



## Students Looking Forward to School Champs

Over the next few weeks we will be taking a brief look at some of the young athletes – the future of athletics in Southland – aiming for the NZSS championships, the next major T & F event on the season programme

Southland has always done well at the secondary schools, which to many, is the hardest championship of all to win.

### Andrea Excited!

First up, JHC's Andrea McDowell talks about being excited as she looks forward to the Auckland and the secondary schools.

"I finished last track season on a high and medalled at the New Zealand Champs in March, and all through the season I kept improving. Now I'm excited to see if I can start the season close to where I finished the last, and curious as to what I can achieve this season"

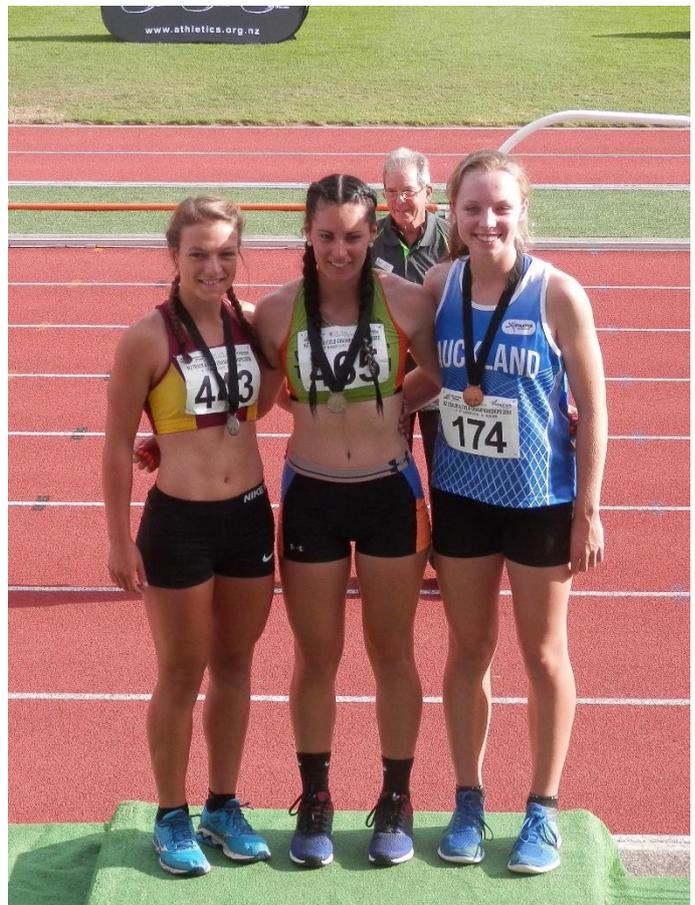
The first test will be the secondary school champs.

"That's such an exciting competition and I feel fitter and stronger than last year so I am positive about doing well."

The triple jump is a big focus for me but I want to do the 200m at Auckland too. Last year I ran the 300m hurdles but if I can improve my speed by racing 200's it will help me for my combined events (heptathlon) later in the season."

"So the secondary schools will give me a good idea on how the rest of the season will go"

Andrea will have Southland company in the triple jump with defending champion and NZSS record holder Atipa as well as last year's runner up Adriana Mawhinney from Alexandra who sometimes trains in Invercargill lining up with her. Facing strong competition doesn't daunt her, in fact she sees it as a big plus.



Andrea (left) N.Z. Champs TJ medallist

"I definitely love having them there. It wasn't until competing in Sydney (Aust Jr CE champs) where I had no one I knew that I realised just how big of an impact it is having friends there, not only to give you feedback but to also just relax you and calm your nerves. Especially because as we are all close from regularly seeing each other at training and competing together."

"It just makes the whole competition experience so much better."

After the school champs Andrea is aiming for the national combined event championships. Last year she took the heptathlon U18 bronze medal and this year she moves up to U20 with higher hurdle heights and heavier throwing implements, adding to the challenge.

But she says that just adds to the excitement.

Further out selection for a New Zealand team is a goal, but meanwhile there's a national championship to concentrate on.

"I'm excited for it" she says.

## **Andrew Motivated**

*Andrew Allan also has the triple jump in his sights. He is also aiming to do well in the high jump. The Gore High student medalled at both of these last year but this time moves up to senior ranks and he knows the competition will be a lot tougher.*

"Although I'll be doing the high jump and want to do well in it, the triple jump is what I'm most looking forward to."

"I know it's a step up, going from junior to senior but it's a challenge I'm looking forward to."

Last year was Andrew's first ever major championship and perhaps that was to his advantage.

"I didn't really know what to expect, didn't realise how big and intense it all is, so I just took it as it came. I had hoped to do well, even medal, but to win the TJ was a thrill."

"This time I know what to expect and hopefully will be ready for it."

Andrew came into athletics having done well at school in the high jump, so thought he'd get a bit of coaching and see if he could improve.

This gave him the chance to try the triple jump, which is now his main event.

After the secondary schools he hopes to compete at the Classic meets and make the secondary schools Aspiring Athletes tour. After that there's the national T & F champs and if all goes well, representing New Zealand at Oceania champs.

"I'd love to have a singlet with the silver fern on it".



*Andrew (centre) NZSS Jr champion. Fellow Southlander Jackson Stewart (JHC) was third. Two from Sth on the podium!*

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## **Southlanders Training Hard in America.**

*Hannah Miller has just started at SMU in Dallas Texas and Jordan Rackham has been at Nebraska a few months now. Here's a brief look at their training this week – it's not easy but it's not meant to be.*

*Hannah is one of the international student athletes on the distance squad at SMU that includes Anneke Grogan from Tauranga and as well as runners from England, Sweden, Australia and Germany. Here's some highlights of her first week training with the team.*

### **From Hannah**

You should have seen me smashing out weights today. I should be a power lifter (not) luckily I was just better at being an unco weight lifter than the other freshman. Then we went for a 30 min in the mid afternoon heat of 45 degrees as our second run, the morning session was really good. We have hills on Thursday and more gym and then more running.

We had a really good training session this morning. Coach changed our work out from a progressive run to a shorter more hard core sort of progressive training we did and 8min, 6min, 5, 4, 3, 2, 1, all with one min jogging rest and each time they just had to get faster so Holly (English girl), Charlotte (Australian) and I started out at 5.50 mile pace for the 8 min then got faster each time till we were at 4.40 mile pace for the last min. The first three felt all good then the 4 & 3 min hurt and the last 2 & 1 min were very painful! A lot of mental strength was required since it was super-hot by then too. I felt strong I just know I need a bit more speed which will come with the strength training but I'm feeling good! Now we have team pancakes! So yay!

I worked all those splits out in Ks as miles still mean nothing to me. I think my first one was exactly 3.38 and the last one was 2.46 or something.

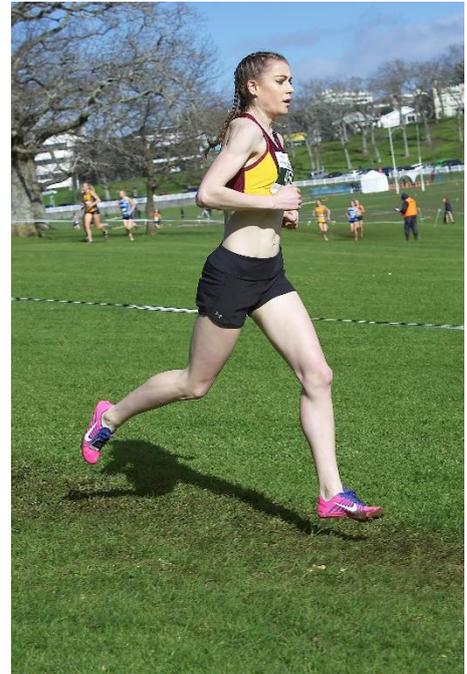
The pancakes were amazing Agnes is from Sweden so she made us all these amazing Swedish pancakes and we had every fruit available for toppings and chocolate sauce and Greek yogurt and coconut granola. It was nice because it's also Anneke's birthday so we all celebrated that. And last night I went to hers for some good kiwi style steak to have a NZ night so that was fun (and good for the iron levels.

- Hannah

### **And from Jordan**

Training is good, getting back into it after a week off whilst being in Mexico (holiday break). Racing our first one next Friday, short only 4 miles under lights. 1 mile loop grass field in South Dakota. Two weeks after is our home meet. Run the course the other day, fun, hilly and hard. Will be a good run. Training hard, back in the 75 mile (120 km) a week range for the next few weeks until we drop to 50-60 for racing season. Olympics great, Nick Willis providing great motivation!

- Jordan



*Hannah in her last NZ race before SMU  
(NZ XC champs)*

## **Athletics Gore AGM**

Athletics Gore will be holding its AGM at Lynette Grahams home, 158 Kakapo Street Gore on Thursday the 8th of September starting at 7.30pm.

We would like to see parents of children who have been club members last season, this is your chance to have a say in how club nights are run and it would be great to see more helpers.

## **Masters Run – now Sunday Sept 11<sup>th</sup> 2pm at Forest Hill.**

The masters Run is an invitation from Southland masters to all runners of all ages to join them in a training or social run or walk over Forest Hill over the Derek Turnbull track. This is one of Southland's favourite training spots – so why not make it your Sunday training run. There's be a bite to eat courtesy of Sth Masters to finish off your run.

You run as far (or as short) and as you want, as fast (or as slow) as you wish.

**Important Coaching News next pages ....**

## Coaching Group meeting Sept 15

All coaches of all levels, come and talk coaching at this informal meeting, **Thursday Sept 15<sup>th</sup> 7pm at St Pauls Clubrooms**. All coaches and club helpers invited. Come along and learn something new perhaps or bring along questions for more experienced coaches. Discussions and bouncing ideas off each other is as beneficial or even more so, than formal coach education sessions. There is no agenda – discussions are informal and topics are anything you want or raise. Perhaps one topic could be how Southland coaches attending one of the coach learning opportunities below can share their experiences. If you are involved in any way with helping athletes – either at your club or school – try and be there. This invitation is not limited to athletics clubs and coaches – it's open to all, including schools and other sports.

## Coach Learning Opportunities Coming Up.

### Something for everyone!

These are outstanding opportunities to enhance your coaching knowledge and skills. Clubs should be making every effort to have people attend and take advantage of these experienced local and international coaches.

## Athletics New Zealand Jumps Conference Sept 30- Oct 2.

**For jumps coaches of all levels.**

The aim of the 2016 Jumps Conference is to utilize the knowledge held within the country in the Jumps and to increase the standard of the events, specifically in the Performance Development area but also in relation to overall coach development. The focus for the conference will be primarily horizontal jumps and high jump. Programme has varied mix of theoretical and practical sessions.

**Venue:**

Christchurch Boys High School, Straven Rd, Fendalton, Christchurch 8041

**Presenters:**

Ed Fern, Lance Smith, Angus Ross, Regan Standing, Terry Lomax, Dragan Ivanov.

**Programme:** Go to

<http://www.athletics.org.nz/Portals/24/High%20Performance/Courses/New%20Zealand%20Jumps%20Conference%20Draft%20Programme.pdf>

**Register on line at**

<https://eventdesq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=19976&OrgID=21338>

**Cost:**

Full Conference (Fri pm / Sat / Sun)

Registered Athletics NZ Gold Coach\* \$60.00

Unregistered coach \$80.00

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

Registered Athletics NZ Gold Coach\* \$35.00

Unregistered coach \$45.00

**Accommodation**

Adams House, Christchurch Boys High School

\$52 per night (includes breakfast)

**T-Shirt:** \$25 each

**Contact:**

Terry Lomax

Athletics NZ Jumps Event Group Coordinator

021 859 982, [terry@athletics.org.nz](mailto:terry@athletics.org.nz)

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## South Island Pole Vault Camp 2016, Oct 8<sup>th</sup> and 9<sup>th</sup>

Chris Knight (Invercargill), Wayne Doyle (Timaru) and Bill Boyd (Christchurch) have committed to making this a weekend of pole vaulting a success. All interested Southland island coaches and athletes are invited.

There is no charge for athletes or coaches to attend. If you are from outside Christchurch let me know if I can help organise help with billeting/transport.

Cheers

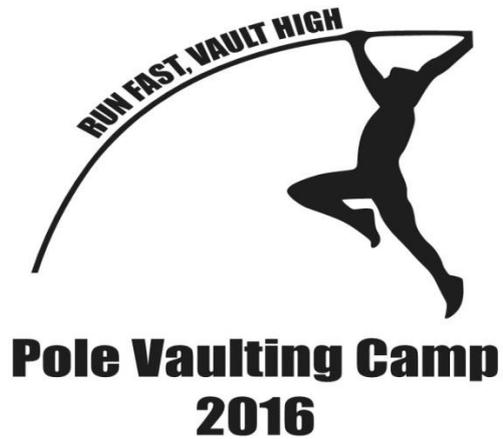
**Bill Boyd**

Canterbury Athletics coach/manager/official.

e [fedback@xtra.co.nz](mailto:fedback@xtra.co.nz)

p 03 3522295

m 027 759 7807



Programme.

Saturday 8<sup>th</sup> Burnside High School Cross Gym  
10.30am-11 Introduction/team games  
11.-12.30pm Gym activities and winter Pole Vault exercises  
Lunch break and travel to Papanui Toc H  
2.30-4.30 Pole Vault-drills and skills  
4.30-5.30 Graham Condon centre for a hot soak/spa  
6.30- Social hour/s at the Papanui Club.  
A three course roast meal is \$21.50 at this venue.  
Sunday 9<sup>th</sup> Papanui Toc H athletic club  
10.30-11.30 Warm up  
11.30-1.30 Formal Competition and debrief

Registration

Name:

Telephone:

email:

Poles- Please bring and use your own pole.

- We have some poles that may be shared. Others are privately owned and may be available with owner permission subject to their terms and conditions.

Please complete if you want a shared pole. Usual disclaimer applies for older and communally shared poles.

Weight in pounds \_\_\_\_\_ Height in ft \_\_\_\_\_

A printed T shirt will cost \$26

Order T-shirt here:

Size:                      Colour:

\$26    transfer 02-0816-0169968-083

Or you can supply your own article of clothing on the day for printing for \$18

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## 2016 Athletics NZ Combined Events Les Gramantik Tour

The aim of the 2016 Combined Events Les Gramantik Tour is to expose Combined Events coaches and athletes to the requirements of working at performance level and to develop appropriate approaches to the development of Combined Event athletes.

**Dates**

**Thurs 3 Nov 2016 Christchurch**

Hurdles clinic (incl development session)

Les Gramantik Performance Lecture

### Sat-Sun 5-6 Nov 2016 Christchurch

Combined Events (Decathlon emphasis)  
High Jump / Long Jump (incl development session)

#### Cost

Full Workshop (Sat / Sun)  
Registered Athletics NZ Gold Coach \$40.00  
Unregistered coach \$60.00  
One-Day Workshop (Sat or Sun)  
Registered Athletics NZ Gold Coach \$25.00  
Unregistered coach \$35.00  
Single Session Workshop (am or pm)  
Registered Athletics NZ Gold Coach \$15.00  
Unregistered coach \$20.00

Registration on  
line

[Online Registration Christchurch](#)

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## 2016 Throwsfest

**Throwsfest** is a new exciting event formed by the merger of the previously successful **Hammerfest** and **Shot Put/Discus Camp** initiatives. The festival will be hosted by Dale Stevenson (Athletics NZ's High Performance Throws Coordinator) and the goals are:

1. To welcome new throwers and coaches to our event group
2. To provide a valuable training and learning opportunity for **ALL** of the throwing community.

In addition to this, we welcome another exciting edition of the annual Throwers Challenge!

#### Date:

4 - 7 December 2016

#### Venue:

AUT Millenium, 17 Antares Pl, Rosedale, Auckland 0632

#### Programme:

[Click here for Draft Schedule](#)

#### Cost:

\$50 per person

\$30 for carded and P2P athletes/coaches (PIN required)

#### Accommodation

Please note that accommodation will not be provided for these dates. Given that many of our throwers are Auckland-based, it is hoped that we can keep costs down by sourcing accommodation individually and booking in advance. For anyone seeking accommodation; a good starting point may be [Albany Oak Motel](#) & [Quest Albany Serviced Apartments](#).

#### Contact:

Dale Stevenson

Athletics NZ HP Throws Coordinator

021 192 8168

[dale@athletics.org.nz](mailto:dale@athletics.org.nz)

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