

Mount Isa Athletics

PRESS RELEASE

6 July 2014

Nine Members of the Mount Isa Athletics Club are currently in Townsville attending the ANQ development Camp. The live in camp is conducted over four days and athletes will be put through their paces both physically and mentally. They will be learning about many aspects of athletics and will be involved in a wide array of sessions such as Sports Physiotherapy sessions, Sports Psychology, Strength and Conditioning, Aquatic training and recovery, Nutrition, Relaxation and meditation exercises, Athlete mentor sessions, Biomechanics, Coach to Coach sessions and of course Coaching of events over all disciplines. Once out on the track the three top level coaches will be out to improve the athletes techniques in all the Track & Field events including one of Mount Isa's new pet events the Pole Vault.

At the camp athletes will be offered a selection of events at each session so they get to chose wether they improve their technique in their favoured events or learn something new in events they may not do as often.

A few of the clubs vaulters CJ Brice-Houseman and Lachlan McCoy and possibly Courtney Boshoff are likely to take advantage of one of the camp sessions in Pole Vault as it is difficult to gain coaching anywhere in the rare event. The athletes are under strict instruction to learn everything they can and share the information with the rest if the Isa Vault Squad on their return.

The clubs throwers Breanna Waerea, Channai Hall and Emma Cursio will be in good hands with level five coach Brett Green once again instructing at the camp. Mr Green has been one of the staples at the camp for many years and has the unique ability to be able to coach athletes of any age or ability, a trait that is often lost when coaches reach the top level.

It is anyone's guess where all-rounders Dan Grant, Teaghan Goodger and Heptathlete Erin Faithful will spend their time with the wide array of events on offer but the one thing that will be for sure is that all the nine athletes will have nothing left in the tank physical and brains full of knowledge by the end of the week.

Once the athletes return it will be all go for the rest of the season with nonstop carnivals and Championships including the Schools District Championships, Primary July 31st and Secondary July 30th, Schools regional Championships August 16th and 17th, Primary State Championships October 14th and 15th, Secondary State Championships October 23rd to 26th as well as the Longreach Track and Field carnival August 16th and 17th and the ANQ Championships on October 3rd to 5th. All in all a busy couple of months ahead.

CLUB VENUE

Sunset Oval
Able Smith Parade
Mount Isa, Queensland

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