

SOUTHLAND



Running Times

ATHLETICS NEWS

No 645 Aug 1st, 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



Hannah's Wet, Cold Farewell to Southland Running

Hannah Miller's last race in Southland for a while was typical Southland – wet, cold with lashes of hail just before start time to cool down the warm ups. Apart from the N.Z. Crosscountry Champs in Auckland this coming weekend, her next outing will be in Texas where day time temperatures are currently around 37 degrees.

So when you are sweltering out those reps at SMU Hannah, think back to how much more fun it is slogging through mud and puddles in near freezing temperatures.

Those were the conditions at Elizabeth Park for the annual Heather Skerrett memorial crosscountry. Hannah was first woman (and 5th overall) in the 2-lap 4km race, although trophies were determined by age grading* which gave the women's cup to Angela Ryan. Angela's age grading of 81.84 along with Debbie Telfer's 80.45 were the only marks over 80%.

Top: Buddy and Jack leading out; right: Hannah splashing out.



The men's trophy went to Jaxon Taylor, but only just. His age grading was 76.93 to Buddy Small's 76.92 and Jack McNaughton's 76.86. While Buddy and Jaxon were second and third behind Jack, both being younger received an age graded advantage. And if Jack or Buddy had run 1 second faster they would have won, if Jaxon was 1 second slower he would have been third.

Kennedy (11) made it two trophies for the Taylors, winning the 2k race outright as well as on age grading while 9 year old Jacob Boniface took the junior boys trophy. As usual little Sophie Wylie finished with a big grin across her face; but then 7 year olds like playing in the mud and puddles – and it seems teenagers and grownups do too.

The race is in honour of the late Heather Skerrett, a tireless worker for her St Pauls club and the sport in general as well as being a top masters athlete. Husband Ken braved the conditions to be race starter and provided the generous afternoon tea afterwards.

Thank you Ken.

* Age Grading is an internationally used formula that compares performances by age – so a 14 year old's javelin can be compared to a 40 year old's 100m – or as here, a 10 old year girl with a 13 year old boy, or an 18 year old with a 60 year old. Age grade is given as a percentage.

Results

2km

		Age Grade %			
Kennedy Taylor	8.20	72.30	Tim Baker	16.06	64.82
Jacob Boniface	8.42	68.80	Tyler Hamilton	16.10	65.59
Tequin Lake	10.34	54.67	Angela Ryan	17.05	81.84
Jordis Belesky	11.02	57.58	Tyrone Lake	17.25	62.82
Karli Pearson	11.11	56.81	Briana Miller	17.36	66.89
Xanthe Belesky	11.54	49.53	Rueben Boniface	17.59	59.53
Logan Wylie	11.58	48.27	Debbie Telfer	18.22	80.45
Sophie Wylie	14.19	47.46	Lindsay Wylie	18.56	54.88
Cameron Kidd	15.11	41.02	Bruce thomson	20.05	60.12
Hayley Peary	15.29	38.07	Bailey McColl	20.05	58.61
Shyanne Lake	16.15	35.77	Alistair Hatton	21.41	51.72
<u>4km</u>			Scott Belesky	22.52	45.44
Jack McNaughton	13.46	76.86	Lyla Belesky	24.34	46.93
Buddy Small	13.59	76.92	Barrie Sheehy	24.42	52.47
Jaxon Taylor	14.15	76.93	Hamish Kidd	25.03	44.42
Albie Small	14.38	73.50	Linda Te Au	28.56	52.56
Hannah Miller	15.41	73.37	Heidi Boniface	29.14	40.06



(Left) Angela Ryan, best age grade of all. (Right) More than one way to get across deep pools – he finished looking good, and without further help from dad.



Visualisation as a Coaching Tool (for Jumps)

Visualisation is an accepted and powerful aid to performance. Brain activity is the same whether thinking about as activity as it is doing that activity. Thoughts stimulate muscle action and the neural system. Which is why visualisation is a tool every athlete and coach should be using.

This takes a brief look at visualisation as applied to jumpers *as I see and apply it*. Other coaches may have a different approach but the outcome is the same. Principles described here are just as relevant for throwers and runners - a look at visualisation techniques for runners will be in a future Running Times.

I take the word visualisation to mean any aspect of mental rehearsal involving the imagination. Words are words but when associated with images the words become far more powerful. If the brain is not forming images around the words the message is fleeting. So, visualisation can be:

- Self-talk is visualisation.
- A tactics discussion between coach and athlete or working out competition strategy is a form of visualisation as both are forming mental pictures.
- Goal setting is visualisation.
- Gap analysis incorporates visualisation (see where I am now, see and feel where we need to be, now see and feel what needs to be done to close the gap).
- Relaxation techniques are a form of visualisation.
- Putting yourself in the optimum arousal zone for competition is visualisation.
- Learning a new skill requires visualisation.
- Positive reinforcement is visualisation.
- Then there is visualisation in the accepted sense of using the imagination to rehearse the event pre-event including all the options so there are no surprises. Here the athlete competes the event in the mind, feels the pain, the emotion, hears the crowd, sees the competition, imagines the way the event was planned then every other option as well so there are no surprises on the day. For example: two fouls in a long jump, one chance to qualify for top eight. What do you do, how do you feel, what is your strategy for the jump, what is the outcome? Accepted visualisation techniques are utilised, e.g. relaxation, internal or external visualisation, the sounds, emotions, decision making are all imagined.
- Using the imagination immediately before the event - check competition area – what is the wind doing, will lighting (sun) affect you, get feel for field event area – spatial awareness, i.e. knowing where you are instinctively in circle or runway - then visualise coping with these factors. This can be a call room exercise. The waiting in call room can be stressful or useful, focussing on the positive and mentally rehearsing the event. By concentrating on what will or needs to be done the athlete is ignoring the external negative factors, i.e. the opposition. Concentration is on what can be controlled (self) and not what can't be controlled (opposition, weather, officials etc).
- Mental rehearsal during an event (or practising a skill for an event). Prior to moving on to the runway the athlete visualises the entire jump executed well – run up, take off, flight, landing, outcome. But on the runway the athlete should visualise one aspect of the jump at a time – to watch and feel themselves executing. The first jump is usually the most important and the aspect visualised depends on athlete. Usually, but not always, this is seeing them self running fluently, relaxed, fast and tall with gradual acceleration. Next jump the visualisation may be hitting the board. Thereafter it is whatever athlete and coach discussed and needs to be done, i.e. keeping head up, knee drive of free leg, maintaining speed over last four paces etc etc. This means putting mistakes behind. **If execution of something is incorrect athletes thinks about and visualises executing it correctly next jump. This prevents an athlete dwelling on the mistake – that is a negative, the positive is doing it right next time.** Key is, just one aspect visualised as athlete stands ready to take jump.
- You should also add post event review into visualisation techniques – picture the event if different strategy was employed.

Visualisation should also be accompanied by physical rehearsal when appropriate, i.e. high shoulder in high jump, hips pushed high in long jump (power position), arm action in hang flight.

Then the athlete wipes it from the mind and just does it. There is no room for thinking during the run up, take off, flight or landing. Think first, then do.

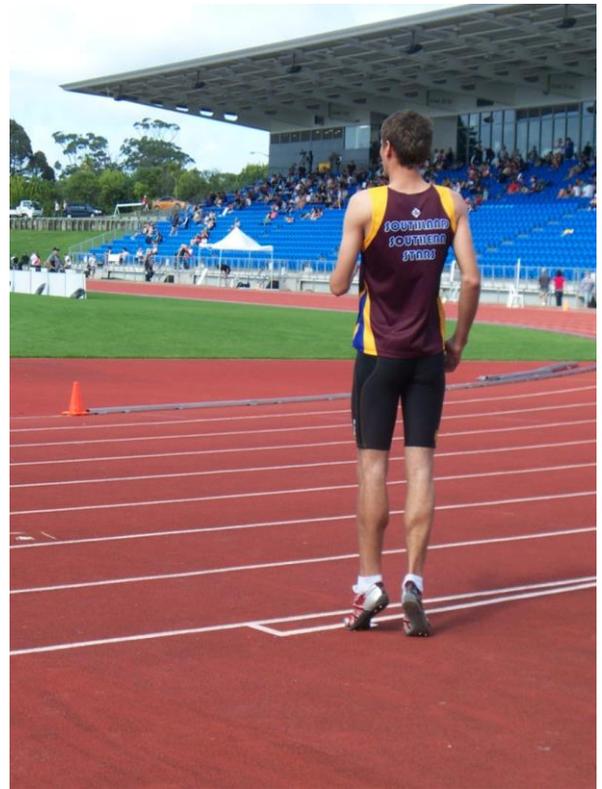
As such mental rehearsal is process rather than outcome focussed it will eliminate possible doubt - concentrate on doing it well, not on how far or high the jump is – example, a long jumper on runway needs to focus on running well, accelerating smoothly, and not thinking “will I hit the board” – the board is the outcome, running well is the process. ***There is no difference psychologically, or the way the brain reacts, between anxiety and excitement. The difference is the way you handle it and the way it affects you. Visualisation focussing on the positive will eliminate anxiety.***

And most importantly, practise. You train the brain the way you train the body – by practise. If practising an aspect of a jump relate it to being at a competition, concentrate on the doing, even if it’s just a small part of the throw or jump. If you visualise in competition, visualise at training. If you self-talk at competition, self-talk at training.

How much of your next event will come down to physical ability and how much to mental? How much of your training reflects this?

- Lance Smith

Southland high jump record holder (2.07) Gideon Barnard mentally rehearsing (visualising) his next jump



The above is one aspect of being a jumper or coaching jumps. Want to know more?

If you coach jumps or involved in helping young jumpers at your club (or school) the Jumps Coaching Conference next month should be on your “to do” list. Practical and theoretical sessions in all aspects of high, triple and long jumping for coaches working at every level from basic through to performance.

Registration form on last page.

Running Ahead ...

Bridge to Bridge Relay - Saturday August 6th

(Additional to programme) – Bill Torrence Bridge to Bridge Pairs Relay. Relay taking in Waihopai flood bank and Thompsons Bush. Teams of two picked on the day with a fun format that has everyone – young, old, slow, fast – able to run. Race starts 2pm, be there by 1.30 to select teams.

Meet car park corner Hollywood Tce and Dee Street, 1.30 (opposite All Saints church)

Afternoon tea back at Invercargill clubrooms afterwards – Invercargill club members, bring a plate

Clyde to Alex 10k and associated races - Saturday Aug 13

The best road race in the South Island – and probably the fastest course around.

Entry form and details sent separately with this newsletter and at Allan White Sports.

McIndoe Crosscountry, Wyndham Racecourse – Aug 20th

This is a team’s race to find Southland’s top crosscountry club – it’s the premier club trophy race, with McIndoe Casket for men and Murray Jones Trophy for women’s teams the symbols of Southland crosscountry supremacy. Last year Gore took the men’s trophy and Fiordland the women’s. Who will challenge them this year? Clubs, start now to organise having your strongest teams racing. Races for junior grades too.

All coaches and athletes Training at Surrey Park

Please, no block starts to be done on the 100m start line or on the finish line. Please use the 110m hurdle start line for block practise.

And rep work where at all possible to be done outside of lane 1&2. There are signs around the track that explain where to start in what lanes to achieve the required distance

drugfree sport
new zealand

EDUCATION SEMINAR FOR COACHES

Facilitated by Sarah Cutler (Drug Free Sport NZ educator)

Coaches are essential in creating a culture of clean sport that rejects the use of performance enhancing drugs and methods. No one will have a greater influence on an athlete's approach to training and competing than their coach.

This workshop is targeted to all coaches, not just high performance, as this is an issue that affects sport at all levels. It would be very relevant for Secondary School coaches! ...This Drug Free Sport New Zealand's seminar is designed to reinforce the values of clean sport and to provide key information to coaches, including:

- an overview of the anti-doping rules
- a discussion of the WADA Prohibited List
- how to avoid inadvertent doping using Drug Free Sport NZ's athlete support services.
- a demonstration of a doping control test
- the distribution of resources to assist athletes to compete clean.

Monday 15th August 2016

7.00-8.00pm

Sport Southland Meeting Room, ILT Stadium Southland

FREE!

to register online go to

<https://www.eventbrite.co.nz/e/building-a-winning-program-doing-the-things-that-matter-more-often-tickets-25109119051>

All the best

... to Dwight Grieve (Fiordland, MM), Jack McNaughton (St Pauls, MU18), Hannah Miller (Gore, WU20), Briana Miller (Gore, WU18) and Aleks Cheifetz (Inv, BU15), running in the New Zealand Crosscountry Championships in Auckland.

Results on the day should be available at Athletics New Zealand Live results –

<http://www.athletics.org.nz/Events/Live-Results-Page/NZ-XC-Champs>

ATHLETICS NZ JUMPS CONFERENCE

Christchurch 30 Sept. – 2 Oct. 2016



Registration form

Name : _____

Address : _____

E-mail: _____

Phone/s : H/W _____ M _____

Number of nights accommodation Fri Only _____ Fri-Sat _____

Day and approximate time of arrival at CBHS: _____

Number Attending: Self _____ Other/s _____

Coach or Athlete: Coach _____ Athlete _____

Athletics NZ Gold Coach membership: Yes _____ No _____

I am interested in (ordering details advised soon) :

1. ANZ Jumps T-shirt Yes _____ No _____ Size _____ Cost \$25

Accommodation (Adams House, Chch. Boys High School): \$52 per night

Meals included: Saturday breakfast / Sunday breakfast

Conference Catering: Saturday lunch / Sunday lunch provided (Please notify any special needs)

Full Conference (Fri.pm/Sat/Sun)

Registered coach with Athletics NZ Gold Coach membership \$60.00

Unregistered coach \$80.00

One -Day Conference (Fri pm /Sat or Sun)

Registered coach with Athletics NZ Gold Coach membership \$35.00

Unregistered coach \$45.00

SUMMARY:

Conference Fee (choose from above) \$ _____

Accommodation (1 or 2 nights) \$ _____

Jumps T-Shirt \$ _____

TOTAL \$ _____

Make payment to : ASB Account 12-3192-0002433-00

Reference: Jumps Conf.

Code: 9-1375

Send cheque to : Athletics NZ Jumps Conference
PO Box 305 504, Triton Plaza, Auckland 0757

Email word document (registration) or post to

Email : terry@athletics.org.nz

Apollo Centre – Jellie Park

295b Ilam Road

Burnside

Christchurch 8053

Deadline for Registrations : **July 31, 2016** **For those wanting accommodation &/or those wanting a T-shirt**

Aug 7, 2016 **For those organizing their own accommodation & not wanting a T-Shirt**

Comments i.e. Special needs
