

SOUTHLAND



Running Times

ATHLETICS NEWS

No 638, June 14th, 2016

Clubs, please print this and pass on to your members or send their email address to lance.debbie@xtra.co.nz so more in our sport can be added to the circulation list

Well Clubs, What's New?

What is happening at your club that's worth knowing? Who are your prize and trophy winners. Who is doing great work for the club? Who are your long serving members? Who should you be thanking and complimenting? Why keep it a secret? Send your club news (and comments) to the address of this newsletter and tell the sport what you are doing. You may even gain new members from it.

All coaches, keep this weekend free -

Sept 30 – Oct 2 for the NZ Jumps Conference, Christchurch

By coaches for coaches covering all aspects of long, triple and high jump.

Topics covered include case studies of an Olympic jumper, progression from fundamental to senior athlete, weights and resistance training for speed and power, role of the development coach, the transition from children to senior plus practical sessions and panel discussions – and heaps more.

Watch this space - further details to come.

This really is disgraceful

Mt Smart no longer available for the Track, Field and Road Race Championships, December 2-4 2016

The Athletics Auckland booking of Mt Smart Stadium for these championships has been cancelled by Auckland City Council in order to hold the Cold Play concert there that weekend. Trying to find a suitable alternative in Auckland is proving to be very difficult with two of the tracks lacking the necessary infrastructure to hold a major championships and the Waitakere Trusts Stadium already booked for another event (the track is also being resurfaced).

When someone queried this decision with the Auckland City Council he was told it was a financial decision. Coldplay is a bigger money spinner.

I suggest this should not be a financial decision, it should be a moral decision. A booking is a booking, a contract is a contract. I hope the Auckland City Council comes to the party regarding possible reimbursement of accommodation and flight expenses for schools, athletes and family already paid out if a change is made to date or venue.

NZ Secondary Schools Crosscountry

Southland schools will be represented at Rotorua by Jaxon Taylor, Buddy Small, Albie Small, Jack McNaughton (SBHS), Finn Rogers and Tyler Hayes (JHC), Aleks Cheifetz (Wakatipu) and Alan Wilson Woodford (NSC). All the best guys, be a mighty weekend of running.

Running Ahead

This Saturday - Sat 18th.

Handicap 3 – Fosbender

Reserve, Dunns Road (just over the Oreti River bridge).

Bush tracks, grass and some

nasty little inclines to keep you focussed. Around 3km junior race, 7 for the seniors. Start 2pm.



ALLAN WHITE
SPORTS

Sat 25th. Gore Crosscountry, Hamilton Park, East Gore. 5.4km for seniors down to 4km for younger grades. All races open handicap start. Great post race hospitality from the Gore club.

July 2nd. Tour de McNaughtons. More details later but this will be a run (or runs) with a difference at Dean and Jodi McNaughton's farm, Wyndham, with BBQ to follow. Not to be missed.

July 18. Southland crosscountry champs, Waimumu. Note, distances for senior men and women are now 10km – this is aligns with the NZ Championships.

Athletes Finalists in Sports Awards.

Four from athletics are finalists at the Southland Sports Awards this Friday. All the best Atipa Mabonga and Jack Beaumont in the Junior Sportsperson category and Gail Kirkman and Debbie Telfer in the Masters Achievement Awards.

Coaching

More on the topic started last week - developing "thinking athletes"

As explained last week, Terry Lomax, Athletic New Zealand's High Performance Planning Manager says the over-riding objective of Athletics New Zealand coaching and performance plan is to move the athlete-coach relationship from:-

C and **A**

to

C and **A**

You guessed it, **c = coach and A = athlete**. The objective is to have the athlete progressively become more prominent in the coaching process.

Here's what Southland coach Chris Knight has to say.



My goal with coaching is to educate the athletes to the point where I become an adviser and another set of eyes to see things they may not. The athlete needs to know what they are doing and how to achieve the end result. Athletes need to know the feeling when they get it right and what they did to do it right. Athletes have to be able to think for themselves as at times we as coaches will not be there to advise them. I don't want my athletes to become reliant on me to know what to do.

I want my athletes to ask why are we doing this? What is this achieving? That is how they learn.

As they gain more experience they will have more input in the training sessions as they begin to work out what they feel works for them until they are completely in control of the training with just some advice / input from me as a coach.

- Chris Knight

(Chris has qualified as an IAAF throws coach and later this month attends the IAAF course for jumps. Athletics New Zealand only sends two coaches to each IAAF course and to be selected twice for IAAF courses is a credit to his record and reputation as a coach.)

Athlete empowerment is not exactly new.

Arthur Lydiard had a reputation of being dogmatic, a controlling coach. But not necessarily so.

While he was extremely control minded, he and the athletes would discuss and plan who would win which championship, sharing out the titles among themselves. And it was the athletes who made the most important decision; Arthur would ask whether an athlete was prepared to run 100 miles a week. Yes, or no, in or out – but it was the athlete’s decision. Athletes made decisions in training too. This is from a lecture he once gave: *“As a coach, you may be able to determine pretty closely what your athlete can do. You may be right in saying he can do fifteen 400 meters in 65 seconds with such-and-such interval. But the main thing is to explain to the athlete not only how to do and what to do, but why he is doing it. What physiological reactions he is to bring about with the training. And when he finishes, when he hits the wall, he’s had enough. **And he should determine when to stop, not the coach. The key to training is to train to your individual reactions to the training.**”*

*“In any schedule I’ve written, I’ve written hypothetical figures, but they are **purely for guidance and I always explain to the athletes that they shouldn’t strictly adhere to those figures.** Just use them as a guidance and go by their own reactions. I think too many coaches are too dogmatic and they are determined to make their athletes do things as they’ve written, instead of taking into consideration the athletes’ reactions.”*

In “Running with Lydiard” (Lydiard, Gilmour) he tells of a time when Dick Tayler was running some reps near a school when some pupils asked what he was doing. When told Tayler was running reps they wanted to know how many and how fast. Lydiard said he didn’t time them and didn’t know the distance. Tayler on finishing told the kids he hadn’t counted them or timed them.

Lydiard explained that times and numbers were unimportant, what mattered was the training effect and Tayler knew better than Lydiard what he wanted to do and when he had had enough.

So going back to last week’s column, a coach sometimes has to trust an athlete’s instincts. And trust his own. Lydiard did.

- LS.



A scene from last year’s crosscountry race at Fosbender.

Wonder how much water will be there this week? Be there and find out.