



# TRACK TALK

Athletics South Newsletter

WORLD CLASS ATHLETICS IN HOBART

## Briggs Athletics Classic

Fri 30 Jan 2009 from 6:00pm

Domain Athletics Centre, Hobart

January 23, 2008

Issue 7

Inside this issue:

*Too much to list—enjoy*

Pre-sold  
Adults \$10  
Children \$5  
Corporate  
tickets also  
available at  
\$50 - incl  
drinks



Tickets available from Centertainment  
Or, phone 03 6234 9551  
[www.tasathletics.org.au](http://www.tasathletics.org.au)

\*\*\*SEE YOUR CLUB REPRESENTATIVE FOR EARLY BIRD TICKETS\*\*\*





## REMINDERS

**All athletes, parents and officials are asked to stay back at the conclusion of this interclub meet (January 24th) for a working bee to help prepare the Domain Athletic Centre for the Briggs Meet on 30th January. A BBQ with meat and drinks provided will follow.**

**Athletes and coaches are reminded that lanes 1 and 2 at the Domain Athletics Centre are NOT to be used for training purposes.**

**This is a condition of hiring the ground from the Hobart City Council.**

**Lane barriers are quite often put in place but it appears that people using the ground merely move them out of the way.**

**Apparently the resurfacing of the track is a long, long way off the planning agenda of the Hobart City Council so we need to ensure that we all abide by the hiring conditions outlined by the council.**



## 2008/09 ATHLETICS SOUTH CALENDAR

Day	Date	Meet	Venue	Start
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	Club Championships	Penguin	
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	

**DO YOU HAVE A QUERY IN RESPECT OF THE INTERCLUB RESULTS?**

If you have a query about the interclub results *please contact your club representative.*

<b>EASTERN SUBURBS</b>	<b>Maureen McDonald</b>
<b>SANDY BAY</b>	<b>Chris Sullivan</b>
<b>OVA</b>	<b>Ian Holloway</b>
<b>TMA</b>	<b>Peter Lyden</b>
<b>NORTHERN SUBURBS</b>	<b>Tracey Parry</b>
<b>NW/N/OTHERS</b>	<b>Richard Welsh</b>

The designated club official will collate any result queries and then onforward to me.

**Thank you, Jarrod Gibson**

**NOTE: A 100M INVITATIONAL HAS BEEN ADDED TO THE NEXT PROGRAM 4 ON THE 21ST FEBRUARY.  
IT WILL BE THE FIRST TRACK EVENT COMMENCING AT 1.00 P.M.  
(Entry for this event will be as per normal i.e. entries must be in at least 20**



# TAS BEVIS MEMORIAL 5000M AS REUNION DAY



KEIRON FOLEY



COLIN OLIVER



PAUL GARROTT



GRANT PAGE, JASON ALLIE,  
BRAD DYSON, DANIEL CLARKE



JASON ALLIE



MIKE DALTON,  
MATTHEW LENNON (IN GREEN)  
BRAD DYSON (CAP)



PAUL TARANTO, PAUL BIDDGOOD, MIKE POTTER



JOHN LEWIS, MIKE DALTON,  
DEAN GIBLIN, PAUL TARANTO



DEAN ROSE





# AS REUNION DAY—20TH DECEMBER, 2008

## OFF AND RUNNING IN THE MAX CHERRY MEMORIAL MEN'S 1500



**JO CHERRY, NATHAN MOREY, GRANT PAGE, RICHARD WELSH**



**JO CHERRY, MELANIE DANIELS, JESSICA MOREY, JILLIAN LYALL**



**MELANIE DANIELS BEING INTERVIEWED BY WIN TV AFTER HER WIN IN THE MAX CHERRY MEMORIAL 1500M**



INAUGURAL MCDONALD FAMILY  
THROWS EVENTS.

WOMEN'S—SHOT PUT

1ST. REBECCA DIREEN

2ND. DANIELLE MCCONNELL

3RD. NATALIE DANIELS

MEN'S—JAVELIN

1ST. HUW PEACOCK

2ND. HAMISH PEACOCK

3RD. PAT LYDEN



JEFF BEVAN (ABOVE)—  
WINNER OF MEN'S JO  
MILLAR-CUBIT LONG JUMP  
RIGHT—NS GIRLS HAVING  
FUN AT THE TRACK





## MEDIA RELEASE

20 January 2009



Pic of Tristan winning at Zatopek  
Image courtesy of Getty Images

### THOMAS TURNS OUT MAGIC LAP IN CANBERRA

TIS Scholarship holder Tristan Thomas became the fastest ever Tasmanian over 400m tonight at an Athletics Australia Allcomers meet in Canberra.

In wet and windy conditions, Thomas ran 45.86sec, to beat the previous mark of 45.99sec set by former Olympian Simon Hollingsworth back in 1992.

His past two performances had been within .10 sec of the record, but the Athletics Tasmania senior athlete of the year now finally holds his first Tasmanian open record after tonight's run.

The performance was even more impressive, as he won the race, ahead of 2007 World Athletics Championships relay representative Kurt Mulcahy, who placed second in 46.57.

It has been a purple patch for the Commonwealth Games representative in recent weeks. Last month he ran the fastest time over 800m by a Tasmanian since Brendan Hanigan in the mid 1990's and performed well at the Devonport Gift, during the Christmas Carnival period.

Tonight's performance is one which will no doubt excite his Hobart support base, as the next race for the Sandy Bay Club athlete, will be the Briggs Athletics Classic at the Domain Athletics Centre next Friday. There, Thomas will run the event where he is the Australian champion, the 400m hurdles.

### INTERESTING WEBSITE WORTH CHECKING OUT

<http://www.drinkingnightmare.gov.au/internet/DrinkingNightmare/publishing.nsf>





## HELP REQUIRED

**Assistance is required in the kiosk at the Domain for the evening of the 30th January, and over the weekend of 31st January and 1st February.**

**If you can assist with helping out in any time slot it would be greatly appreciated.**

**Please refer any enquiries to Toni Morgan.**

CONGRATULATIONS  
TO HUW PEACOCK  
HUW RECENTLY  
COMPETED IN THE  
AUSTRALIAN YOUTH  
OLYMPIC FESTIVAL IN  
SYDNEY AND WON A  
GOLD MEDAL IN THE  
HAMMER WITH A THROW  
OF 63.03.



HUW CARRYING THE OLYMPIC FLAG AT THE OPENING CEREMONY  
(HUW IS THE CLOSEST ONE IN THE YELLOW HOODIE—NOT A GOOD PHOTOGRAPHIC VIEW— BUT A PRETTY AMAZING HONOUR!)

**WELL DONE HUW!!!!**

### Apologies

Last month's newsletter included a thank you to all the team managers, coaches and support staff that attended PSG's.

Aaron Humphries name was omitted from the list—my apologies Aaron and thanks for your support of the team at PSG's.



## AT MEDIA RELEASE

Wednesday 21 JANUARY, 2009

Following the recent announcement of Australia's best 100m sprinters coming to Hobart, the Briggs Athletics Classic is excited to announce Nigerian born Sprinters **Anthony Alozie** and **Bola Lawal** will be running in Tasmania's premier athletics meet.

At an Athletics Australia Allcomers meeting in Canberra last night, Alozie ran the fastest time on Australian soil since Asafa Powell last season, clocking 10.16sec. While the time was aided by a slight tail wind, his form was supreme, as he defeated four time Australian Champion **Josh Ross** who is also entered for the Briggs Athletics Classic. At only 22 year of age, Alozie is an exciting prospect over 100m and will be out to prove this further, when he takes on a crack field in Hobart.

The man who has clocked the quickest legal time of the year, is also heading to the Briggs Athletics Classic. Bola Lawal, who clocked 10.29sec at an Interclub meeting in Melbourne earlier is a confirmed starter in the IGA 100m and IGA 200m next Friday. Lawal is one of several international sprinters based in Australia at the moment and has an impressive resume under his belt. He is a two time Commonwealth Games relay representative, and winner of the Ballarat Gift. The 32 year old also boasts a 400m personal best time of 45.84sec.

In a further coup to the event, Beijing Olympian **Sean Wroe** will also toe the line in the IGA 100m and IGA 200m races. Wroe has had a shift in focus for the Australian domestic season, opting to focus on the 100m and 200m to assist his speed over the 400m. The 2007 Australian 400m champion has a personal best in his pet event of 45.17, which he set in Beijing and will be looking to better his lifetime bests over the shorter distances when he takes on the crack field.

Previously announced Australian sprint stars **Josh Ross**, **Otis Gowa**, **Jacob Groth** and **Ray Williams** will also join the field, in what will be one of the most exciting sporting spectacles in recent times in Tasmania.

The full program of events is;

**Men** – 100, 200, 800, 1500, 5000, 400H, Triple, High, Shot, Discus, Javelin

**Women** – 100, 200, 800, 1500, 400m H, Triple, High, Shot and Hammer

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## ATHLETE PROFILES

**Anthony Alozie**, Age: 22, 100m PB: 10.24sec (10.16 windy)

Claim to Fame: Fastest time in Australia since World Athletics Tour meeting last season.

**Bola Lawal**, Age: 32, 100m PB: 10.29sec, Claim to Fame: 2 time Commonwealth Games representative for Nigeria

**Sean Wroe**, Age: 23, 100m PB: 10.52sec, 200m PB: 21.14sec, 400m PB: 45.17sec

Claim to Fame: Semi Finalist over 400m at the 2007 World Championships in Athletics and 2008 Olympic Games

**Josh Ross**, Age: 27, 100m PB: 10.08sec, 200m PB: 20.53sec, Claim to Fame: 4 time national champion, 3<sup>rd</sup> fastest Australian ever

**Otis Gowa**, Age: 24, 100m PB: 10.52sec, 200m PB: 21.17sec, Claim to Fame: 2008 Australian 100m Champion, Cancer Survivor

**Ray Williams**, Age: 18, 100m PB: 10.59sec, 200m PB: 21.16sec, Claim to Fame: Winner of the 200m a Zatepek, bronze medallist at 2008 Commonwealth Youth Championships in India.

**Jacob Groth**, Age: 24, 100m PB: 10.49sec, 200m PB: 21.11sec, Claim to Fame: Silver medallist at 2008 Australian 100m Championships



FOR SALE AT THE  
BRIGGS ATHLETICS CLASSIC  
MEET  
NYLON BACK SACKS—BUY  
ONE AND GET IT  
AUTOGRAPHED BY SOME OF  
THE TRACK AND FIELD STARS  
THAT ARE COMPETING AT  
THIS MEET—\$10 EACH—  
LIMITED SUPPLY



## Evolution of Core Training

Coaches and athletes have long understood the value of a strong core in improving performance and reducing injuries on the playing field. This knowledge has served as the greatest support and reasoning behind Olympic movements (the clean and jerk and the snatch), plyometric exercises, and medicine ball throwing programs. These training modalities have been the mainstay in performance enhancement training for years. However, a variety of factors have allowed core training to develop into a more specific and universal training tool not just for athletes, but fitness enthusiasts as well.

- **Increased interest in the core:** The core has become the focus of interest among biomechanists, kinesiologists, and physiologists. These experts agree that the core plays a significant role not only in athletic movements, but everyday activities as well. Furthermore, research has revealed that crunches and back extensions- once the standard for increasing core strength- are not the most effective movements to ensure a strong and stable core.

Instead, specific and functional type movements are proving to be most beneficial.

- **Functional Training:** Incorporating exercises that are specific to one's goal and that require the involvement of many muscle groups in more than one plane is the basic premise of functional training. As this focus on function becomes more prevalent, its methods continue to improve and evolve. Coaches and personal trainers are incorporating functional training for the core in ways that are goal oriented, innovative, and can be performed using a wide array of equipment.

- **Equipment manufacturers:** Training equipment and tools are mirroring the functional training trend. New products continue to be introduced to assist with training the core, while traditional products are being used in new ways. This allows coaches, physical therapists, personal trainers, and fitness enthusiasts to incorporate functional based core training into programs that meet individual needs and abilities.

### What Is the Core?

It has been called “the hub of the wheel,” “the power zone,” and “power house.” It is where the body's centre of gravity is located and more importantly, from which all movements are initiated.

Furthermore, the core is responsible for developing power, maintaining balance and stability, and improving coordination during movement. Muscles of the core include the **abdominals** (*rectus abdominus, transverse abdominus, internal and external obliques*), **hip** (*psoas, rectus femoris, sartorius, tensor fascia latae, pectinius, gluteus maximus, medius and minimus; semitendinosus; semimembranosus; biceps femoris; adductor brevis, longus, and magnus; gemellus superior and inferior; obturator internus and externus; quadratus femoris; piri-formis*) and **back** (*erector spinae; quadratus lumborum; paraspinals; trapezius; psoas major; multifidus; iliocostalis lumborum and thoracis; rotatores; latissimus dorsi and serratus anterior*). These muscles are responsible for supporting postures, creating motion, coordinating muscle actions, allowing for stability, absorbing force, generating force, and transmitting forces throughout the body. This means that regardless of the movement or activity, the centre of your body is responsible for the process and outcome. Whether swinging a golf club, throwing a softball, diving into a pool, carrying groceries, moving furniture, or performing your favourite exercise, the muscles of your core are acting concentrically, eccentrically, and/or isometrically in a variety of

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## Benefits of a Strong and Stable Core

Because the core plays such a significant role during motion, it makes sense to ensure its strength and stability. The benefits of a strong and stable core include:

### Increased Power Development

Power is the predominant component of many sports. Golf, tennis, softball, football, and track and field events are only a few examples of power related sports where the combination of speed and strength make all the difference in performance outcomes. Whether changing direction or accelerating one's body, limb, or implement, power can be the determining factor between movement success and failure. A strong and stable core allows power to be generated and transferred through the kinetic chain.

### Improved Stability and Efficiency

Most major muscles of the upper and lower body attach to the spine or pelvis. Strengthening this anchor helps to provide a stable platform, allowing more powerful and efficient movements of the limbs. Softball players, tennis players, and other athletes who rely on a racket or other implement to impart power must have strong and stable core muscles in order to be successful.

### Improved Balance

When the spine and pelvis serve as a strong anchor and stable platform, perturbances to balance are less likely. A stronger core helps the spine and pelvis maintain stability while the muscles of the shoulders, arms, and legs are active. Consider the offensive lineman whose success depends on his ability to withstand forces from defensive lineman without collapsing at the spine or falling off centre. A stronger core will help prevent being placed in an off-balance position.

### Reduced Risk of Injury

Experts theorize that a weak core can lead to an overload on the extremities, causing injury in certain situations. Increasing one's ability to generate power while maintaining stability and balance leads to a reduced risk of injury. The muscles of the core when strong, stable, and efficient are better able to absorb and translate force, putting less stress on extremities. The benefits of core strength and stability are interrelated. That is, without improved stability and balance, power cannot be generated at great rates, and movement efficiency suffers. Thus, strength, stability, and balance must be addressed when creating a core training program.

## Getting Started

Incorporating effective core training into an existing strength training program is easy. However, it should be a progressive process starting with one or two simple movements. As you obtain mastery of those movements, more specific and challenging movements can be added to any program. To begin try the following:

### Get Up

Perform some of the exercises you currently do in a seated position, in the standing position. For example: Instead of performing the seated row to improve back strength and posture, do the same exercise on a cable apparatus, in a standing position. Examples of other exercises that can be performed in a standing posture include chest press (on a cable apparatus) and shoulder press. Keep in mind that in the standing position, the resistance that can be used to perform the movement correctly may be reduced. Maintain a balanced position by placing your feet parallel or in a staggered stance with feet hip width apart, knees and hips flexed.

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## Get Functional

Isolative movements, that are movements that occur about one joint, target only one muscle. Involve the core in your exercises by using functional movements—those that involve multiple muscle groups, and are more specific to the demands of your life and sport. The lunge is a functional movement that is specific to tennis, football, soccer, and softball. Perform it laterally or at a 45-degree angle to make it more specific to your sport and life demands.

## Move About the Spine

Flexion and extension alone are not enough to fully strengthen and stabilize the spine. Rotational or diagonal movements are more specific to athletic and everyday movement demands. Try chopping exercises, performed on a cable apparatus or with medicine balls.

## Challenge Balance

Perform activities on one leg or on unstable surfaces (balance boards, foam pads/rollers, or stability balls) to improve your balance and thus effectively improve your core stability. Single leg squats can be an effective movement that challenges balance, thus targeting the core while improving leg strength as well.

## Conclusion

The importance of training for a strong and stable core cannot be ignored. Reduced risk of injury as well and improved overall performance can be achieved by incorporating even just a few core training movements into your current program. Keep in mind that core training is not a replacement for all other training regimes. Strength training that focuses on increasing the rate of force development is essential. Furthermore, training to induce hypertrophy and increased maximal strength may be warranted for certain individuals and training goals. For the greatest success, incorporate core training movements that are functional and specific to your goals and sport demands. And remember to progress slowly when making core training more challenging.

The following are excellent exercises to begin with:



Stand with one leg resting on a low bench or step behind wide enough that when you squat, your front heel remains on the ground and your knee stays aligned behind your toes (see above). Use dumbbells/medballs as resistance.

Increase the challenge:

- Rest your back foot on an unstable surface like a stability ball or a soft bench
- Forgo the resistance, and rotate about the spine by performing a punching motion with the opposite arm



### Chopping

Grab the upper cable handle/band with both hands with arms extended over one shoulder (see above). Initiate the movement by pulling the handles/band downward and across your body keeping your arms extended (see above). You should finish with your arms extended at the opposite hip. Use a medicine ball to emphasize power development and propulsion and deceleration.

Increase the challenge:

- Perform the motion as described above while squatting
- Perform the motion as described above while standing on one leg



### Squat Jump and throw

Hold a medicine ball at your chest while standing in a stable, hip width stance (see above). Squat slightly, but rapidly, and jump as high as you can into the air, while throwing the medicine ball as high as you can (see above). Catch the ball and repeat.

Increase the challenge:

- Perform the exercise in a split/staggered stance
- Perform the exercise on one leg

\*\*This article is one of a volume I have from Tracy Morgan Handzel, former strength and conditioning coach at Washington University. Tracy now coaches predominantly professional Tennis players and works with junior athletes also.

Damo

AMFSprint



## IT'S A ..... HAMMER CAGE!



Early morning of the 3rd of April 2008 – 176 km/h hurricane force wind gusts shredded the hammer net, damaged the aluminium uprights, sheared U bolts and bent the steel gate posts. During this period we limped along with a damaged cage; comps and training were modified to fit in with runners on the back straight and 200m bend (The throwers thank athletes and coaches for their support and patience).

Helen Lee immediately began negotiations with Athletic South's insurance company. There were many attempts to track down a net supplier. The process was also held up several months after our net supplier changed ownership failed to pass on our request for a quote. By June 26<sup>th</sup> Helen had contacted the new owners and they were able to supply a quote. Meanwhile the engineering side of the repairs had been negotiated and quoted, thankyou to Jim Morgan for that. However, by September the insurance company changed their position by requiring a second assessment and 2 quotes instead of one. A second assessment was arranged as well as a 2<sup>nd</sup> quote for the engineering (thankyou to Peter MacDonald for this). Owing to the difficulties in locating local net suppliers, a single quote for the net was eventually accepted. We then waited a very frustrating number of weeks before the work was finally approved. Two weeks after approval and ordering of the net we were informed that the company had gone belly up. Eventually Helen found another supplier on the mainland and by late November the net was ordered. Unfortunately an order backlog was to hold up net construction and delivery until the xmas/new year break and after the initial demolition of the old cage, frame construction was also held up due to a pre xmas shutdown. So full out hammer training and competition was on hold for over a month.

On Jan 3 and 4th National youth coach and Commonwealth Games gold medallist Sean Carlin visited Hobart and we were finally able to finally hold training and competition in the repaired cage.

Thanks to the many people who helped this project come to fruition;

Helen Lee, Jim Morgan, Craig Griggs and the all southern throwing fraternity.

**Total time 9 months (to the day!)**

**EVAN PEACOCK**

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A working bee was held at Hobart's Domain Athletic Centre on Friday, 2nd January 2009 to get the new net up on the rebuilt steel hammer cage structure. Thanks must be extended to Craig Griggs who arranged the loan of a trailer mounted cherry picker.

We arrived to bright sunshine at 9:00am and found a locked DAC gate. This presented us with the problem of how to get our tools, generator & the cherry picker into the DAC. After a period of time chasing key holders by phone, Scott McConnell flagged down a passing HCC worker who unlocked both the main gate and boom gate to allow us access.

The first job after the cherry picker was backed inside the cage area, was to send Evan (who else) up in the basket to reinstall the pulleys and new ropes. The perimeter posts are around 8 metres high and the gates are some 10 metres high.

While Evan worked his way around the posts installing the fittings and ropes and drilling holes in the top gate bar, others on the ground cleaned up the old netting, removed the old damaged posts, recovered fittings, re-laced the post protectors onto the gate post and prepared the new net for lifting.

During the day we again experienced all four seasons of weather, with wind, rain then sun again - where was our summer weather?

It wasn't until after lunch (I think we forgot about that because none of us ate) that we were able to raise the net for the first time, and then the second time to readjust the hanging points. I lost count of how many other times the net was raised and lowered but our hands certainly knew about it. The new net would probably be twice as heavy as the old and the 5mm nylon lifting rope was not kind to the hands.

Finally, around 4:00pm with the new net and door pull ropes hanging, we decided to pull up stumps and head home.

The following day we installed the side net hold-downs and then devised a door wing hold-downs and devise a method of holding the net back from the throwers on windy days, while hopefully eliminating the potential for the net to be damaged over time, together with a permanent method of anchoring the door wings. 250 cable ties later and a trial method was installed.

It had been suggested that the net would be dropped to the ground in between uses. Having raised it and lowered it on numerous occasions, we agreed it will be virtually impossible to undertake this task without at least 6 adults and gloves for all, and then with extreme care, this net is **very heavy** and the rope supplied is a killer on the hands.

Thanks must be extended to the following who assisted on the day:-

Craig Griggs, Peter MacDonald, Scott McConnell, Kev Morse, Evan (I love heights) Peacock & Hamish Peacock



JUST COULDN'T KEEP EVAN ON THE GROUND, NOT SURE WHAT IS WITH HIM AND HEIGHTS, THIS TIME DRILLING THE GATE FOR THE I BOLT FOR THE GATE PULL ROPE.



HAMISH WAS NOT ENJOYING THE FLEX IN KEV'S WOODEN EXTENSION LADDER AS HE LACES THE BUMPER PROTECTORS TO THE GATE POLE. LADDER IS FOOTED BY CRAIG CRIGGS AND PETER MAC TO THE LEFT OF THE PICTURE.



EVAN ADJUSTING THE HANGING OF THE NET, WATCHED BY HAMISH AND PETER MAC. WHAT WASN'T PHOTOGRAPHED WAS PETER WORKING IN THE BACKGROUND TIDYING UP WITH SCOTT MCCONNELL, DISASSEMBLING THE OLD NET, FOLDING THE SECTIONS UP AND ROLLING UP ALL THE VARIOUS LENGTHS OF ROPE.



## How do I find a suitable shoe for my foot?

The secret to finding a suitable shoe is dependent on 3 characteristics.

- Fitting
- Last shape
- Style

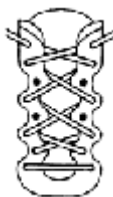
### **Fitting**

Asking a staff member at the shoe shop to measure your foot will provide you with an estimation of your foot size. The exact dimensions of size can vary between brands, making it difficult to use the same footwear size across the various brands. It is important to have your size measured while standing, as feet expand with weight bearing.

The shoe should be longer and wider than your foot, allowing about 1 cm at the end of your big toe and about 5mm at either side of your forefoot. This should allow your foot to move comfortably within the footwear, while not sliding around the interior.

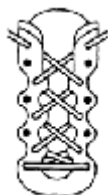
Lacing techniques can improve the fitting of a shoe. I've outlined 4 different techniques below, which can be used for various foot shapes.

#### Narrow Feet



Use the eyelets (holes for lacing) farthest from the tongue of the footwear to reduce the width of the upper.

#### Wide Feet

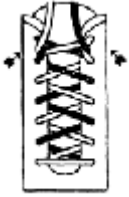


Use the eyelets closest to the tongue of the footwear to loosen the upper and provide more room for your foot.

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### Narrow Heels or Heel problems



We have discussed this lacing technique in one of the 2008 newsletters. Using a loop at the eyelets closest to the heel can fasten the rear of the foot more effectively.

[http://www.athleticadvisor.com/Injuries/LE/Foot&Ankle/proper\\_shoe.htm](http://www.athleticadvisor.com/Injuries/LE/Foot&Ankle/proper_shoe.htm)

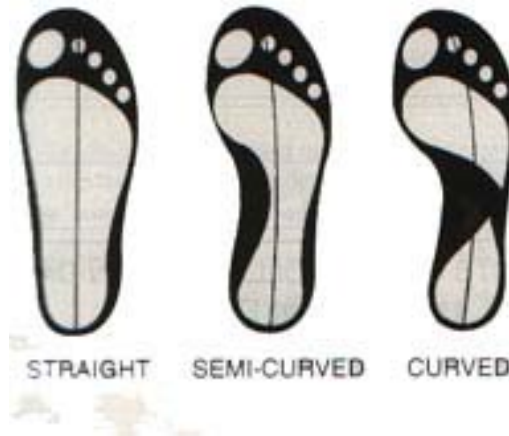
## Last Shape

There are 3 typical last shapes to choose from.

- Straight
- Semi curved
- Curved

Each last shape is intended to suit a different foot type.

Last	Foot Type
Straight	Flat foot/mobile joints
Semi curved	Neutral foot/stable joints
Curved	High arch/very stable joints



<http://www.muscle-injury.co.uk/orthotics2.jpg>

It's best to attend a footwear shop and to use the guidance of the staff to allow you to select an appropriate shoe for your foot type.

## Style

The final characteristic for consideration is the style of footwear. It is important to select a suitable style for your daily activities. For example, a running shoe may not be suitable for hiking and vice versa. If in doubt, talk to your local shoe retailer, who can provide valuable advice regarding footwear styles.

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

Sam Leitch,

Podiatrist

B.App.Sc.(Pod)

PGDipSportMed



After reading DAMO'S item in the December AS newsletter, I was impressed with his mention of Athletes representing Tasmania and the psychological ability and hard training they need.

A lot of our Athletes are very well trained and their technique is reasonably good, but we need to transfer this into ability and speed especially for sprinters. True we may not get a lot of hard, fast competition in the track events we need, though I'm sure by handicapping Athletes during training programmes will help, and allowing women to run with men in track events does help.

Being physical fit, with ability, with good technique and qualifying to represent Tasmania is very good and all Coaches are proud of their Athletes who make the State Team, but athletes need to be physiologically and mentally prepared as well.

This may not be easy though, it does take a time to adjust to new and higher competition levels, especially when meeting with and competing against top class athletes. Take a look at some of our own young AFL players who get drafted to Interstate Clubs, most play a season or two or maybe three in a second tier competition before their first AFL game if they make it, (a few don't make it).

We should be ready and willing to take the next step, not to be intimidated by other athletes from interstate or overseas.

It is interesting to note that our Field event athletes always produce big P.B's and win medals at national events, even world events overseas. Most are good sprinters and usually excel from 100m to hurdles and jumping events.

These Athletes train very hard with up to 4 sessions per week plus competitions, though I don't suggest that every young Athlete train 4 sessions per week, but obviously the glory you get out of winning or competing well is through the work you put in at training.

There is a general guideline of coaching progression which is in the AFTCA hand book for young Athletes, but if you are planning to excel and represent the State then you will need to train 1 or 2 sessions per week extra. This will take many weeks, it no good thinking 2 to 3 weeks will be enough, you will need to plan your training programme in advance so that the Athlete can accept the physical and mental demands you need at top level events, even at a relative young age.

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Training smart and regularly is very important. We also have some of the best hard working Track and Field Coaches in Australia and Athletes need to take this on board when participating in the events. Most of the Track and Field coaches in Tasmania are non paid, hobby or coach for the LOVE of the TRACK and FIELD events with most coaching up to 4 to 5 times per week plus competition at weekend, some act as officials as well. Most Coaches expect their Athletes to perform well when competing.

Sometimes through soreness or niggling injuries it is not possible, in that case you may need to rest up from competition. But still train if possible, there are lots of training programmes you can still do, i.e. swimming, some strength work, walking etc. There are lots of different types of training that can be done if you have a small injury.

Finally.

To all the Athletes who wish to qualify to represent Tasmania, please remember the words of one of our best cricketers, Australian Vice Captain for many years and still revered today by many Cricket broadcasters and followers. Many years ago, when Tasmania was struggling to win games in the Sheffield Shield competition and many up and coming cricket players wanted to play cricket for Tasmania, he said

‘It’s no good thinking your good enough to play Cricket for Tasmania! You must be good enough to play Cricket for Australia.’ David Boon.

KEVIN ALOMES

**“IT’S LACK OF FAITH THAT MAKES PEOPLE AFRAID OF MEETING CHALLENGES,  
AND I BELIEVED IN MYSELF.” MUHAMMED ALI**

**“THE ONLY ONE WHO CAN TELL YOU ‘YOU CAN’T’ IS YOU. AND YOU DON’T  
HAVE TO LISTEN.” - NIKE**

**“I CAN ACCEPT FAILURE. EVERYONE FAILS AT SOMETHING. BUT I CAN’T  
ACCEPT NOT TRYING.” - MICHAEL JORDAN**

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## WHAT IS A COACHES ROLE? DARREN ALOMES

What does a coach do?

It is a simple question, with possibly a simple answer – a coach coaches.

But such a simplistic answer hides the complexity of skills that is required by a coach to provide the best for their athletes.

The coaching educating arm of track and field, the ATFCA, in a handout for the L3 Coaching Course, says the following about the role of the coach;

Basically, it is the ability to guide and teach an athlete or group of athletes. The many concepts inherent in *guide and teach*, however, are open to a multitude of interpretations.

The role of a Coach includes the following elements;

Teacher, Educator, Motivator, Confidante, Social Worker, Student, Trainer, Disciplinarian,  
Administrator, Friend, Official, Instructor, Manager, Publicity Agent, Sports Scientist, Mentor

Most important ROLE MODEL

Two of the questions on the role of the coach from the ATFCA L3 Coaching Course could be answered as follows -

*Q. Briefly describe 5 roles that you expect to fulfil as a Level 3 coach that are not normally expected of a starting Level 1 coach.*

Answer

Manager – organising athletes, travel and other elements of the squad

Teacher – develop a plan to use with a squad that is large, or are novice athletes or is a dangerous events

Confidante – as a higher level coach and having individual athletes in a squad you are required, or could be required, to allow an athlete to confide in you.

Sports Scientist – you're working with an athlete more and the requirements to have some knowledge of the science involved is increased, this can help when requiring professional sports science help.

Student – over time, athletes learn and begin to show the coach things, a coach will learn from athletes, other coaches and other professionals.

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Q. List five important qualities of a good coach and for each state why you think that it is important.

Answer

### **Technical Awareness**

When coaching, a major emphasis is on developing the skill of an athlete and technical awareness, all training is based on technical proficiency and not to do something just because it is there to do. If something is done it is done well

### **Communication Skills**

This is the most important skill in coaching and coaches should use the KISS principle. The ability to communicate correctly through verbal and non verbal cues is important in giving correct feedback to an athlete.

### **Ability to Think**

Successful coaching requires a coach to think about the sport, the athlete and many other elements. A mentality of doing what others do is okay, but to truly master your coaching is to work out why something is done, when it is done and by whom.

### **Management Skills**

As you develop more experienced athletes the likelihood of increasing requirements of outside resources increases. The skill of managing this role is important so you are aware of what is going on.

### **Time Management Skills**

Time is important as there are only 24 hours in a day and coaching is a time consuming, and life consuming, occupation and the ability to manage time is increasingly important.

As an athlete, parent or coach what you believe are important elements of a coach? Ask the above questions of yourself and any that you believe are relevant.

Finally , coaching an athlete is more than telling an athlete 'do this', it is also about providing the best possible environment to help the athlete to perform at their best. My personal coach and mentors enabled me to develop as a person, as a coach, and as an athlete over my athletic career. My thanks and gratitude go to Peter McDonald, Rita Whitehouse and all the coaches who mentored me during my athletic career.

Your coach, although important, is one part of a puzzle in your career so respect them and develop your skills for the sport.

### **QUOTE**

*Always remember – the mind is like a parachute ... it works best when it's open*

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The article below may be useful information for throwing coaches who did find some humour in my suggestion that a new injury called xbox elbow was just around the corner. This deduction by me came after one of the young throwers continually developed a sore elbow which got better when resting from the xbox and not javelin throwing.

If a coach of an athlete, particularly a teenager, has continual un-explained wrist, elbow, shoulder or knee inflammation maybe a few months off the game console may help.

Scott Goldsmith

Wii gamers warned: you may end up in hospital Hospitals are reportedly seeing an increase of injuries caused by Nintendo's Wii. (AAP)

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Gaming buffs have been warned that playing too much of Nintendo's Wii could cause more pain than joy.

The popular gaming console - likely to be found under many Christmas trees last year - is sending people to hospitals, FOX News reports.

According to doctors in Britain, gamers are being admitted with "Wii-itis" - the name given to tendon stretching and tearing that can occur after playing tennis or running games.

"It's possible Wii-itis may lead to rheumatism or arthritis later in life,"

Dr Dev Mukerjee of Broomfield Hospital in Essex was quoted as saying.

"Patients often have inflammation of the shoulder or wrist."

Doctor Mukerjee said injuries resulted in overuse of the console, not the console itself.

Another injury, "Wii-knee", is caused by the constant bending of the knee required in the exercise game Wii-Fit.

Gamers are required to complete a rigorous exercise regime which includes yoga, aerobic and balance workouts.

In some cases, people have dislocated their knee.

Doctors treat the condition with cortisone injections, icing, and anti-inflammatory painkillers.

Stretching before playing games on the Wii may prevent injuries, doctors advise.

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# SKIN CANCER

Skin cancer is mainly caused by exposure to [ultraviolet radiation \(UVR\)](#) from the sun and other sources such as [solaria](#) and sunlamps.

**Anyone in Australia can develop skin cancer but risk is increased for people who:**

- are exposed to ultraviolet radiation (UVR) during childhood and adolescence
- have repeated exposure to UVR over their lifetime
- have episodes of severe sunburn
- have a light complexion (red or fair hair; blue or green eyes; skin that burns easily, freckles and doesn't tan)
- are older
- have had a previous non-melanoma skin cancer (NMSC)
- have a personal or family history of melanoma
- have a large number of moles
- have unusual types of moles (eg [dysplastic naevus](#))
- are immunosuppressed (including organ transplant recipients)

**At risk groups include:**

#### *Children and adolescents*

The more children are exposed to UVR the greater their risk of developing skin cancer later in life<sup>1</sup>. Sun exposure, particularly during the first 15 years of life, has a significant contribution towards lifetime risk of developing skin cancer<sup>2</sup>.

#### *Outdoor workers*

It is estimated that 34,000 non-melanoma skin cancers and 200 melanomas are caused by sun exposure in the workplace each year.<sup>3</sup> Spending large amounts of time outside during peak ultraviolet radiation periods, over a long length of time, increases the risk of developing skin cancer.

For further information about skin cancer and outdoor work see the [Cancer Council Australia website](#).

**To reduce your risk of skin cancer, protect yourself in 5 ways:**

1. Put on a broad-brimmed [hat](#) that shades your face, neck and ears
2. Wear sun protective [clothing](#) that covers as much of your body as possible. Long sleeved shirts with a collar, and longer style pants or skirts are good for sun protection. Fabric of clothing needs to have a tight weave and be darker in colour to increase your protection from ultraviolet radiation
3. Seek [shade](#)
4. Wear wrap-around [sunglasses](#)
5. Apply SPF30+ broad spectrum water resistant [sunscreen](#) liberally to clean dry skin, at least twenty minutes before being exposed to the sun, and reapply at least every two hours when outdoors

Also, avoid going outdoors unprotected between 10am-3pm, as this is when ultraviolet radiation is the strongest.

For further information about skin cancer and outdoor work, see the [Cancer Council Australia website](#) for information on sun protection in the workplace.

<sup>1</sup> World Health Organisation, UV Radiation and Health, 2003

<sup>2</sup> Armstrong, B. K. (1997) Melanoma: childhood or lifelong sun exposure. In *Epidemiology, Causes and Prevention of Skin Diseases*. Blackwell Science Ltd.

<sup>3</sup> [The Cancer Council Australia](#)



# Miss OVA



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COME JOIN US IN A NIGHT OF FUN AND ENTERTAINMENT

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Can you see yourself in the following?

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SCHOOL UNIFORM

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On 21<sup>st</sup> February

6.30pm for 7pm start

RSVP: 16<sup>th</sup> February 2009

COST..... \$10 PER PERSON (14Y AND OLDER)

Family Entertainment – be brave, very brave!!!!

LIGHT REFRESHMENTS PROVIDED AND BAR WILL BE OPEN

FOR FURTHER INFORMATION CONTACT

IAN HOLLOWAY- 62672459 OR ROSEMARY COLEMAN - 62686379

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*If you have any news, pics etc. email me at [moleary@blundstone.com.au](mailto:moleary@blundstone.com.au).*

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