

High Performance Newsletter – May 2013

Introduction by Simon Nathan:



There is lots happening in the High Performance (HP) world as we prepare for the European season. Athletes are also stepping up their performances led by Benn Harradine's new Australian record in the discus (subject to ratification).

Despite gallant efforts by the entire women's 4x100m squad sadly they didn't manage to qualify for the IAAF World Championships in Moscow. The women's 4x400m were unable to put a squad together due to injury issues and also won't be in Moscow. Hopefully both groups will refocus and show what they are truly worth in Glasgow 2014.

Later in this newsletter you will find lots of important details around the IAAF and IPC World Championships preparation, especially the holding camps. There are also notes on the World Youth Championships and World University Games preparation. Athletes and coaches should read very carefully.

The Junior HP have been just as busy running a very well attended U17 camp in Canberra, details in this newsletter.

We are still preparing the Commonwealth Games selection policy which we hope to publish as soon as possible.

Finally my round of High Performance presentations detailing my vision through to the Rio Games is continuing. So far I have presented in SA, QLD and VIC. The remaining dates and venues are below. As before, if you have an issue that you would like discuss in person I will be available to meet in private after each meeting.

Date / Time	City, State	Venue
Saturday 25 May 4:00pm – 5:00pm	Hobart, TAS	Domain Athletics Centre - Boardroom
Thursday 30 May 7:30pm – 8:30pm	Perth, WA	WA Basketball Centre, Ellis Room WAIS
Thursday 6 June 7:30pm – 8:30pm	Sydney, NSW	Ian Thorpe Theatre, Ground Level, NSWIS Building, Sydney Olympic Park

You are welcome to just turn up on the day to see the presentation but if you could email 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 in advance if you want a one-to-one conversation.

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.

IAAF World Championships

The Marathon and Walks selections were made on 12th May and will be announced ASAP. The **final selection** for the Championships is 29th July.

We will be testing the AIS European Training Centre in **Varese** (ITA) this European season, using targeted groups and athletes. Other Australian athletes will be preparing in **Cologne** (GER) which officially opens 8th June. Athletes will stay in a combination of hotel and apartments.

The first round of **staff announcements** will be made over the next week or so after approval by the International Tours Committee. The final announcements will be made ASAP after the final selection meeting when our accreditation numbers are confirmed by the IAAF.

Athletes still seeking selection should utilise the Queensland winter series meets.

Tonbridge Holding Camp

Athletics Australia's 2013 IAAF World Championships holding camp will be Tonbridge, Kent, UK. All team staff (coaches, medical, management) will be in attendance in Tonbridge.

Dates:

- The camp opens on **Sunday 28th July** 2013 (the day after the London Diamond League).
- The compulsory element of the camp starts on **Thursday 1st August** 2013. The only athletes for whom attendance is not compulsory are endurance athletes preparing at altitude – see below for details.
- The team departs for Moscow on **Tuesday 6th August** 2013.

Venue:

- Tonbridge School, Tonbridge, Kent.
- See www.tonbridge-school.co.uk for details including pictures, maps, etc.

Facilities:

- Accommodation is in two houses (Manor and Parkside) which are both located adjacent to the school facilities.
- Exclusive use of the athletics track.
- Ice Bath Room.
- 25m indoor swimming pool.
- Exclusive use of gym.
- Physiotherapy / massage room.

Services:

- All teams staff: coaches, managers, medical support etc will be resident in the camp.
- The new Asics uniform will be launched for the 2013 World Athletics Championships and will be distributed in Tonbridge.
- Personal laundry service provided free of charge.
- All meals are provided by the Tonbridge catering team. Meals can be tailored to specific dietary requirements. Menus provided by AIS nutrition department as a basis for the catering.

Access:

- The holding camp is for accredited World Championships team athletes, team coaches, personal coaches and other World Championships accredited staff.
- Non-World Championships accredited **personal coaches** can access the Tonbridge facilities, stay in the accommodation and share meals with the team. Access is only by prior arrangement with the Head Coach, Eric Hollingsworth. In general access will be given as long as the request is made in advance, there is space and the coach holds a current Athletics Australia Coach Accreditation. Any decision to withhold access will be made in consultation with the High Performance Director.

Costs: Athletics Australia will pay for access to training facilities. Personal coaches must buy their own appropriate insurances. Personal coaches may stay in the holding camp accommodation at their own cost, if there is enough space, otherwise they must make their own arrangements for off-site accommodation. Meals can be shared with the team in Tonbridge if paid for in advance. Accommodation and meal prices will be confirmed ASAP.

- **Training partners** and Non-World Championships accredited **personal therapists** can only access the camp by prior arrangement with the Head Coach. In general access **will not** be given. Training partner access will only be given if the request is made in advance and, in the opinion of the Head Coach and the High Performance Director, there is a very clear performance advantage to the training partner having access. Personal therapist access will only be given if the request is made in advance and, in the opinion of the Head Coach, the Chief Medical Officer and the High Performance Director, there is a clear performance advantage to the therapist having access.

Costs: In the exceptional case that access is granted, Athletics Australia will pay for access to training facilities. Training partners / Personal therapists must buy their own appropriate insurances. They may stay in the holding camp accommodation at their own cost, if there is enough space, otherwise they must make their own arrangements for off-site accommodation. Meals can be shared with the team in Tonbridge if paid for in advance. Accommodation and meal prices will be confirmed ASAP.

- Other friends, family, agents, supporters, etc cannot access Tonbridge. There are plenty of places in the town itself to arrange to meet.

Competing during the compulsory hold camp dates:

- During the holding camp period athletes will not be allowed to compete abroad. Competing domestically in the UK is different as some athletes will have to prove fitness at various stages. Competing in the UK can only be done in agreement with the Head Coach and in general will only be to prove fitness.

Endurance Athletes preparing at altitude:

Athletes can remain at altitude (not attending Tonbridge) and travel straight to Moscow under the following circumstances:

- They have done so in the past and can show quantitative data that shows that it works (ideally personal physiological testing data).
- Their event only has one round in Moscow and they are not doubling up (essentially this restricts athletes to those in the 10,000m, Marathon and Walks).
- They can show that they have appropriate coaching and medical support in their altitude camp.
- If they have not previously finished in the top 8 at an Olympics or World Championships they will have to cover all of their accommodation costs plus their flight costs into Moscow (unless they join AA's flight from London on 6 August). Should they finish in the top eight in Moscow we will refund their Europe to Moscow flight cost (against receipts) and, subject to budget, we will contribute to altitude accommodation costs pre-Glasgow should they follow the same pattern in 2014.
- We are planning to discuss with AIS if their European Training Centre will include an altitude element going forward and if we can access the accommodation and services free of charge for athletes preparing for a Championships. I'll keep you updated.

Uniforms:

The new style Flame uniforms will be distributed to athletes in Tonbridge.

Flights:

Nathan Sims will be contacting selected and / or qualified athletes to lock in their flights to AND from Europe as well as Moscow connection starting next week.

Visas:

Athletes and officials are reminded to get a copy of their passport photo page to Nathan to begin the Moscow visa invitation process. Passports must have 6 months validity post August 18, i.e. Not expire before 18 February 2014.

IPC World Championships

Flight Arrangements

As previously advised the team flights for the IPC World Championships are departing on 7 July 2013 with Emirates Airlines.

These flights will be arranged from your nearest international airport and will be departing from that international airport in the evening of 7 July. If you are departing from a regional city/town your domestic flight will be departing to arrive in Syd/Melb/Bris for an approx. 2100 international flight.

The team will join in Dubai where the final leg – Dubai-Zurich – will be done as a group. The first leg of the return flight again will be completed as a group – Lyon-Dubai – and then all athletes/staff will return from Dubai into their nearest Australian international airport, and on to their regional city/town if necessary.

These flights will be confirmed with all selected athletes next week. All athletes selected at the Final Selectors Meeting will be advised of their flights straight after their selection announcement.

Any individual flight requests received to this stage have been provided to the Travel Agent and no more will be received at this time. A process will be advised next week for all future flight individual arrangements – this will likely be the responsibility of the individual after the flight has been ticketed. All additional increased costs to the original flight quote will be passed on to the individuals.

As previously advised the schedule for the team is as follows:

7 July depart Australia
8 July arrive Nottwil, Switzerland
15 July depart Nottwil/arrive Lyon, France
16-19 July Classification
19 July Opening Ceremony
20 July Start Competition
28 July End Competition
29 July Depart Lyon, France
30 July Arrive Australia

Team Camp and Pre-departure Competition Availability

There will be no team camp prior to departure for the World Championships. There is no specific pre-departure competitions that athletes must compete at, however there are a number of competitions in ACT, NSW and QLD. These competitions are available on the respective Member Association websites.

Training Plan and Pre-departure Performance Requirements

All selected coaches and athletes must now submit their training plan and testing protocols/pre-departure performance objectives. The training plans are required to include all phases/cycles and testing that will be completed between now and competition at the World Championships. These need to be submitted to Andrew Faichney by Wednesday 22 May. Any questions surrounding these plans should be submitted directly to Andrew Faichney.

Uniform

All selected athletes will receive a uniform form to complete next week. All athletes selected at the Final Selectors Meeting will be advised straight after that. This uniform form will need to be completed and returned to AA by the due date.

Staffing

The staffing appointments are now with the International Tours Committee for approval and will be announced once this approval process is complete.

Nottwil/Lyon

The wheelchair athletes are travelling to Nottwil next week for the Swiss Championships – good luck to all competing. Should there be any specific requests for information on either the camp in Nottwil or the World Championships in Lyon please forward these to Andrew Faichney so the information can be gathered during this tour.

U17 National Camp

A group of thirteen Para-athletes attended the U17 National Camp at the AIS from May 9th – 12th. The fully integrated program extended from the classroom to the track and for the first time at an Athletics Australia U17 National camp Para-athletes trained alongside their able-bodied counterparts throughout some impressive sessions.

World Youth Championships

The World Youth team are busy training for their upcoming trip to Donetsk, Ukraine. Departing Australia July 2nd the team has a few days to acclimatise before the competition July 10-14th. The team has a day in Kiev, Ukraine on the 15th July then fly from Kiev on the 16th July to Australia, arriving 17th or 18th July depending on connections. The pre-departure period starts 25th May and finishes 23rd June. Athletes are required to post a pre-departure standard in this period to satisfy the selection criteria to compete for Australia. The team will meet in Brisbane for a competition and education camp June 6-9th where they will be prepared for international travel and competition with various educational sessions and opportunities.

World University Games

Australian Universities Sports (AUS) are running this competition. If you have questions please contact Nadine Fromont on nadine.fromont@unisport.com.au

Nadine is contacting each selected athlete individually to confirm **travel arrangements**, they must be in the WUG village (Kazan) by 5th July at the latest.

Athletes who **qualify for the IAAF World Championships** will need an ADDITIONAL visa to return to Moscow. If you are not sure what that means for you then contact, **Nathan Sims**. Be sure that this is sorted out in advance.

World University Games athletes WUG who plan to **remain in Europe** between the WUGs and the IAAF World Championships selection (either because they have qualified, or they are still trying to qualify) should make their way to Cologne (GER). Please be sure that **Nathan Sims** and **Eric Hollingsworth** are aware of your plans in advance.

Junior Squads

The U17 squad camp was run last week and was a fabulous four days filled with learning, networking, training, education and even some fun! 80 athletes inclusive of 13 AWD athletes attended the camp at the AIS and they worked their way through training, case studies, education sessions in nutrition, sports psychology, recovery education, ASADA workshop, Illicit Drugs education, alcohol education, guest speakers and more.

The personal coach program was our biggest ever with 41 personal coaches attending and it was also our biggest ever number of female coaches with 14. A fantastic enquiring group, each event group worked together with their National Junior Coach (NJC) on planning, strength and conditioning, the individual needs of the personal coach, what it takes for success at World Junior level, long term development, coaching females, technical demonstrations and drills, video analysis and processes for continued coach contact with the NJC over the next 12 months.

The U20 Varese/Mannheim athletes are also getting prepared for their tour. Departing June 13th and heading straight to the AIS European Training Centre in Varese, Italy the athletes will train and settle into the European time zone. The squad will leave for Mannheim on June 20th, competing in Karlsruhe 22/23rd June. The Bauhaus Junior Gala is the U20 International competition in Mannheim which is the major competition highlight of this tour. Competing on 29/30th June, this competition has been a successful one for Australian juniors in the past two years with three U20 Australian records being broken. In a World Youth year (U18) this is a wonderful competition for our U20 athletes. The pre-departure period starts 18th May and finishes 9th June. Again, athletes are required to post a pre-departure standard in this period to compete for Australia.

The U21 Squad athletes are departing on 23 May to compete in the Taiwan National Championships. The competition is on 26th/27th May and is of a good standard. This is a great opportunity for athletes to compete internationally as a senior athlete whilst developing towards a Flame team. A short trip, the athletes will head back home 28th May.