walk recovery

As a coach you need to look and listen to athlete and if necessary modify the training to suit the athlete. Therefore an active plan would be changing the session for that day.

It may become something like

Tuesday 5 x 100 easy run-throughs with 5 minutes walk recovery

As can be seen the actual session does not compared to the planned session, but without having the initial plan we would of not know where we wanted to be at this time.

Remember the quote in instalment one

"He who aims at nothing usually hits it - - Confucius"

Or as Alan Lakein put it

"Failing to plan is planning to fail."



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

HUGE THANKS TO THE FOLLOWING CONTRIBUTORS

DAMIAN LAWLER (and Sam Leitch and Peter McDonald)

SAM LEITCH

DARREN ALOMES

JENNY STEVENSON



WINTER COMPETITION SPONSOR



SUMMER COMPETITION SPONSOR
