



TRACK TALK

Athletics South Newsletter

September 18, 2009

Issue 13

ATHLETICS SOUTH INC.



2009 SOUTHERN ALL STUDENTS
TRACK & FIELD CHAMPIONSHIPS
SUNDAY 4TH OCTOBER, 2009

AT THE DOMAIN ATHLETICS CENTRE

Program to commence at 8.30 a.m.

Refer to www.athleticsouth.org.au

for entry form and program

Entries close 23rd September, 2009



SUMMER INTERCLUB TRACK & FIELD SEASON STARTS ON SATURDAY 10TH OCTOBER.

Note there are some new procedures/initiatives in place for this season

1. Check in time for events **30 minutes** prior to scheduled starting time.
2. New entry method. Enter name and details on starting sheets — similar to cross country.
3. Women can run invitation in men's track events.
4. There will be an Athletics South relay championship for U16 and open men/women.

Refer to the Athletics South website www.athleticssouth.org.au for further details as they develop.

Saturday 7th November will be the official opening day for the track and field season as well as the “Come and try day”.



2009/10 Athletics South T & F Calendar

Draft 2 - 26th August 2009

Day	Date	Meet	Venue
Sat	3-Oct	AS Working Bee - 10am	Hobart
Sun	4-Oct	AS - Southern All Students T & F Championships	Hobart
Wed	7-Oct	Southern SATIS	Hobart
Sat	10-Oct	AS Interclub Prog # A	Hobart
Sat	17-Oct	State SATIS	Hobart
Tue	20-Oct	AT-Southern SKO	Hobart
Sat	24-Oct	AS Interclub Prog # B	Hobart
Sat - Sun	31-Oct/1-Nov	AT-State All Schools Track & Field / Open 10,000m	Hobart
Tue	5-Nov	AT-State SKO	Launceston
Sat	7-Nov	AS Interclub Prog # C (Season Opening & Come & Try Day)	Hobart
Tue-Wed	10-11 Nov	Southern Inter High	Hobart
Sat	14-Nov	AS Interclub Prog # D	Hobart
Sat	21-Nov	AS Interclub Prog # A	Hobart
Sat	28-Nov	AS Interclub Prog # B	Hobart
Fri-Mon	4-7 Dec	AA-Australian All Schools/Youth Championships	Hobart
Thurs	10-Dec	AA-National SKO Final	Melbourne
Sat	12-Dec	AS Interclub Prog # C	Hobart
Sat	19-Dec	AS Reunion Day	Hobart
Wed	6-Jan	AS Twilight A	Hobart
Sun	10-Jan	AT-Cadbury Marathon Festival	Claremont
Wed	13-Jan	AS Twilight B	Hobart
Sat	23-Jan	AS Interclub Prog # D	Hobart
Sat-Sun	23-24 Jan	AT-State Combined Events Championships	Launceston
Sat	30 Jan	AS Interclub Prog # A	Hobart
Sat	6-Feb	AS Interclub Prog # B	Hobart
Wed	10-Feb	AS Relay Night	Hobart
Fri	12-Feb	AT-Hobart GP Meet - Briggs Athletics Classic	Hobart
Sat-Sun	13-14 Feb	AA-Australian Combined Events/20km Road Walk Champs Tas Relay Champs	Hobart
Wed	17-Feb	AS Twilight A	Hobart
Sat	20-Feb	AT-Tasmanian Clubs and 3000m Championships	Penguin
Wed	24-Feb	AS Twilight B	Hobart
Sat	27-Feb	AS Interclub Prog # C	Hobart
Sat	6-Mar	AS Interclub Prog # D	Hobart
Sat - Sun	6-7 March	TLAA (March Long Weekend)	Launceston
Thur-Sun	11-14 March	AA-Australian Junior Championships	Sydney
Sat	13-Mar	AS Interclub Prog # A	Hobart
Sat - Sun	20-21 March	AT State Champs Days 1 & 2	Launceston
Sat - Sun	27-28 March	AT State Champs Days 3 & 4	Hobart
Sat	10-Apr	AS Fun Day	Hobart
Fri -Sun	16-18 April	AA-National Track & Field Championships	Perth



RESISTANCE TRAINING

Darren Alomes

Resistance training is an area that according to Peter Lawler, who is probably, the leading strength coach in track and field in Australia, is an extremely weak area in the coaching arsenal of the T&F coach. In the United Kingdom coaches are expected to undertake a course on resistance training prior to be deemed appropriately qualified to coach. In Australia we spend a minimal time on the resistance training. In presenting at coaching courses previously in Hobart, the amount of time spent on this area is at most 2 hours.

We, as athletes, coaches and parents, are fortunate enough in Hobart to have a number of highly qualified and highly experienced coaches in the resistance area. However, due to the lack of training and utilisation of these people, resistance training is under-utilised.

This is an article on how I structure resistance training for athletes, it won't look at the periodisation of training or actual exercises but the basis of programming.

What are my aims when designing resistance training programmes for athletes?

To help athlete improve their training performance, which hopefully leads to improvement in competition performance; and

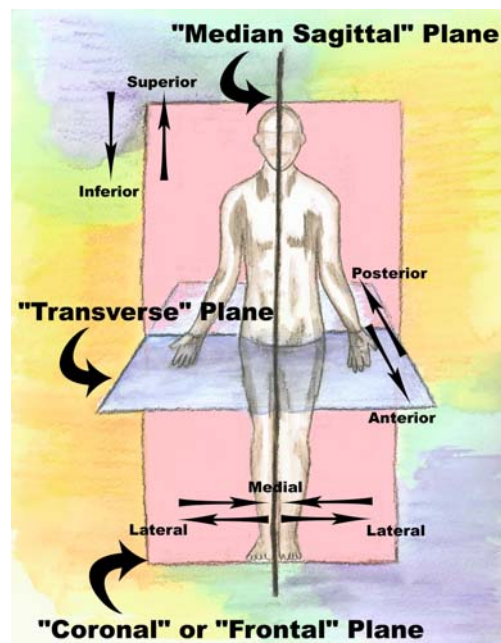
Overall improvement in Strength and range of motion to decrease down time due to injuries

Resistance training in programming is considered general training, not specific, so in my programmes I do not include specific strength exercises. Do not confuse this as not including event specific strength because they are, but they are included in other elements of training.

The body is made of planes.

All planes should be trained.

But a simple way of looking at this is as follows.





Most resistance are based on the Median Sagittal Plane which works in the forward and backward direction. Generally the Coronal and Transverse planes are neglected. Why is this important, as previously stated resistance training is considered general in nature and therefore a holistic approach is taken in designing exercises and programmes.

That being said, my programme commence with only median sagittal plane exercises, and then move into other planes when the technical efficiency is appropriate to move into other planes.

When designing a resistance programme I look at movement patterns and not muscle groups and I break them into 3 areas;

1. Upper Body Movements

- A. Pushing Movements (think pushing away from body)
- B. Pulling Movement (think pulling towards body)

2. Lower Body Movements

- A. Knee Dominant
- B. Hip Dominant

3. Abdominal

- A. Flexion
- B. Stabilisation
- C. Lateral/Rotational

You can also have bilateral and unilateral patterns, basically this means 1 limb or 2 limbs.

Taking the above into account, my basis structure is as follows, this structure is based on 2 sessions per week:

Session 1

Explosive
Horizontal Push
Knee Dominant
Horizontal Pull
Hip Dominant
Abdominal Stabiliser
Abdominal Flexion
Abdominal Lateral

Session 2

Explosive
Vertical Push
Hip Dominant
Vertical Pull
Knee Dominant
Abdominal Stabiliser
Abdominal Flexion
Abdominal Lateral



What are the key elements of the programme?

1. Balance between push and pull
2. Entire body is worked in both sessions

Other things to consider are;

1. **Technique** is king, don't be pedantic with 100% perfect, but technique is kept within acceptable limits. The more technical and important the lift the less leeway in technique.
2. Exercises are done in a **full range of motion**, utilising acceptable technique. That means if the athlete is unable to do a full range movement with acceptable technique you make the movement to their acceptable range, with the aim of increasing this range.
3. It is better to undertrain
4. Resistance training is general in nature and therefore specific training takes precedent

Random Thoughts on Resistance Training

1. The Squatting movement is key, not just with weights, because it provides a visual inspection of the athlete's mobility in the key areas such as the hips, back and calves.
 2. Progressive Overload is the key to a training programme.
 3. Don't get cute, teach the basic get them right and move on.
 4. Use KISS approach (Keep it Simple Silly)
-



Congratulations to the Masters athletes that recently competed at the World Masters Championships in Finland.

WMA CHAMPIONSHIPS, Lahti, Finland July 2009 - RESULTS							
Event	Name	Age	Heat/Final	Place	Time/Distance	Rec	Medal
100 Metre	Mike Stevenson	M65	Heat	4	13.93		
100 Metre	Mike Stevenson	M65	Semi	5	14.03		
200 Metre	Mike Stevenson	M65	Semi	5	29.23		
400 Metre	Mike Stevenson	M65	Semi	4	1.05.22		
300 M Hurdles	Mike Stevenson	M65	Semi	2	51.77		
300 M Hurdles	Mike Stevenson	M65	Final	6	51.02		
Sprint Hurdles	Mike Stevenson	M65			DNF		
100 Metre	Lynne Andrews	W65	Semi	6	17.91		
200 Metre	Lynne Andrews	W65	Semi	7	36.81		
1500 Metre	Bruce Campbell	M80	Heat		DNS.		
5000 Metre	Bruce Campbell	M80	Final	4	33.59.96		
10,000 Metre	Bruce Campbell	M80	Final	5	73.34.06		
8k Cross Country	Bruce Campbell	M80	Final	8	58.19		
Javelin	Bruce Campbell	M80	Final	12	16.24		
800 Metre	Suzy Cole	W35	Final	2	2.22.09		Silver
1500 Metre	Suzy Cole	W35	Final	2	4.50.58		Silver
2000m Steeple	Suzy Cole	W35	Final	1	7.25.87	Open	Gold
100 Metre	Alan Coleman	M60	Semi	1	12.86	Res	
100 Metre	Alan Coleman	M60	Final	3	12.66	Res	Bronze
						=	
200 Metre	Alan Coleman	M60	Semi	3	26.46	Res	
200 Metre	Alan Coleman	M60	Final	4	26.47		
400 Metre	Alan Coleman	M60	Heat	1	1.00.59		
400 Metre	Alan Coleman	M60	Semi	2	59.74		
400 Metre	Alan Coleman	M60	Final	6	1.00.18		
400 Metre	Amanda Coombe	W35	Semi	6	1.10.67		
800 Metre	Amanda Coombe	W35	Heat	8	2.38.82		
1500 Metre	Amanda Coombe	W35	Heat	7	5.31.62		
1500 Metre	Amanda Coombe	W35	Final	14	5.33.39		
2000m Steeple	Amanda Coombe	W35	Final		DNS.		
100 Metre	Kate Johnstone	W60	Semi	3	15.95		
100 Metre	Kate Johnstone	W60	Final	3	15.41	Res	Bronze
Relays							
4 x 100m	Amanda Coombe	W35	Final	5	54.86		
4 x 400m	Suzy Cole & Amanda Coombe	W35	Final	4	4.16.72		
4 x 400m	Alan Coleman	M60	Final	3	4.14.13		Bronze
4 x 100m	Lynne Andrews	W60	Final	2	1.03.63		Silver
4 x 100m	Kate Johnstone	W55	Final	2	59.55		Silver



Strawberries are among the top ten good-for-you fruit and vegetables. Not only do they taste good, strawberries also offer many health benefits.

Why are strawberries good for you?

Strawberries are full of vitamin C, with one serving providing more than the daily recommended intake. They contain valuable plant nutrients and are high in fibre, essential B vitamins and manganese. Strawberries are also low in fat and kilojoules.

How do they keep you healthy?

Many of the nutrients in strawberries are powerful antioxidants. These protect the body against cell damage caused by free radicals. Free radicals are the by-product of normal bodily processes but are also introduced by factors such as stress and an unhealthy diet. The damage caused by free radicals weakens the body's immune system and makes it more susceptible to disease and ageing.

In addition to producing its own antioxidants, the body uses antioxidants from foods. The plant nutrients in strawberries are a particularly good source. One study showed that strawberries have twice the antioxidant activity of red grapes, five times that of apples and bananas and 10 times that of honeydew melon.



Buying hints

- Buy firm, red, mould-free strawberries with shiny skins.
- Medium-sized berries are often tastier than large ones.
- Frozen strawberries provide the same great nutrition as fresh.

Season

- Often available all year, but best from spring to mid-summer.

5 quick ways with strawberries

1. Top your toast

Top thick slices of French toast with sliced fresh strawberries and a dusting of icing sugar. Drizzle over a little maple syrup or honey, or top with a small dollop of cream or mascarpone for a special treat.

2. Make a granola crunch

Add quartered strawberries to plain or low-fat vanilla yoghurt and gently mix together. Spoon the yoghurt into dessert bowls and top with a sprinkling of granola to serve.

3. Freeze in ice blocks

Blend frozen strawberries with low-fat strawberry yoghurt and a little apple juice. Pour into plastic ice-block moulds. Freeze for 4 hours or until set.

4. Skewer a picnic treat

Thread strawberries and other soft fruit such as kiwi fruit, grapes and bananas onto skewers to serve at a barbecue or picnic.

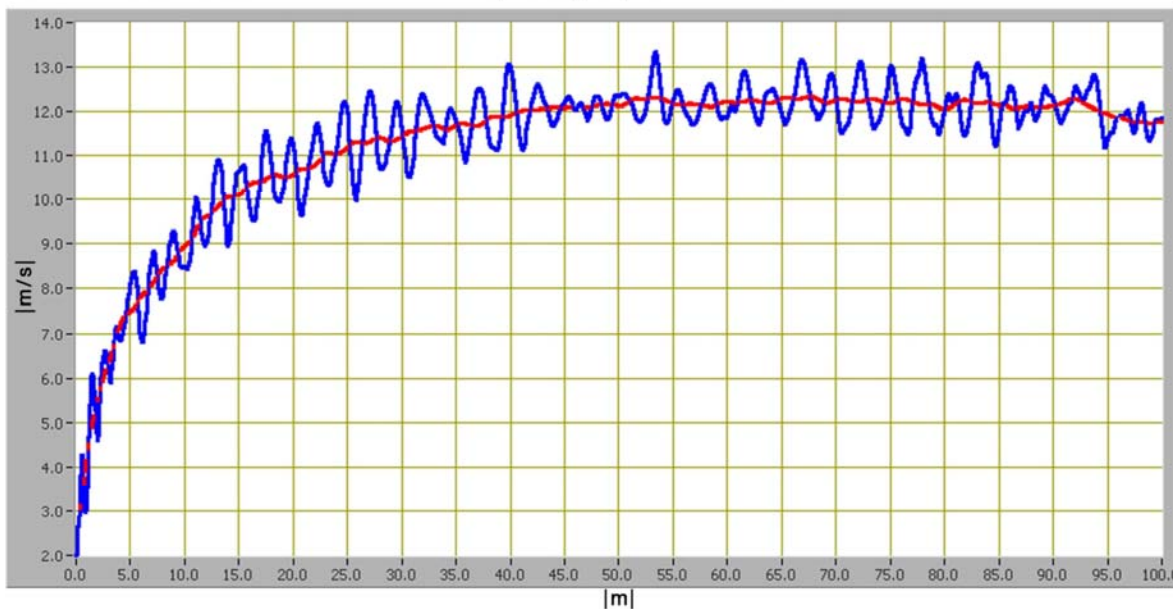
5. Make a chilled smoothie

Take frozen strawberries straight from the freezer and blend with a ripe banana and orange juice for a cool, refreshing drink.





Biomechanical analysis
12th IAAF World Championships in Athletics • Berlin, 15.–23.08.2009
100m men final: Usain BOLT (JAM) 9,58s – WR



Race distribution: LAVEG measurement curve (blue) and average speed (red)

Split times [s]

	Reaction time	t10	t20	t30	t40	t50	t60	t70	t80	t90	t100
Bolt	0,146	1,89	2,88	3,78	4,64	5,47	6,29	7,10	7,92	8,75	9,58
Powell	0,134	1,87	2,90	3,82	4,70	5,55	6,39	7,23	8,08	8,94	9,84

Average velocities at 10m, 20m, ... 100m [m/s]

	V10	V20	V30	V40	V50	V60	V70	V80	V90	V100
Bolt	5,29	10,10	11,11	11,63	12,05	12,20	12,35	12,20	12,05	12,05
Powell	5,35	9,71	10,87	11,36	11,76	11,90	11,90	11,76	11,63	11,11

Vmx	at m	V99%	at m
12,27	65,03	12,15	48,18

Vmax is the maximal velocity of 12,27m/s, reached at 65m

V99 is 99% of the maximal velocity, reached at 48,18m

Biomechanical analysis

12. IAAF World Championships in Athletics Berlin, 15. - 23.08.2009

Individual analysis**100m Women/Final**

Fraser Shelly-Ann	JAM	10,73		Averaged Steplength	Averaged Stepfrequency
			dt	dl	df
			[s]	[m]	[1/s]
t_{reaction}		0,146		No. of steps:	49,58
0-20m		2,88	3,03	1,59	4,15
20-40m			1,95	2,09	4,91
40-60m			1,90	2,19	4,82
60-80m			1,89	2,18	4,86
80-100m			1,96	2,20	4,65

Stewart Kerron	JAM	10,75			
t_{reaction}		0,170		No. of steps:	47,44
0-20m		2,94	3,11	1,59	4,05
20-40m			1,96	2,17	4,70
40-60m			1,89	2,28	4,65
l			1,86	2,33	4,62
80-100m			1,93	2,42	4,28

Jeter Carmelita	USA	10,83			
Semifinal 2				No. of steps:	49,48
t_{reaction}		0,14			
0-20m		2,98	3,12	1,52	4,21
20-40m			1,97	2,10	4,83
40-60m			1,91	2,22	4,71
60-80m			1,89	2,22	4,76
80-100m			1,94	2,27	4,54

Campbell-Brown Veronica	JAM	10,95			
t_{reaction}		0,135		No. of steps:	49,50
0-20m		2,99	3,12	1,57	4,09
20-40m			2,00	2,07	4,83
40-60m			1,94	2,19	4,71
60-80m			1,91	2,19	4,79
80-100m			1,98	2,28	4,44

Williams Lauryn	USA	11,01		Averaged Steplength	Averaged Stepfrequency
			dt	dl	df
			[s]	[m]	[1/s]
t_{reaction}		0,158		No. of steps:	52,52
0-20m		2,98	3,14	1,45	4,38
20-40m			1,99	1,97	5,10
40-60m			1,95	2,06	4,98
60-80m			1,92	2,11	4,94
80-100m			2,01	2,12	4,69

Ferguson-McKenzie Debbie	BAH	11,05			
t_{reaction}		0,130		No. of steps:	48,92
0-20m		3,02	3,15	1,58	4,02
20-40m			2,01	2,13	4,67
40-60m			1,96	2,22	4,59
60-80m			1,94	2,25	4,59
80-100m			1,99	2,23	4,51

Sturup Chandra	BAH	11,05			
t_{reaction}		0,137		No. of steps:	51,75
0-20m		2,97	3,11	1,51	4,26
20-40m			2,00	1,99	5,03
40-60m			1,96	2,08	4,90
60-80m			1,95	2,08	4,93
80-100m			2,03	2,17	4,54

Bailey Aleen	JAM	11,16			
Semifinal 1				No. of steps:	47,46
t_{reaction}		0,173			
0-20m		3,07	3,24	1,65	3,73
20-40m			2,03	2,17	4,54
40-60m			1,96	2,25	4,53
60-80m			1,95	2,26	4,54
80-100m			1,98	2,38	4,25



Biomechanical analysis

12. IAAF World Championships in Athletics Berlin, 15. - 23.08.2009

100m Men

	Round	Wind	RT	1 _{20m}	1 _{40m}	1 _{60m}	1 _{80m}	1 _{100m}	1 ₂₀₋₄₀	1 ₄₀₋₆₀	1 ₆₀₋₈₀	1 ₈₀₋₁₀₀	1 _{30m}	1 ₃₀₋₆₀	
Bolt Usain	JAM	Fi	0,9	0,146	2,89	4,64	6,31	7,92	9,58	1,75	1,67	1,61	1,66	3,79	2,52
	JAM	SF 1	0,2	0,135	2,89	4,68	6,41	8,11	9,89	1,79	1,73	1,70	1,78	3,81	2,60
Gay Tyson	USA	Fi	0,9	0,144	2,92	4,70	6,39	8,02	9,71	1,78	1,69	1,63	1,69	3,83	2,56
	USA	SF 2	-0,2	0,143	2,99	4,80	6,54	8,21	9,93	1,81	1,74	1,67	1,72	3,92	2,62
Powell Asafa	JAM	Fi	0,9	0,134	2,91	4,71	6,42	8,10	9,84	1,80	1,71	1,68	1,74	3,83	2,59
	JAM	SF 2	-0,2	0,133	2,92	4,73	6,47	8,17	9,95	1,81	1,74	1,70	1,78	3,85	2,62
Bailey Daniel	ANT	Fi	0,9	0,129	2,92	4,73	6,48	8,18	9,93	1,81	1,75	1,70	1,75	3,85	2,63
	ANT	SF 1	0,2	0,135	2,93	4,74	6,49	8,19	9,96	1,81	1,75	1,70	1,77	3,86	2,63
Thompson Richard	TRI	Fi	0,9	0,119	2,90	4,71	6,45	8,17	9,93	1,81	1,74	1,72	1,76	3,83	2,62
	TRI	SF 2	-0,2	0,132	2,92	4,74	6,51	8,22	9,98	1,82	1,77	1,71	1,76	3,85	2,66
Chambers Dwain	GBR	Fi	0,9	0,123	2,93	4,75	6,50	8,22	10,00	1,82	1,75	1,72	1,78	3,86	2,64
	GBR	SF 2	-0,2	0,182	2,96	4,79	6,55	8,26	10,04	1,83	1,76	1,71	1,78	3,90	2,65
Burns Marc	TRI	Fi	0,9	0,165	2,94	4,76	6,52	8,24	10,00	1,82	1,76	1,72	1,76	3,87	2,65
	TRI	SF 1	0,2	0,159	2,95	4,76	6,52	8,23	10,01	1,81	1,76	1,71	1,78	3,88	2,64
Patton Darvis	USA	Fi	0,9	0,149	2,96	4,85	6,65	8,42	10,34	1,89	1,80	1,77	1,92	3,93	2,72
	USA	SF 1	0,2	0,152	2,96	4,78	6,51	8,21	9,98	1,82	1,73	1,70	1,77	3,89	2,62



Semifinal/Final

Biomechanical analysis

12. IAAF World Championships in Athletics Berlin, 15. - 23.08.2009

100m Women

	Round	Wind	RT	t _{20m}	t _{40m}	t _{60m}	t _{80m}	t _{100m}	t ₂₀₋₄₀	t ₄₀₋₆₀	t ₆₀₋₈₀	t ₈₀₋₁₀₀	t _{30m}	t ₃₀₋₆₀
Jeter Carmelita	USA Ht 3	-0,1	0,197	3,20	5,20	7,17	9,13	11,22	2,00	1,97	1,96	2,09	4,22	2,95
Ferguson-McKenzie Debbie	BAH Ht 4	0,0	0,156	3,19	5,22	7,22	9,19	11,26	2,03	2,00	1,97	2,07	4,22	3,00
Sturrup Chandra	BAH Ht 8	1,1	0,158	3,16	5,19	7,19	9,17	11,28	2,03	2,00	1,98	2,11	4,19	3,00
Sailer Verena	GER Ht 4	0,0	0,153	3,17	5,21	7,22	9,21	11,29	2,04	2,01	1,99	2,08	4,21	3,01
Bailey Aleen	JAM Ht 5	-0,7	0,174	3,22	5,28	7,28	9,25	11,29	2,06	2,00	1,97	2,04	4,27	3,01
Stewart Kerron	JAM Ht 2	-0,3	0,182	3,15	5,17	7,20	9,23	11,31	2,02	2,03	2,03	2,08	4,18	3,02
Campbell-Brown Veronica	JAM Ht 6	-0,6	0,138	3,12	5,15	7,17	9,19	11,34	2,03	2,02	2,02	2,15	4,15	3,02
Okparaebo Ezinne	NOR Ht 6	-0,6	0,155	3,16	5,19	7,20	9,22	11,35	2,03	2,01	2,02	2,13	4,19	3,01
Hackett Semoy	TRI Ht 6	-0,6	0,157	3,18	5,24	7,27	9,27	11,36	2,06	2,03	2,00	2,09	4,23	3,04
Williams Lauryn	USA Ht 7	-0,5	0,206	3,26	5,29	7,27	9,24	11,36	2,03	1,98	1,97	2,12	4,29	2,98
Anim Vida	GHA Ht 2	-0,3	0,177	3,21	5,27	7,28	9,29	11,38	2,06	2,01	2,01	2,09	4,26	3,02
Harrigan Tahesia	IVB Ht 7	-0,5	0,160	3,14	5,19	7,23	9,27	11,39	2,05	2,04	2,04	2,12	4,18	3,05
Aparecida de Moura Lucima	BRA Ht 1	0,1	0,129	3,21	5,29	7,33	9,32	11,41	2,08	2,04	1,99	2,09	4,27	3,06
Fraser Shelly-Ann	JAM Ht 1	0,1	0,187	3,15	5,16	7,22	9,25	11,41	2,01	2,06	2,03	2,16	4,17	3,05
Polyakova Yevgeniya	RUS Ht 5	-0,7	0,150	3,20	5,25	7,27	9,30	11,41	2,05	2,02	2,03	2,11	4,24	3,03
Baptiste Kelly-Ann	TRI Ht 9	-0,5	0,143	3,17	5,29	7,37	9,37	11,42	2,12	2,08	2,00	2,05	4,25	3,12
Lee Muna	USA Ht 9	-0,5	0,194	3,23	5,31	7,38	9,38	11,44	2,08	2,07	2,00	2,06	4,29	3,09

16.08.2009/16:12



Round 1





WINTER THROWS SERIES

Athletics South has sanctioned the following winter throws meets at the Domain Athletics Centre, all throws will be offered.

As ever, any help with setting up and running of the events is greatly appreciated.

10—12 Sunday morning

Last session in the series

- September 27

Reminder—athletes must be registered to compete.

A wet and cool Hobart spring day greeted throwers for their throws clinic and competition on Thursday 17th September at the DAC—all in all pretty ordinary weather conditions actually.

Not to be deterred, Huw Peacock broke and then re-broke his own U19 and U20 state Hammer records successively with his second, third, fourth and fifth attempts.

Well done Huw.

Another successful season of winter cross country is nearing completion—for all results please refer to the Athletics South website.



There is no such thing as a great talent without great will-power.

Honore de Balzac

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

THANKS TO CONTRIBUTORS, Darren Alomes, Damian Lawler



WINTER COMPETITION SPONSOR



SUMMER COMPETITION SPONSOR