

High Performance Newsletter – December 2013

Introduction by Simon Nathan:

This is the last High Performance Newsletter for 2013. The end of a year is a great time to look back and see what you could have done better in the last 12 months and to be sure that you are doing your best to avoid the same mistakes in 2014. Did you achieve your ambitions in 2013? Have you been totally honest with yourself about what went wrong and what you could have done differently? Could you have planned better? I believe the secrets to success are an honest self-appraisal and written targets and plans. Of course plans need to be reviewed and revised regularly as circumstances change, but without something in writing as a starting point, how do you know where you are going?

This newsletter contains lots of important details regarding the coming season, please read it carefully.

I wish you all a great holiday season and I hope that you achieve your aims for 2014.
All the best,

Simon Nathan

High Performance Director

To be added to the distribution list for this newsletter please email carol.grant@athletics.org.au including your name and email address.



2014 Representative events

2014 is a very busy season with many representative teams travelling around the world. It is very important that athletes nominate before the various deadline dates (below).

To nominate go to www.athletics.com.au and then click on the "Online Entries" button on the home page.

There are more details regarding specific Championships below.

Event	Nomination Deadline	Selection/Nomination Dates	Compulsory Camp Dates	Event Dates
IAAF World Indoor Championships	6 December	Initial Individual: 13 January Final & Relay: 18 February	N/A	7 March - 9 March
FISU World University Cross Country	31 December	Week beginning 10 February	N/A	22 March
IAAF World Half Marathon Championships	31 December	Week beginning 13 January	N/A	29 March
IAAF World Race Walking Cup	6 December	Men's 50km: Week beginning 16 December Other: Week beginning 3 February	N/A	3 May - 4 May
IAAF World Relay Championships	3 February	Week beginning 14 April	TBC	24 May - 25 May
IAAF World Junior Championships	7 March	Week beginning 17 March Combined events: Week commencing 7 April	27 June – 29 June TBC 6 July – 22 July TBC	22 July - 27 July
Commonwealth Games	10000m & Marathon: 12 December All others: 3 April	10000m & Marathon Initial: Week beginning 16 Dec Final: 12 May All other events Initial: Week beginning 7 April Final: 2 June	17 July TBC - 23 July	23 July - 3 August
Youth Olympics	TBC	Week beginning 14 April	Mid August TBC	16 August - 28 August

IAAF Race Walking World Cup

Note that any athlete who nominates for the **50k walk** at this event, but who is NOT selected, will be asked if they want to be considered for the 20k event as well.

IAAF Relay World Championships

We plan to send the following teams to the new IAAF World Relay Championships which will be held in the Bahamas in May:

Men: **4x100m, 4x400m** plus a **joint 4x800m / 4x1500m** team

Women: **4x100m, 4x400m** plus a **joint 4x800m / 4x1500m** team

The first eight teams in the 4x100m and 4x400m will win prize money and will gain automatic qualification for the World Athletics Championships in Beijing in 2015.

The selection policy for the World Relay Championships will be posted on the AA web site before Christmas.

IAAF World Junior Championships

Women's 5000m: The Women's U20 5000m at the National Junior Championships will be the trial race for the World Junior Championships 5000m. Any U18s wishing to compete for automatic selection must enter this event.

Women's 3000m: The Women's U18 3000m at the National Junior Championships will be the trial race for the World Junior Championships 3000m. Any U20s wishing to compete for automatic selection must enter this event. To be accepted U20s must have run at least 10:00.0. Only U18s will be awarded National Championships medals.

Commonwealth Games

Holding Camp

We are looking to organise competition opportunities in the UK over the middle weekend of the holding camp (19th/20th July). Participating in these competitions will be optional but please note the dates in your diary now – we will distribute more details in future Newsletters. Note that we do not want athletes to compete overseas during the compulsory holding camp period (see the table above) except for those athletes invited to the Monaco Diamond League on 18th July. Athletes wanting to compete in other UK competitions (other than the opportunities that we provide) will need permission in advance from the Head Coach.

Friends and family accommodation in Glasgow

The following is information and contacts for Sportsline UK Ltd who are offering assistance for families looking for accommodation for the Commonwealth Games in Glasgow. Athletics Australia have no connection with Sportsline but simply pass this on for your information:

Sportsline UK Ltd have set-up a Facebook page specifically for private houses that will be available for the Commonwealth Games next summer. They will be taking on quite a large number which will include a wide range from studio apartments to large country houses. As there will be a lot of athletes' family members and spectators looking for accommodation, private homes maybe a good option considering hotel space will be extremely limited.

If any families/spectators are interested in housing, they can contact us at either info@sportslineuk.com or info@commonwealthletting.co.uk

Facebook Link

<https://www.facebook.com/pages/CommonwealthLetting/418444028261693?fref=ts>

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Coaching

The AIS Competitive Innovation fund allowed us to bring Canadian Derek Evely to Melbourne to speak on the cutting edge of planning for athletes. Over 60 coaches attended and the feedback was extremely positive. If you would like to see a video of the presentations contact Kylie Italiano at kylie.italiano@athletics.org.au

The next speaker in this series will be Italian **Antonio La Torre**, a Professor of Physiology at Milan University and a well-respected walks coach in his own right. Antonio will be in Tasmania and will present on the **physiology of running events** before the Briggs Classic (1st February) and on the **walking events** after the 20km Race Walking Championships (2nd February). Attendance at these talks is free for licenced AA coaches – if you would like further details please contact jill.taylor@athletics.org.au as soon as possible.

Junior High Performance

A busy time for junior coaches and athletes:

National All Schools – Townsville 6-8 December.

- National Junior Coaches (NJC) involved in Talent Identification and meeting up with coaches, parents and athletes.
- NJCs and local Targeted Talent Program (TTP) state coaches meeting on Saturday 7th December at 8am.

U19 Summer Camp Dates

- **Walks** and **Endurance** in Melbourne - 11-14th December incorporating Zatopek and Australian 50km Race Walking Championships
- **Sprints** Canberra (AIS) - 13-17th December
- **Hammer** Tasmania (TIS) - 8-12th January
- **High Jump, Hurdles, Pole Vault, Combined Events, Javelin** – (TBC) - 13-19th January
- **Long Jump, Triple Jump** - Brisbane (QAS) - 23-27th January

Administration

To ensure the timely payment of invoices and reimbursements, in consultation with the finance department, we are implementing a new system. ALL invoices and receipts for reimbursement must be submitted to accounts@athletics.org.au in the first instance. You can copy in the relevant HP staff member if you wish. This new process should iron out some of the issues a few people have been experiencing recently.

Research Project

“An examination of the key factors and influences associated with the development of elite junior and senior Australian athletes.” **Di Huxley**

Many current and past elite junior and senior athletes will have received an email seeking their participation in research being carried out by Di Huxley. Di has been involved in athletics for over forty years from grassroots level through to High Performance. She acted as a coach and manager for many Australian teams from 1997-2004, as well as holding coaching/coordinating roles at the TIS, NSWIS and the AIS before switching her focus to research in recent years. She is currently completing her PhD at Sydney University around elite athlete development and welcomes your feedback, opinions and input.

For those who would like to participate and haven't already done so, the link to the online survey is as follows:

<http://faculty.edfac.usyd.edu.au/limesurvey/index.php?sid=98442&lang=en>