



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

Congratulations Quinn.

Quinn Hartley was third placed Grade 12 boy at the weekend's IP competition in Masterton. This is a huge achievement and continues a long line of Southland successes at the IP's. Full details and photos on the high successful Southland team next week.

Quinn, on right, at presentation.



The team at Queenstown airport ready to fly out

Start the Winter Running!

First Event this Saturday at Queens Park

First of the Southland winter runs is this Saturday at Queens Park with the popular 3-6-9. You choose whether you do 3k, 6km or 9km (you can even change your mind mid-run and finish a lap early. Times will be given for all distances. Race it, run it, jog it, walk it – whether you go all out, treat it as a training run or social run or walk, come and give yourself a tour of Queens Park in all it's autumn glory.

Course is all on paths within the Park. If there are any little littlies wanting to have a run, there's a short course run for them.

Start is by the Cheeky Llama Café centre of Queens Park. And it's the harrier committee's shout – there's a free coffee, tea or soft drink for every runner post race in the Cheeky Llama.

Meet 1.30 at the Cheeky Llama. All distances start together, 2pm.



Action from one of the handicap series last year

Gore Half Marathon, Sunday 30th

Following week is the Gore Half Marathon plus 12k and 6k fun runs/walks.

Entry form and details at

<http://www.sportsouthland.co.nz/SportSouthland/assets/Events/GHM17-Entry-form-2017.pdf>

The Half Marathon includes the Southland Half marathon Championship. Note, to qualify for Southland championships and medals you must be a registered member of a Southland club.

Draft Harrier Programme 2017

This is a tentative draft only and changes can be made. If you have suggestions, email them to Grant Baker at gtsa.baker@xtra.co.nz for consideration.

Note change of date for first handicap series

April 22nd; Opening run, 3,6,9kms Queens Park
 29th; Club runs
 30th; Gore Half Marathon

May
 6th;
 13th Fosbender Handcap 1
 20th
 27th; Handicap 2 Queens Park

June
 3rd; Queens Birthday
 4th; Christchurch Half Marathon

10th; Millers Handcap 3
17th; New Zealand secondary school cross country ChCh
24th; Gore cross country handicap - NZ Marathon Champs
Wellington

July

1st; McNaughtons Wyndham
8th; Southland Cross-Country at Waimumu
15th;
22nd; Heather Skerrett Age Grade H/cap 4
29th; Club
30th; NZ Cross-Country, Akl

August

5th;
12th; Southland Road Champs Te Anau
19th;
26th; Naseby Ultra 50-160k

September

2nd; NZ Road Champs Christchurch
9th; Handicap 5 Estuary
16th; Master Forest Hill
23rd; End of season - Surrey Park 1&3 Km
30th;

November

18th; NZ Half Champs Kerikeri

Keep up to date by checking the Sth Harrier fb page regularly at the Athletics Southland on fb.

Coaching comment-champion thoughts 1

Dimensions of the Mind

Prior to stepping up to the start line, jumps runway or throwing circle your mind or thoughts will be in one of three dimensions, two future and one present.

First dimension is called "I must". Here the mind is centred on "I must win". If I win this I will be the champion/famous/make a team/please my coach/please my family/have the cup/have respect. (Strike out whatever does not apply).The mind is in the dimension of what will happen if.....

The second dimension is the "I must not" dimension. Here the mind is saying "I must not lose". If I lose I won't get the trophy/won't impress the people I need to impress/won't get selected for the team/wont achieve my goal. (Again strike out what doesn't apply). And again, the mind is in the dimension of what will happen if

Then there's the dimension of the present, the dimension where the "what if's" play no part. The mind here is centred on what you are doing – the running, jumping or, throwing. Concentrate on what you are doing now and the future will take care of itself - focus on the running, jumping or throwing and the result will take care of itself.

Or, as coaches keep saying, concentrate on the process (the present), not the outcome (the future).

What dimension will your mind be in next time you compete?

- Lance Smith

I consider the mental side of sport as important as the physical and as such needs to be trained and practised as much as the physical

If you have a question on any aspect of mental skills in sport, send it to Lance at the email address of this newsletter. If I don't have an answer I will find someone who does – and I'll endeavour to get responses from a cross section of experienced coaches so you have a variety of viewpoints.

Next week: Opportunity – Obligation.

Ashlyn Sees the Discus in her Future.

Southland is doing rather well in the throwing events with Emma Ryan, Dyani-Shepherd Oates, Jessica Senior, Emma Wilson and Teagan Ashley gaining national rankings. Winton 12 year old Ashlynn Scherp hopes to join them in the near future.

Ashlyn started athletics as a 5 year old and as all 5 year old do, tried all events. But within two years she gravitated to the discus and this has been her main love ever since.

Dad Marty used to compete in the discus and was able to steer her on the right path. Discus is a very technical event and Marty concentrated on getting Ashlyn's technique right, making sure she was executing a standing throw correctly before moving her onto a turn.

Ashlyn is not the biggest girl out there but by concentrating on skills she was able to get the discus out further than stronger girls.

This was evident at the Colgate Games this year when she won the discus with a 4 metre PB. She followed that up with an even bigger throw at the Southland primary school champs last week, winning for the fourth time in succession, a win she finds most satisfying being her last as a primary school athlete. Next year it's the big step up to secondary school competition and perhaps the first steps along the pathway to national standing already trod by Emma, Dyani and the other girls.

Training at this stage is minimal, a couple of throws a week with repetition of skills the focus. As her mum said, she's not overdoing it as she's still a kid.

But a kid with a future.



All the best to the Southland masters athletes taking on the world next week.

There are a number of Southlanders competing in the World Masters Games in Auckland. May the best of Southland good fortune (not to mention guts and determination) be with you