



# ANQ TIMES

## July 2012

ATHLETICS NORTH QUEENSLAND'S OFFICIAL NEWSLETTER

IN THIS ISSUE

# Introduction

by Jim Minehane

We would like to heartily welcome you to the first edition of the ANQ Times.

It is hoped you find this publication a useful update of athletic activities right across the ANQ region and beyond.

We kick off this venture with a bumper six page issue which contains something for everybody. The existing Teachers Newsletter and the Officials Line Newsletter will be in future incorporated into this publication.

Member's contributions to the content of the newsletter will determine its ongoing success. It's your newsletter so lets hear from you about what is happening in your patch. Anything that is of significance to your club will be of interest to the rest of us. We do encourage all of you to try your utmost best to enrich forthcoming issues of the ANQ Times.

We hope you find this first issue interesting, enjoyable and informative.

Jim Minehane  
Operations Manager  
Athletics North Queensland



## Bowen Track and Field Carnival

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# Bowen Track and Field Carnival

by Joanne Andison

While the sun may not have shone for most of the Bowen Track and Field Carnival, held on the 26-27<sup>th</sup> May, the spirit of the North Queensland athletics community certainly did. Over 2 days of mainly wet, windy and cold conditions, over 200 athletes aged from 4 to 70 years and their families demonstrated the doggedness and determination that makes athletics NQ style such a success.

As organisers raced to finish preparing the grounds and erecting tents early Saturday morning following heavy rainfall and wind over the previous two days, athletes began arriving ready to battle whatever the weather threw at them. The wet blustery conditions did not ease on the Saturday, resulting in long queues at the canteen and rapidly dwindling stocks of milo, pumpkin soup and curried chicken.

The normally tranquil green setting became a sea of colour as tents, raincoats and umbrellas dominated the event. As one supporter reported, "We knew it was going to rain and have come prepared. The kids have had the best time."



While the conditions, especially on track, did not lend themselves to fast times, the amazing skills of athletes such as 14 year old Brenton Foster were on display, with Brenton breaking the carnival records in long jump, triple jump and high jump. When questioned about the difficulty high jumping from a sodden grass surface, Brenton remarked that the worst part was the landing, describing the sensation as landing on a wet sponge. And while the conditions weren't perfect, the constant talk amongst the younger athletes concerned their new PBs set at the carnival.

With the sun eventually showing its colour by mid-morning Sunday, the scene was set for some very competitive 100m sprints to end the carnival. It also allowed for the very important

presentation of participation medals to the 4-7 year old athletes to proceed as planned.

ANQ president, Yvonne Mullins has encouraged all clubs to continue to support the Bowen carnival, describing it as a great entry level carnival especially for the younger athletes. Yvonne reported this to be the first wet Bowen carnival she has attended over the past 20 years which means there should be many more dry ones to come.

The Bowen Athletic Club would like to thank all clubs for their support in the operation of the carnival. Without this support in conducting each event, the carnival would not be the success it is.

## Upcoming Events



DATE	EVENT	LOCATION
6 – 8 July	3 Marathons in 3 Days	Cairns
8 July	Queensland Road Walking Championships	Brisbane
10 – 15 July	IAAF World Junior Championships	Barcelona, Spain
14 -15 July	Emerald Track and Field Carnival	Emerald
21 July	Mt Isa Athletics Carnival	Mt Isa
22 July	ABC Radio Half Marathon	Darwin, NT
27 July	London Olympics Opening Ceremony	London, England
27 – 29 July	Coral Coast Track and Field Carnival	Cairns
28 July	Whitsunday Pentathlon	Proserpine
29 July	ABC Half Marathon	Alice Springs, NT
29 July	Queensland Mountain Running Championships	Brisbane
4 August	Oceania Cross Country Championships	Hamilton, NZ
5 August	MacDonald's Townsville Running Festival	Townsville



*School children from the Western Region practicing their sprinting skills*

# A Guide to 'Kids Athletics'

by Dayne O'Hara

Our sport, athletics is made up of the fundamental skills of running, jumping and throwing. Easy skills compared to most other sports in today's society. Yet many teachers, coaches and parents find it hard to teach children these fundamental skills in a fun and exciting way. This results in boredom for many children, especially children below the age of 12, and consequently causes many children to have an undesirable feeling towards athletics.

So, how can we as teachers and coaches of athletics make our sport fun and exciting? The answer to this is simple – fun, enjoyable, short activities that may or may not be competitive. These activities are formed around the basic techniques of running, jumping and throwing.

One sport session between 30-50 minutes could have three to five activities that cover the basic techniques of a chosen athletics discipline. Some of these sessions could even cover a range of disciplines. However, coaches and teachers should remember that the more disciplines you have in one session, the less likely the child will likely to retain the techniques learned in that session.

As a general guide to form fun and exciting sessions for children, a different example session will be available in each issue of the ANQ Times. This issue will look at Sprints.

The following session plan has been designed around getting kids to sprint on their toes, getting their knees high, straight back and running with their head looking straight ahead.

## Follow the Leader

A great way to warm up! Children follow the coach's actions such as jogging sideways, backwards and forwards, as well as trying to run like a dog (on all 4's) and moving like a crab (chest facing to the side and on all 4's)

## Ladder Relay's

-  Two sets of agility ladders are placed alongside of each other, with four cones placed 1-2 meters on each end (see left picture).
-  Children line up equally behind each cone.
-  One side starts where the children need to run on their toes in every box in the ladder. Once at the end on the ladder the children need to either pass a ball/baton or high five the next person in line.
-  When everyone has had a run they need to sit down behind their lines.

You can also modify this activity by:

-  Getting the children to race with high knees
-  Change the baton to a smaller object.
-  Adding extra points to the race such as the loudest group cheering on their fellow teammates will get an extra point

## Hurdle Relay's

Hurdles are set up in two lines (normally 5 small yellow kid's athletics hurdle) with around two meters between each hurdle. Children will run back and forth as a relay. This is the same as Ladder Relays. The main focus is to try get the children looking straight ahead and not down at the hurdles.

The above session plan is a guide to teachers and coaches only. Each activity may need to be varied depending on the age and skill of the children

Dayne O'Hara  
Development Officer  
Athletics North Queensland

### SIMPLE YET EFFECTIVE



### QUALIFICATIONS / INFORMATION

Would you like more information or resources on coaching for all ages and disciplines?

Would you like to be a qualified coach?

Would you like to do more coaching courses in different disciplines?

If so please contact the ANQ office or send an email to [development@athleticsnorthqld.org.au](mailto:development@athleticsnorthqld.org.au)

 Find us on Facebook

[www.facebook.com/AthleticsNorthQueensland](http://www.facebook.com/AthleticsNorthQueensland)

# Copperlode Cup

by Bec Tucker

It was a perfect, cool, clear morning for Cairns to stage the annual Copperlode Cup along the winding and hilly Lake Morris Road, without a doubt the most beautiful road in Cairns. At 7:30am, 50 individual runners and two teams lined up to start the 16km (not quite) journey along the damp road, hoping to beat the record set by Brad BEVAN in 1996 of 54:45, or for the ladies, Marion CANUTE in 1997 1:03:34.

They're off and racing to get to the top, and John VAUGHAN already has his eyes set on the finishing line to get his share of the food. John has missed the Copperlode Cup for the last few years due to 'sleeping in' (thanks Heather for reminding him). One of the highlights of Copperlode Cup is the finish where competitors and their families can relax and enjoy the view in the picnic area with food, lollies, fresh fruit, tea and coffee, before making their way back down. What a great way to spend a Sunday!

Driving past all the competitors I notice, and this is something I haven't observed before, is that there is a lead 'pack'. What a strong group to lead the way! I'm used to seeing one or two dominant race leaders and this just goes to show what a great standard of fitness, camaraderie and competition we had enter this race. Who will battle it out and shake the others off to take the title?

At the top of the kiosk, our volunteers eagerly wait to see who will round the bend first. In first place, Steve CUNNINGHAM rounds the bend and crosses the line in 1:05:58. In a tie for second place was Paul

Ryan and Tim McGrath (01:08:14) and third place for the men was

Robbo Robinson (01:10:39). The ladies weren't far behind with Andrea HARGREAVES in first place (1:15:25), Emma Rooke in second place (01:15:58) and Moniek DeKievith in third place (01:26:12).

A special mention goes out to team 'Tough Nuts' made up of junior Club members (Ronan Courtney, Rex Harriss, Kye Kudo and Trent St Amand) who absolutely smashed Lake Morris Road running approximately 4km each in an amazing total time of 1:20:33! Well done boys!

A huge thank you to our sponsor Amanda Gale Physiotherapy and Wellbeing for kindly donating the first place male and female prizes today. Steve CUNNINGHAM got first pick between a beauty treatment or massage. Steve chose the beauty treatment and very quickly changed his mind and took the massage. Andrea HARGREAVES will be pampered with a beauty treatment. We don't know this for sure, but Steve may have swapped with Andrea while no one was looking....

A big thanks to Alan Courtney for kindly donating the competitor spot prize of a free entry to the Cairns to Kuranda Train Race, won by Scotty Yeoman and to Steve Johnston for donating the volunteer prize of a \$25 Cock and Bull voucher won by Karen St AMAND.



Shout outs go to all the volunteers, without them this event would not have been possible! Rosie BALL, Lisa HANSEN, Kev MORRISSEY, Karen St AMAND, Sherilyn BROWN, Nick BRADT and special mention to Athletics North Queensland Development Officer, Dayne O'HARA. Thank you all so much for your help!

Congratulations all competitors and age group place winners! After inhaling some cold meat platters (IGA Pease Street) on rolls, fruit, lollies, tea and coffee, the day and journey was not over. Many competitors decided to run back down! Hope you had a great morning, you keen road runners!

For full race results and photos on the Cairns Road Runners Website and Facebook pages. The Babinda Boulders Bash has been cancelled, so our next events are the Koah 15km Race and the Relay for Life on 16 June, followed by the much anticipated Three Marathons in Three Days on 6-8 July

## Upcoming Cairns Road Runner Events in July

- 1 Mt Haig Training Run
- 6-8 3 Marathons in 3 Days
- 14 David Todd Memorial Mile Race
- 16 Beginner Runners Clinics
- 22 Mt Haig Trail Marathon
- 28-29 Christmas in July Weekend Away



# The Official Line

by Catherine Welsh



**Queensland**  
COUNTRY  
HEALTH FUND

## Blowin' Bowen

Bowen lived up to its windy reputation for the Bowen T&F Championships on May 26/27. Congratulations to the Bowen Club, officials, athletes and families for keeping smiling through the cold wind and rain! David Gynther, CEO of Queensland Athletics was there to experience a country carnival at its best and spoke to many people, both at the competition and at the well-attended bar-b-que on Saturday evening.

## Gold Medal Standards

The tech crew Gold Medal Award for the tidiest area at the end of the day at ANQ major competitions is judged on a variety of criteria, depending on the area of competition. Here is some inside information for those striving for this prestigious award!

- All tapes wound up
- Runway markers and sticky tape removed (markers in box, tape in bin)
- All equipment neatly placed together for easy pick up
- Hammer/shot holes filled with sand
- All rubbish in bins.

## North Queensland Games

Mackay 23/24 June was a cold, wet and windy weekend! With many of our regular officials not available we depended on the Southern area clubs supporting with their officials and they did well. I suggest that those Southern Clubs encourage their members to complete some official's qualifications to help their

knowledge and confidence. The AA online education program will be launched soon and will make it so much easier for people in regional, rural and remote locations to obtain qualifications.

## Oceania Area Championships

27-29 June in Cairns was a huge success and the weather was much kinder! Our officials worked hard at this higher level and excelled! Congratulations to everyone.

## New Officials

I have been told that we have 18 newly trained officials from Longreach and Cairns regions. Thank you to Jim Minehane for conducting the recent courses and exams. Congratulations to all those who are now qualified. I am looking forward to seeing you all at future competitions

## Signing Off Experience

If any of you have practical experience cards for B level qualifications, from Mackay or Cairns to be signed off, make sure you document what you did and bring the card to ANQ Championships. Brian Smith, Jim Minehane or I will be happy to sign them for you.

## Club Championships

Our season is now in full swing with upcoming competitions in Emerald, Cairns, Longreach and Whitsunday to name a few. Check the ANQ website for the latest information.

## ANQ Championships

28/29/30 September is our next major ANQ competition. Please mark your calendars and the call for nominations will be out soon.

Catherine Welsh  
Director of Officials  
Athletics North Queensland Board Member

### SMILE FOR THE CAMERA



If athletes, parents or officials wish to officiate at future competitions please send an email to [admin@athleticsnorthqld.org.au](mailto:admin@athleticsnorthqld.org.au)

If anyone wishes to do an officials course to be a qualified official, please send your interest to [development@athleticsnorthqld.org.au](mailto:development@athleticsnorthqld.org.au)

# Nurturing Young Athletes

by Paul Di Bella

The term "nature versus nurture" is used to refer to a long-running scientific debate. The source of this debate is the question of which has a greater influence on development: someone's innate characteristics provided by genetics, or someone's environment. In fact, the nature versus nurture debate has been largely termed obsolete by many researchers, because both innate characteristics and environment play a huge role in development, and they often intersect.

Some people believe that nature plays a critical role in athletic development. People were born to be champions and nothing can change this eventual fate. Others believe that the way in which someone is raised is the critical factor, and that people raised to be champions would become champions.

Tiger Woods, and the Williams sisters have more in common than sports triumphs - they were all raised by determined parents with a strategy for making them elite athletes. But they're the exception, not the rule. Despite a handful of celebrated examples, rigid grooming techniques combined with ambition on the part of parents and coaches tend to backfire - more often undermining rather than nurturing young talent.

Studies suggest most elite athletes aren't pointed in a single direction as children, but are encouraged to be physically active and to experiment with a variety of sports until they find one at which they excel and make the independent decision to practice and pursue.

Parents typically aren't the most objective analysts when it comes to evaluating their children's ability and potential. Little Billy is bigger and faster than his peers and is going to be a future Olympic Champion. In fact, research suggests that late-blooming talent more frequently predicts adult athletic success.



So what exactly constitutes youthful athletic talent?

Speed and power are usually two of the most critical traits for up and coming track field athletes. Additionally, natural endurance, strength, and trainability can also indicate true athletic talent to the trained eye. In some cases, intuition can help. It's harder to evaluate the athlete who grows and matures late. Those that have speed at an early age usually keep it. Those who don't can sometimes develop it, but not always. The athletes that are often missed are those that develop and mature late and have not demonstrated the critical traits early on that constitute athletic talent.

Below are some of my recommendations on how to we can all help to nurture young track and field athletes.

Young athletes should have strong support system over a long period of time where they're encouraged, taught the fundamentals, allowed to have fun and granted the freedom to explore athletics as well as other sports. Parents should instil respect for hard work and discipline while advocating persistence, achievement and an optimistic outlook. Parents and coaches must

demonstrate confidence in the young athlete without imposing burdensome expectations. Ultimately it is the child's happiness and healthy development which should be the priority relegating winning and success to a secondary role. Coaches should impart technical expertise as well as psychological skills training - meaning they should mentally prepare the child for the rigors of participation and competition.

Lastly, coaches and parents should make the sport of athletics fun. What do you remember about your athletics involvement when you were young? What a lot of children will mostly remember about athletics is whether they had fun or not. If a child has fun, they generally want to stay involved, set goals and work towards them. Sport is supposed to be fun. It's easy for coaches and parents to forget just how motivating fun can actually be.

Paul Di Bella  
Dual Olympian  
Level 3 Sprints Hurdles and Relays Coach  
HPE Teacher: Pimlico State High School  
Director of Development  
Athletics North Queensland Board Member

**YOUR  
THOUGHTS  
AND IDEAS**

Do you have an article, photos or an even an event that you want to place in Issue 2 of the ANQ Times? Or would you like to suggest information that you think should go into future newsletter?

If so please send an email to [development@athleticsnorthqld.org.au](mailto:development@athleticsnorthqld.org.au)

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