

# Mount Isa Athletics

## PRESS RELEASE

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One of Mount Isa's own was recognized recently at the Athletics North Queensland (ANQ) Annual General meeting when Mount Isa Athletics Club coach Ken Dickson was awarded the ANQ 'Coach of the Year'. Dickson was up against a number of coaches from each of the 33 athletic clubs from throughout North Queensland that are affiliated with ANQ. As he was unable to attend the AGM which was held in Townsville the award was presented to Mr Dickson at the Mount Isa clubs recent post-breakup committee meeting.

Dickson was left a little bewildered that he had been nominated for the award and is intrigued to find out just who it was that nominated him. "I really appreciate and am quite proud to receive such a prestigious award. There is a heap of really good coaches throughout North Queensland so I'm pretty chuffed to have been selected from such a group"

The coaching at the Mount Isa club is shared between Dickson and David Scott (aka Coach Awesome). "I have been really lucky with the two clubs I have been a part of over the last ten years." Dickson said, "At my old club in Sarina I had Paul Hallett who was a great mentor. He had been competing and coaching in England and Australia for over thirty years when we met and I learnt a great deal from him. Here in the Isa I have Dave, it works out really well with us as I predominantly coach throws Dave does the jumps and we both share the sprints, we are constantly learning from each other. Due to my shift work I can only make it to half the training sessions that we schedule but Dave well and truly holds the fort when I'm not there."

The Isa clubs two most decorated athletes of late are 16yr old International Hammer thrower Brianna Smith and 12yr old Bailey Tautau. Sadly Tautau moved to Townsville in 2012 but has just been crowned the 12yr old National Champion in Discus and is still using the techniques taught by Dickson.

"It's great when the champions come along and you get to see something you're associated with on the national or world stage, but I have to say I get just as much enjoyment when I teach someone new the basic techniques and they throw nearly twice as far as the did when they first got there, the look on their face is priceless" Dickson laughed.

Dickson and the clubs philosophy is for their athletes 'to be the best they can be'. "Not everyone can be a champion but if we can help them to reach their goals whether that be representing Australia or throwing a discus over the ten metre mark for the first time, that's what we're there for and that's what makes us happy."

"It would be great if we could get more people interested in coaching in Mount Isa. We are currently the second biggest ANQ athletics club (174 members) but we only have two active coaches. Dave and I are both more than happy to share our knowledge to anyone who is interested. If there were more coaches to lighten the load there would be less likelihood of the dreaded burnout and the continued success of the club could be assured" Dickson concluded.

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### CLUB VENUE

Sunset Oval  
Able Smith Parade  
Mount Isa, Queensland

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