

# High Performance Newsletter – April 2013

## Issue 2



### Introduction by Simon Nathan:

I enjoyed watching my first National Championships in Sydney, especially the athletes who had timed their season to perfection by producing season bests, personal bests and some, even better, qualifying for the World Championships on the day. Congratulations to the athletes, their coaches and all the other people that it takes to produce a great performance on the day that it is needed.

If any of you would like to hear my vision for AA's High Performance through to the Rio Games I will be giving a series of open presentations at the venues and dates below. If you have an issue that you would like discuss in person I will be available to meet in private after each meeting. The dates and venues are set out below. Some details are yet to be confirmed but please put the dates in your diary now. All updates and changes will be posted on the AA web site (on the High Performance page).

<b>Date / Time</b>	<b>City, State</b>	<b>Venue</b>
Thursday 2 May 7:30pm - 8:30pm	Adelaide, SA	Santos Stadium Function Room
Thursday 9 May 7:30pm - 8:30pm	Brisbane, QLD	Details TBC
Tuesday 14 May 7:30pm - 8:30pm	Melbourne, VIC	Cathy Freeman Room, Athletics House
Thursday 30 May 7:30pm - 8:30pm	Perth, WA	Details TBC
Thursday 6 June 7:30pm - 8:30pm	Sydney, NSW	Olympic Park, details TBC

You are welcome to just turn up on the day to see the presentation but if you could email [carol.grant@athletics.org.au](mailto:carol.grant@athletics.org.au) to say that you are coming we can ensure the correct amount of tea and biscuits are available. You must email [carol.grant@athletics.org.au](mailto:carol.grant@athletics.org.au) in advance if you want a one-to-one conversation.

In the rest of this newsletter you will see updates on the High Performance Department's activities at the moment. It is a very busy time for every member of staff. Coaches and athletes should read their relevant section carefully as there is a lot of useful information here as well as on the Athletics Australia (AA) web site.

### Simon Nathan

High Performance Director

PS: Six hundred and seventy-two people received my first High Performance Newsletter and I'm pleased to say that another forty-two have asked to be added to the list to receive this second edition. If you know anyone else who should be included on the distribution list, or who simply want to be added, then please ask them to email [carol.grant@athletics.org.au](mailto:carol.grant@athletics.org.au) including your name and email address.

## Rio Olympic and Paralympic Games

- Early stage planning continues for the Rio Olympic and Paralympic camps. In May Eric Hollingsworth and Andrew Faichney will be travelling to Brazil to inspect possible sites for the camp and the progress of the facilities in Rio.

## IAAF World Championships

- The selection policy and latest **team selections** can be found on our web-site.
- All athletes that are in the frame for selection will have **individual meetings** with the Head Coach (Eric Hollingsworth). These meetings are currently being arranged and will take place in late April / early May. The targeted athletes include:
  - Pre-selected athletes
  - All athletes with World Championship A & B qualifiers
  - Those that are close to achieving these standards
- Nathan Sims is currently arranging **visa** invitation letters for Moscow. Anyone who wishes to apply for a visa at a Russian embassy outside of Australia please contact Nathan **immediately** so he can arrange the correct invitation.
  - **If you are an athlete** that hasn't yet nominated for selection please do so **immediately** including your full passport details. Without that he cannot arrange an invitation letter for you. Please be proactive rather than wait for selection and leaving it to the last minute!
  - **If you are a personal coach**, please provide Nathan with a copy of the photo page of your passport and he can also arrange an invitation letter for you. A simple picture emailed from your phone will do. **Do not leave it until July.**

## Relay teams

- Opportunities for the women's 4x100m and 4x400m teams to qualify for Moscow are being arranged in Asia (Asian GP circuit) and at the Taiwan Open Championships. Potential team members will be contacted directly. It is vital that these teams qualify and so we wish them the best of luck.
- A sprints / relay camp is being held in Canberra from 21 – 24 April. This is the starting point for the relay program through the Rio Olympic Cycle incorporating the 2013 World Championships in Moscow, 2014 World Relay Championships in the Bahamas, 2014 Commonwealth Games in Glasgow, 2015 World Championships in Beijing and the 2016 Rio Olympic Games.

## IPC World Championships

- The Selectors are meeting this week to make the next round of selections for the team which will be announced on the AA web-site.
- Key dates for the team are as follows:
  - Sunday 7 July Depart Australia
  - Monday 8 July Arrive Nottwil, Switzerland for week training camp
  - Monday 15 July Travel to Lyon, France
  - Tue 16-Fri 19 July Classification
  - Friday 19 July Opening Ceremony
  - **Sat 20-Sun 28 July IPC World Championships**
  - Sunday 28 July Closing Ceremony
  - Monday 29 July Depart Lyon for Australia
- The Paralympic Programme Manager (Andrew Faichney) will be in contact with all athletes and coaches after selections are made to work with the relevant team event group coaches and the individual athletes and their coaches on their preparation period in the lead up to the championships.

## World Youth Championships

- All World Youth athletes are preparing well at this stage and all are completing the online weekly monitoring to assist the National Junior Coaches, (NJC formerly known as NYEC) team coaches and medical staff in tracking how each athlete is going. The World Youth team will compete at an education and competition camp in Brisbane June 6-9th. We thank Queensland Athletics for their support with this important competition. The team departs Australia 2nd July flying straight to Donetsk, Ukraine via Dubai. The competition is 10-14th July with the team departing for home on 16th July via Kiev.

## Other 2013 Championships

- World University Games team is due to be announced imminently. Athletes named in this team that are subsequently selected in the World Championships team will be withdrawn from the World University Games team.
- Oceania Championships team will be announced next week.

## Junior Squads

- The **U17 Squad** of 80 athletes will meet for a four day camp at the AIS 9th -12th May. All personal coaches are invited and we have acceptances from 35 coaches at this stage. Any other coach of an U17 squad athlete can still join the personal coach program by emailing [kylie.williams@athletics.org.au](mailto:kylie.williams@athletics.org.au)

Further details can be found by clicking here -

[http://www.athletics.com.au/home/news/news/2013/april/u17\\_80\\_added\\_to\\_squad\\_for\\_201](http://www.athletics.com.au/home/news/news/2013/april/u17_80_added_to_squad_for_201)

For the first time a group of **U17 Para-athletes** (thirteen) will be part of this squad. The fully integrated program will see sprints, jumps, throws and wheelchair track athletes training and learning alongside their able-bodied counterparts.

- The **U20 squad** are very fortunate to be able to train at the AIS European Training Centre(ETC) in Varese, Italy. The squad will depart Australia 13th June and train at the ETC until 20th June. They will then travel to Mannheim in Germany where they will compete at a competition in Karlsruhe on 22nd/23rd June and then finally compete in the prestigious Bauhaus Junior Gala in Mannheim on 29th/30th June. Athletes will depart Germany July 2nd.
- The **U21 squad** will depart Australia to Taiwan 23rd May where they will compete at the Taiwan National Championships on 27th/28th May. They will return 29th May. These athletes are selected based on the 20 year old performance matrix standard. A short tour but an important international competition opportunity.

## New Staff

- It is a great pleasure to announce that Amy Hibbert is the newest member of the Athletics Australia staff and has started in the role of Para-athletics Development Officer. Amy's role will be to work closely with the Member Associations, Australian Paralympic Committee, School Sport Australia and all other key stakeholders to develop Para-athletics nationally. It is very exciting for this role to further enhance the participation focus of Athletics Australia's strategic plan in the area of Para-athletics.