

High Performance Newsletter – April 2013

Introduction by Simon Nathan:



As you may know I started as Athletics Australia's High Performance Director on Monday 18th March. I have relocated from the United Kingdom where I worked in athletics since 2000. I first competed for an athletics club, as an under 13, in 1977 and started coaching in 1989. I was Head Coach for Northern Ireland at the 2002 Commonwealth Games, Head Coach for Britain at the 2005 World Student Games and Team Manager for Britain at many competitions including the 2008 and 2012 Olympic Games. In total I've been a personal coach, team coach, team manager or team leader at 32 major championships and 47 other international matches.

My job in Australia is to lead the High Performance programme (Olympic and Paralympic), improve communications and ensure the best possible results at our key events which are the Olympic Games, Paralympic Games, World Championships and the Commonwealth Games. I have initially been contracted through to October 2016.

My philosophy is that success depends on a clear direction for the best athletes working with world class coaches and great service providers in good facilities and competition programmes. You'll see this philosophy behind all of the plans and strategies over the next few years.

This is a time of huge change for High Performance in Australia as the Australian Sports Commission's "Winning Edge" strategy is rolled out. (See below for more details.) "Winning Edge" will affect our programmes at every level: athletes, coaches and institutes. For example as I write we are waiting to find out the Sports Commission's financial award to Athletics Australia for 2013/14. As soon as we have that information we can finalise and publish the support that we will offer Performance athletes and coaches after the World Championships.

To improve communications this newsletter will now be sent to a wider audience than before. Feel free to distribute it wider and if you know anyone who is not receiving a copy they just need to email carol.grant@athletics.org.au and ask to be added to the distribution list. We'll normally send a newsletter at the start of every calendar month. At times of high activity we will also send an issue in the middle of the month. Over the next few months we will also be updating the High Performance areas of the Athletics Australia web site: www.athletics.com.au/home/high_performance

If you want to say hello to me personally, I will be at the Melbourne World Challenge and the Australian Championships in Sydney. Immediately after the Australian Championships I will be visiting each State to present and discuss my ideas on a group basis and to meet as many people as possible face-to-face. Dates and venues will be announced in this newsletter. After that tour is complete and I have taken account of your feedback I will publish the new Athletics Australia High Performance Plan which will run through to the Rio Olympic Games.

Simon Nathan

High Performance Director
April 2013

Staff Changes:

With Simon's arrival, Eric Hollingsworth has now moved into the position as Head Coach. Eric will work with our High Performance athletes and their coaches and be the Head Coach of the Flame team.

We said farewell to Rosie Ditton, also on 18th March. Rosie worked with Athletics Australia High Performance for over 4 years, first in the role of Junior High Performance Administrator and more recently as Target Talent Program Coordinator. At this time, her role has been absorbed into the Junior Program. For general TTP enquiries contact Sara Mulkearns. All TTP program members have been advised of which staff member to contact for queries relating to their tier in the program.

Nathan Sims is moving into the role of Operations Manager. He will continue to work closely with Eric in team management and support services for our Flame Athletes, as well as assisting Simon in areas such as selection policies, budgeting and communications.

What's happening in Senior High Performance?

World Championships:

Following the National championships the majority of the team will be selected. Athletes are able to post qualification performances up until the close of the IAAF qualifying period. Note that places will not necessarily still be available in your event after the selectors have met following the national championships.

Here are some dates for your planning:

Sunday 28th July – Tonbridge Camp opens

Thursday 1st August to Tuesday 6th August – Tonbridge Camp compulsory period for all athletes

Tuesday 6th August – Fly to Moscow

Saturday 10th August to Sunday 18th August – IAAF World Championships

World University Games:

Australian University Sport (AUS) has advised us that the levy for athletes attending the 2013 FISU World University Championships is \$6,950. Only in exceptional circumstances will athletes be able to compete in both this championship and the World Championships.

This team will be selected following the national championships. AUS has advised that this is the final entry deadline and we cannot add people to the team if they subsequently qualify prior to the World University Games.

Winning Edge:

There has been a lot of information in the media recently about the Australian Sports Commission's "Winning Edge" strategy. We have recently presented our plans to the commission and expect to have confirmation within the next few weeks as to our funding for High Performance. Once this has been determined we will be in a position to announce how we will support athletes under the National Athlete Support Scheme (NASS).

As part of the "Winning Edge" the AIS is being repositioned as the system leader. It is allowing sports and its athletes the ability to access the AIS facilities without the need to be an AIS scholarship holder. This will enable more High Performance athletes the opportunity to use the facility from time to time as part of camps, or for intensive injury rehabilitation.

What's happening in Junior High Performance?

In 2013 Athletics Australia will again run the **U17 Development squad** camp at the AIS 9-12th May 2013. Athletes need to apply online and must have discussed this program with their parents and personal coach. Personal coaches are encouraged to attend this camp and will be fully engaged in the program at the camp.

http://sitedesq.imgstg.com/site/index.cfm?fuseaction=display_main&OrgID=887

In a new addition to our program we will be running an **U17 Plus squad** camp at the AIS on 31st October-3rd November. Athletes will be talent identified via the U17 Development camp, results from the season and personal attributes identified across the camp. Personal coaches must attend this camp for an athlete to be selected. All U17 Plus athletes and personal coaches will be fully funded.

The **U19 squad** camp 1 will be held at the AIS on the 12-15th September. Athletes again need to apply online and discuss this program thoroughly with their parents and personal coaches. Personal coaches must attend the camps for an athlete to be selected. The personal coach program for the U19 squad athletes in 2012 was outstanding with positive reviews from all concerned.

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We will again be running our successful **summer camp** program as the second of the **U19 squad** camps. These will be for those athletes continuing with excellence. Athletics Australia will fund all athletes and personal coaches to the U19 camps.

The **World Youth team** has been selected after a successful Junior Nationals in Perth.

The World Youth team will attend a competition and education camp in Brisbane 6-9th June. The pre-departure period starts May 25th and ends 23rd June. All athletes must achieve the pre-departure standard in this period to attend the World Youth Championships in Donetsk Ukraine. The team will fly out on July 2nd via Dubai straight into Donetsk. The competition is 10-14th July. The team will fly home via an overnight stay in Kiev and return to Australia 17th July.

We will be again sending an U20 (1994 born only) squad to the **Mannheim Junior International**. This will be a two week tour flying out of Australia June 13th to the AIS European Training Centre in Varese, Italy. The athletes will compete in a warm up meet 22nd /23rd June and then the Mannheim International June 29/30th. The pre-departure period starts May 25th and ends 23rd June. All athletes must achieve the pre-departure standard in this period to attend this tour. Athletes are required to achieve one World Junior 2012 standard to be considered for this tour. Athletes will be selected after the senior Nationals and have up till then to post a qualifier. Athletes wishing to be considered for this tour need to apply online also.

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The **U21 squad** (1993 born only) will travel to Taiwan to compete in the Taiwan National Championships. The squad will depart 22nd May and return 28th May. Athletes must have achieved the Performance Matrix standard of a 20 year old athlete to be selected in this squad. This is an excellent international competition opportunity. Athletes will be selected after the senior Nationals and have up till then to achieve the 20 year old performance matrix standard.

What's happening in the PPP program?

2013 IPC Athletics World Championships – Lyon, France:

Dates

The dates for the World Championships are as follows:

Depart Australia for Nottwill, Switzerland 6/7 July 2013

Depart Notwill for Lyon, France 15 July 2013

Training/classification 16-19 July 2013

Opening Ceremony 19 July 2013

Competition 20-28 July 2013

Closing Ceremony 28 July 2013

Depart Lyon for Australia 29 July 2013

Further information can be found at the IPC Athletics website -

www.paralympic.org/Events/Lyon2013

Selection

The selection policy and standards for the 2013 IPC Athletics World Championships were distributed widely and have been available through the Athletics Australia website since last year. As described in the selection policy all qualifying performances need to be performed at the various meets Athletics Australia had sanctioned by IPC Athletics. All athletes are required to nominate for selection via the Athletics Australia website prior to the Athletics Australia Australian Championships; check the AWD section for the details and process:

www.athletics.com.au/home/high_performance/awd

Staff

Nomination process is now open for team staff in the following areas – Medical, Coaching and Team Management. The nomination forms are available on the Athletics Australia website and applications close on 5th April 2013.

AWD Emerging Talent:

This year will see the introduction of a new AWD Junior Talent Program. The camp based support program will see Athletics Australia High Performance coaches working together with targeted developing AWD athletes. The program aims to transition athletes into the Paralympic Preparation Program (PPP) by assisting them to reach their full potential.

Mimicking aspects of the PPP, the program will work closely with the individual coaches of athletes to support and improve their everyday training environment. Weekly monitoring, the submission of annual training and competition plans as well as state satellite visits will be important contributors to the programs success.

International Classification - QLD State Championships:

Following the success of last year, Athletics Australia partnered with Queensland Athletics and the Australian Paralympic Committee to offer an International Classification opportunity in conjunction with the 2013 QLD State Athletics Championships.

Classifiers from across the globe travelled to Brisbane where they viewed an estimated 50 athletes across three impairment groups (Physical Impairments, Vision Impairments & Intellectual Impairments). Once an athlete has been through the International classification process and is deemed eligible, their results are recognised by the International Paralympic Committee, making them available for Australian team selection. The group includes a number of promising junior Australian athletes pushing for selection to the 2013 IPC World Championship team.

Approximately 100 Athlete's with a Disability entered the championships last year, which provided a quality IPC sanctioned competition.

2014 Commonwealth Games, Glasgow – Para-events:

As has been the practice since 2002 there will be AWD or Para-events to be contested in the 2014 Commonwealth Games in Glasgow. The events on the program are as follows:

Men's T37 100m

Men's T54 1500m

Men's F42/44 Discus

Women's T12 100m

Women's T54 1500m

Women's F37/38 Long Jump

The selection policy and team details will be released in line with the ACGA procedures.