

# Mount Isa Athletics



## PRESS RELEASE

8 July 2013

Three Mount Isa Athletes have just made the most of a great opportunity offered to them when they attended an Athletics North Queensland (ANQ) Development Camp held in Townsville last week.

CJ Brice-Houseman (Jumps), Lachlan Ryder (Sprints) and Cloncurry's Emma Cursio (Throws) were part of a 35 strong band of athletes to attend the live in camp where they received valuable instruction from some of Australia's best coaches. The camps level 4 and 5 coaches can boast successful athletes on both the National and International stage and have now shared their knowledge with the lucky few that attended the camp.

The Development Clinic was previously called the Oz Squad which commenced in 1996 Australia wide as a development camp for athletes aged 20 years and under who showed potential in their chosen athletic events. These camps are renowned for their use of experienced, high level coaches and sports professionals. As a result of these camps many athletes have experienced expert coaching, nutrition, sports psychology and strength and conditioning sessions which they may not have had a chance to access otherwise. A high percentage of athletes that have attended Oz Squad in the past have gone onto achieve great results in National and International competitions.

The 2013 Development Clinic program included activities such as:

- Sports Physiotherapy sessions
- Coaching of events over all disciplines
- Sports Psychology
- Strength and Conditioning
- Aquatic training and recovery
- Nutrition
- Relaxation and meditation exercises
- Elite Athlete mentor sessions
- Biomechanics
- Coach to Coach sessions

Feedback from the three attending Mount Isa Club athletes was very positive and all three are now keen to implement their new found knowledge at the upcoming Western Games and School competitions

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### CLUB VENUE

Sunset Oval  
Able Smith Parade  
Mount Isa, Queensland

### CORRESPONDENCE

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