

## 1995 SUMMER SEASON

Many people in our club realize that we had problems during the 94/95 season, due partly to a lack of competitors and this was reflected by our on field performance. It has been generally acknowledged by club members that we needed to take steps to strengthen our club. The club survey was in response to this need and provided some useful feedback. Quite a few members of Tea Tree Gully also completed the A.S.A. Summer Competition Questionnaire.

At the Senior's committee meeting in July it was suggested that planning for the 95/96 season needed to start as soon as possible. As a result of this a brainstorming session was held on July 10th at the clubrooms. It was certainly successful in the bringing forth and discussion of many ideas and we now wish to work on ways of implementing them. The suggestions have been listed below and all members are invited to our next Planning for Summer meeting on Monday, July 31st, 7pm at the clubrooms. I'm optimistic about our club's future and our July 10th meeting showed that we have enthusiastic people who are seriously considering ways to make our club more successful, both on and off the field. All club members are welcome, so feel free to join us.

Noel Bray

President



### IDEAS FOR SUMMER SEASON

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#### RECRUITMENT

Little Aths U15s  
 Life Be In It promo 22nd Oct  
 Target winter sports  
 High schools - personal letters  
 Try Outs - more emphasis  
 Recruiting officer  
 Membership incentives  
 Each member recruits 1 other  
 Aggressive tactics

#### PROMOTION

Advertise now  
 Club Challenge other sports  
 Novelty events  
 Posters identify targets  
 Join LAs shopping centre promo  
 Business cards  
 Gully Runner  
 Phone-answering machine  
 Yellow pages

#### TEAM

Pre season comp  
 Emblem nick name  
 All club challenge  
 Team captain  
 Results published  
 Profile of athletes  
 Training together at Bulkana  
 Assoc coaches to visit centre  
 Alternative comp non O.S.F  
 Readable programme



#### SOCIAL

After comp back at club  
 More gatherings - family days,  
 rec centres, games nights,  
 camps, dinners.

#### GYM

Times & contacts  
 Equipment upgrade





### WINTER RESULTS

#### Patawalonga Relays \*\*\*\*\*

##### Vet men

Bob Pearce	9.55
Peter Worley	12.04
Doug Kewley	10.27
Noel Bray	10.30
	42.56

##### Open Men

Duncan MacDonald	10.00
Brett Worley	10.37
Bob Pearce	10.21
Daniel Judd	9.53
	40.51

##### Women

Linda Byrnes	6.25
Sue Worley	8.17
Renee Bryant	5.53
	20.35

A.S.A. X Country Championships  
C.B.C. Oval 2/7/95  
U/14 Men 2 Km M.Kolis 2nd

#### North Park Relays

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##### Open Men

Brett Worley	18.05
Roger Newell	20.28
Alex Genovese	18.10
Daniel Judd	18.16
	74.59

##### Vet men

Alex Genovese	17.13
Peter Worley	21.12
Noel Bray	17.43
Bob Pearce	17.11
	73.19

#### THROWS COACH

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The club is very pleased to announce that Caroline Perry will be coaching throws during the forthcoming season.

#### LEVEL 1 COURSES

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The A.T&F.C.A. are offering the following courses.  
Aug 12th & 13th Jumps or Throws  
Oct 6th-9th Full Events Course

#### MEETING

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### PLANNING FOR SUMMER SEASON 95/96 Mon July 31st

HOST DAY AUGUST 12th (SEE DETAILS ELSEWHERE)

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Our annual Host Day is again at Anstey's Hill and it is important that we have a good club turnout. Apart from taking part in the run you may wish to volunteer for a job on the day, or join in back at the clubrooms for afternoon tea. We will also be providing a b.b.q. for tea at a minimal cost, so B.Y.O. drinks. With your support we can make this successful social event.

Please offer your services to assist as a course marker, course marshall, timekeeper, finish marshall, canteen helper etc.

#### CITY TO BAY FUN RUN

SUNDAY 17th SEPTEMBER

The Club has been asked to provide at least 15 Officials to help at the finish of the City to Bay on Glenelg Oval. If you are going to be at the finish to collect runners or walkers, maybe you can help us out. It is good fun and quite rewarding (the Club benefits too - it receives \$10 for each Official supplied).

Please help by volunteering and giving your name to either our new President, Noel Bray or Jeff Page (365.2782). Thanks.



## TRACK & FIELD ATHLETICS WINTER TRAINING/CONDITIONING

An invitation is extended to all under age Senior athletes, all Little Athletes in the Under 11 to Under 15 age groups and any interested likely new members to attend winter or pre-season athletics conditioning at the clubrooms, commencing Monday evening, August 21, at 6.30pm.

Athletes already committed to a coach, club or training group are quite welcome to attend. It is a chance to meet other athletes before the start of the summer season, as well as start your fitness programme leading up to the track & field competition. Wear sports gear suitable for 60-90 mins. of physical activity (including floor exercises), non-marking sports shoes, with thick soles preferably, and track/warm up suit to put on afterwards.

For further information, phone Pat Todd (263.4285) or Jeff Page (365.2782).

## TEA TREE GULLY ATHLETICS CENTRE

### *CROSS COUNTRY HOST DAY* (Anstey Hill Recreation Park)

**SATURDAY 12th August 1995**

2.00 pm	U14,U16 & OPEN	4 km Anstey Hill Cross Country Fun Run
3.00 pm	OPEN Men & Women	8 km Anstey Hill Cross Country Run

(Assembly Area at Start/Finish site marked on map(see over)  
Entrance to Park off North East Rd opposite Tea Tree Gully Hotel)

**AFTERNOON TEA INCLUDED IN ENTRY FEE**  
of \$3 ADULTS \$2 CHILDREN (14 & under)

**TROPHY PRESENTATION & AFTERNOON TEA AT CLUBROOMS**  
AFTER LAST EVENT  
(Hot Showers available)



**TROPHIES**  
U14 Girls & Boys - 1st, 2nd & 3rd  
U16 Girls & Boys - 1st, 2nd & 3rd  
OPEN (4km) - 1st Male & Female  
OPEN (8km) - 1st, 2nd & 3rd Male & Female  
1st Veteran Male & Female

Get a group together now - mums, dads, children, school mates, workmates etc. and make an effort to start some training this month for the City to Bay Fun Run. Doesn't matter if you are to jog or walk - start exercising now.

**SUNDAY 17th SEPTEMBER 1995**

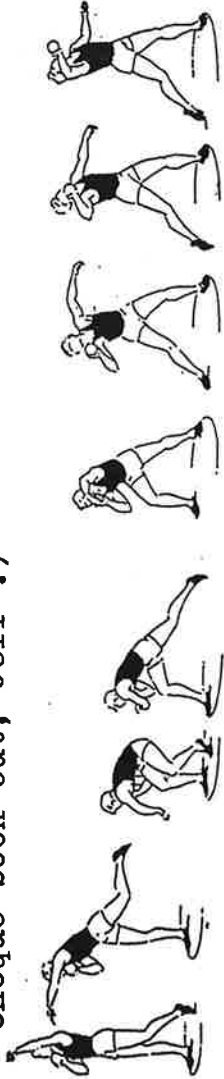
For your information, the following members are office bearers and/or coaches for the 1995/96 season of Tea Tree Gully Athletics Centre Incorporated, Senior Club:

Officer	Committee Position	Events Coached	Phone No
Noel Bray	President	Middle/Long distance	337-2235
Dave Turner	Secretary	Jumps, Sprints, Walks	251-3946
Mike Butcher	Team Manager	Sprints, General	336-3251
Treana Cossey	Registrar		263-4019
Pat Todd	Recorder	Jumps	263-4285
Jeff Page	Publicity and Promotions	Hurdles/Sprints	365-2782
Gloria Townsend	Social Secretary		263-7448
Tony Lauterio	General Committee Member	Walks	396-2154
Daniel Judd	General Committee Member		251-4761
Don Robertson			251-2153
Caroline Perry		Middle/Long distance Throws	2747545

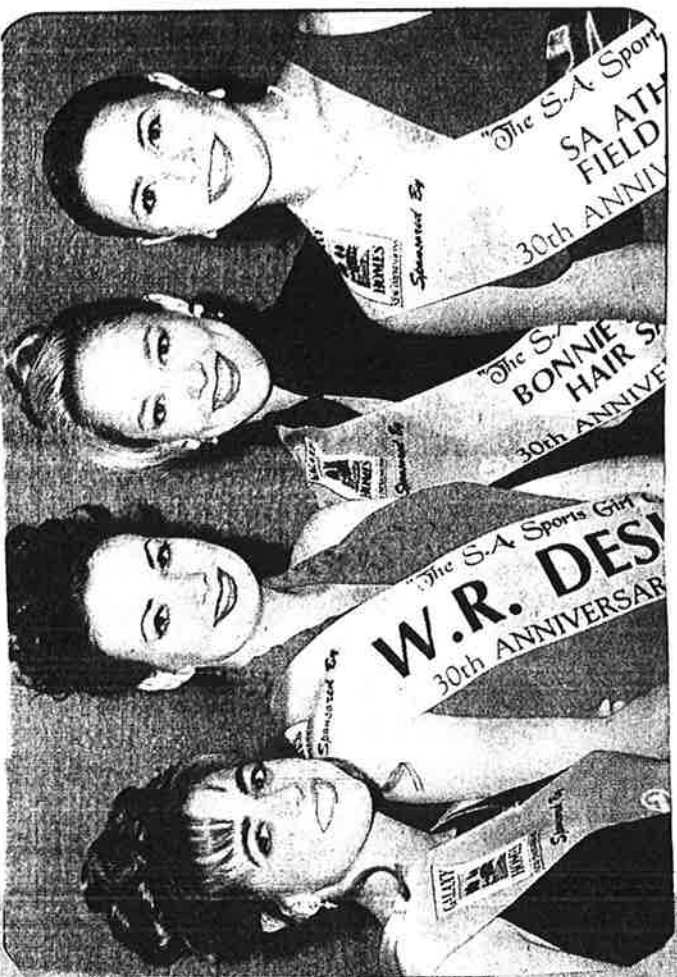


How far. Tea Tree Gully Athletics Club's Dimi Lekkas was one of the many competitors at a recent inter club meeting at the Olympic Sportsfield.

Dimi (above) has been selected in an Under 17 Representative Netball team and is currently in Singapore to play 5 or 6 matches against local teams during an 8 day visit. We hope that she has a successful tour. For her return trip home, Dimi expects to fill a second suitcase with brand new clothes purchased at the Duty Free shops !! (Looks like you will need to get the cheque book out, Jeff !!)



1. THE O'BRIEN SHIFT — The backward glide is the most efficient technique. Top line: the glide; bottom line: the delivery.



LEFT: Sports Girl, Francoise LaBouchardiere, second from right, and Charity Sports Girl, Kylie Stephanos, right, with fellow entrants, Ekaterina Kalatzis and Sarah Field, at the presentation ceremony.

### CONGRATULATIONS KYLLIE

Whilst recovering from an operation to remove some floating bone in her foot, Kylie Stephanos decided to enter the 1994-95 S.A. Sports Girl Quest, which raises funds for the Children's Research Foundation and for the Queen Elizabeth Hospital Research Foundation.

Kylie was crowned Miss Charity Sports Girl after raising \$16,955 from the quest's grand total of \$210,000. As part of her prize, Kylie heads off to London and Paris in September. Congratulations Kylie on a wonderful achievement, of which you can be justly proud. (Need someone to carry your bags?)

P.S. Kylie is now back to full training - hope to see her on the track this coming summer season; that is if she comes back home.

## RESULTS PAGE

### ATHLETICS S.A. STATE CHAMPIONSHIPS

Once again, there was a disappointing number of entries in the State Championships held at O.S.F. on the 22, 25 & 26 Feb. 1995. The following dedicated T.T.G. athletes excelled in the competition :-

#### Under 14 Men

Andra Knoll	1500mWalk	8.39.6	Gold medal
Steff Knoll	"	8.39.7	Silver medal
Michael Kolis	3000m	11.06.4	Silver medal
	T.J.	9.02m	Bronze medal
	800m	2.30.4	" "
	1500m	5.08.5	Silver "

#### Under 14 Women

Kristina Miller	1500mWalk	8.31.4	Silver
Brooke Townsend	3000m	12.15.5	Gold
	200m	28.9 (Ht)	29.0 (Fn1) 6th
	1500m	5.34.9	Silver
	400m	64.1	Bronze
Jasmin Cuff	200m	28.2 (Ht)	28.3 (Fn1) 4th
	T.J.	9.74m	4th
	100m	13.7 (Ht)	13.9 (Fn1) 4th
	L.J.	4.47m	Bronze
	80mH	15.0	Gold

#### Under 16 Women

Rebecca Lauterio	1500mWalk	7.19.6	Silver
Dimi Lekkas	Discus	31.66m	Gold
	S.P.	10.39m	"
	Jav.	33.02m	Silver
Phillippa McGuffog	Dis.	31.22m	Silver
	T.J.	10.46m	Gold
	L.J.	4.94m	Silver
	90mH	15.2	Bronze
Renee Bryant	800m	2.38.1	5th
	400m	68.1	(Ht)



#### Under 16 Men

Richard Skinner	200m	25.4 (Ht)	25.9 (Fn1) 6th
	800m	2.22.5	
	400m	58.6 (Ht)	
	100m	12.2 (Ht)	12.4 (Fn1)

#### Under 18 Men

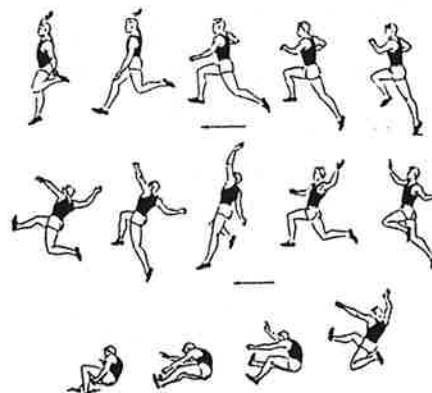
Duncan McDonald	3000m	9.07.1	Silver
	3000mSC	9.47.5	Gold
Quentin Fogg	L.J.	5.81m	5th
	H.J.	1.85m	Gold
	T.J.	11.62m	4th

#### Under 18 Women

Paula Lehmann	L.J.	5.50m	Silver
"	(Open)	5.28m	"
"	(U/20)	5.53m	Gold

#### Under 20 Men

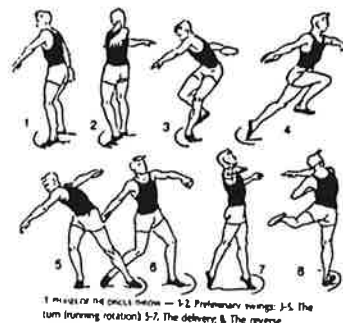
Andrew Strikis	T.J.	12.88m	Silver
	Jav.	46.92m	"
Chris Rawlings	Jav.	52.66m	Gold



## RESULTS (CONT.)

### Open Women

Caroline Perry	Jav.	42.04m	Silver
	Hammer	29.48m	4th
	S.P.	11.57m	Gold
Linda Byrnes	400mH	71.8	Bronze
	H.J.	1.65m	Gold



### Veterans Men

Stephen Smith	200m	25.2	Silver
	100m	12.4	"
	400m	57.2	Bronze
Robert Pearce	800m	2.07.0	Silver
	1500m	4.33.9	Bronze
	400m	55.9	Silver

### NATIONAL CHAMPIONSHIPS , ADELAIDE (24 - 26 March)

<u>Under 14 Women</u>	K. Miller	1500mWalk	8.48	
<u>Under 14 Men</u>	A. Knoll	"	8.02	Bronze (P.B.)
<u>Under 16 Women</u>	R. Lauterio	"	7.13	9th (P.B.)
	P. McGuffog	T.J.	10.76m	8th
	"	Discus	29.12m	12th
<u>Under 18 Women</u>	P. Lehman	L.J.	5.28m	10th
<u>Under 18 Men</u>	D. McDonald	2000mSC	6.11.0	6th

### NATIONALS, SYDNEY (2 - 5 March)

<u>Under 20 Men</u>	Andrew Bernacki	Pole Vault	4.40m	6th
	Geoff Coolen	400mH	54.79	(Semi final 5th)

### L.A. AUSTRALIAN TEAMS & MULTI-EVENT CHAMPIONSHIPS, DARWIN

Congratulations to Nicole Stewart who was selected in the S.A. Under 13 team and to Kane Ryan who was selected in the Multi-Event team. The Championships were held in Darwin on Saturday April 22nd and both turned in very good performances under lights in the cooler but still warm evening.

Nicole's results were:-

80m hurdles (Ht) 3rd, (Fnl) 7th 13.2 (P.B.)  
 L.J. 8th 4.60m ; T.J. 11th 10.27m  
 4 x 100m Relay 2nd Silver medal  
 (S.A. team came 5th)

Kane's individual results were not known, but apparently he did P.B.'s in nearly all of his events. Unfortunately, he was hampered by a nigling injury and ran the 800m very carefully, only to be beaten into third place by about 30 points.

### WINTER GYM & WEIGHTS WORK

Don Robertson (251.2153) - middle distance training under way from the Clubrooms Mondays 6.00 to 7.30 pm.

Mike Butcher (336.3251) - gymwork, Thurs. nights 7.00 to 8.00 pm.

The Gym. is also available for use when senior members are in attendance, currently at the following times:-

Mondays - evenings - Peter Bravey & Steve Moore

Tuesday evenings - Geoff Ryan & Tony Lauterio

Wednesday evenings - Pat Todd, Craig Todd & Stephanie Cossey

(Contact these people for attendance times if you wish to join them)

### JAVELINS FOR SALE.

Ex T.T.G. athlete Vicki Hoad and her father Don are looking to sell a blue 400 Apollo and a light green 600 Apollo javelins (both undamaged). Anybody interested in buying one or both should phone either Vicki or Don on 369.1192 (price negotiable).

# Exercise

## No pain, plenty of gain

**O**ne of the consistent characteristics that can be identified with highly successful people is their apparent endless fountain of energy – they have **stamina**. It is well acknowledged that one of the major contributors to levels of physical energy is the level of physical fitness.

Despite this, the *National Heart Foundation*, found that less than 10% of Australians exercise frequently or vigorously enough to improve cardio-respiratory fitness.

One major barrier to fitness is the lack of energy and lethargy that accompanies low fitness levels. When you are feeling sluggish, the last thing you want to do is to expend the final dregs of your energy on any kind of physical activity. Lack of energy perpetuates a lack of exercise which perpetuates a lack of energy.

The good news is, that physical exercise does not have to be excessive and the resulting lift in physical energy can be almost immediate.



### Aerobic exercise

The easiest and most valuable activity for lifting stamina is aerobic exercise. Dr Kenneth Cooper defined aerobic exercise as 'a method of physical exercise for producing beneficial changes in the respiratory and circulatory systems by activities which require only a modest increase in oxygen intake and so can be maintained'.

Regular aerobic exercise results in a slower resting heart rate, and increase in flow of oxygen around the body – both of which are associated with improved mental efficiency. In other words – aerobic exercise also improves *intellectual performance*.

Further, aerobic exercise is the most efficient way to improve physical fitness. You will achieve greater improvements per time spent than with any other exercise.

### Improving your fitness

To improve aerobic fitness, you can engage in any activity which will:

- 1 **Increase the heart rate to between 60–80% of maximum.**  
This is the point at which you are puffing, but are still able to talk or whistle.
- 2 **Use all the main body muscles** (arms, legs, trunk)
- 3 **Continues** long enough for the heart to habituate to the increased demand – about 15–20 minutes.
- 4 **Be frequent enough to maintain a training effect**  
– about 3–4 times per week

Your objective in exercising is to ensure your heart is working harder but not too hard. You are aiming at maintaining the target heart rate for 20 minutes. The target heart rate is the range between 60% and 80% of your maximum heart rate (MHR) and it is within this range that your cardiac efficiency will improve.

To determine the zone in which your pulse should be during the exercise, a rough guide to the formula is:

**220 minus your age (MHR) multiplied by 60%–80% (for women)**

**205 minus half your age (MHR) multiplied by 60%–80% (for men)**

The chart below will provide a guide to your target heart rate, although to determine your threshold accurately, you would require a graded exercise test. Your doctor could arrange this for you.

The simplest exercise to fit this formula is walking. An easy way of determining whether you have reached your target heart rate is to observe your own response. If you are puffing so hard that you can't comfortably talk, you have probably pushed yourself too hard. This level is not safe for training, and the activity will leave you oxygen depleted - ultimately leaving you fatigued rather than refreshed. If you are not puffing, you are probably not pushing yourself quite fast enough.

## How to begin

While aerobic exercise is probably one of the safest forms of improving fitness that you can engage in, if you are over 30 or have any health concerns, *don't begin until you have consulted your doctor.*

Whatever your present fitness level, when developing aerobic fitness it is important to **start slow - go slow**. If you have been sedentary for years start with a moderately paced walk for about 20 minutes. The pace of the walk will vary according to your age, weight and health. If you are healthy, the initial pace can be **comfortably brisk**.

Notice how far you can walk in the time allocated. Do this for three or four days, then gradually increase your speed - but continue to walk for at least 20 minutes. Take note of how long it takes you to walk the initial route compared to the first day. (The rapid improvement in aerobic fitness is a powerful motivator to help you maintain the activity).

If you believe you are too busy, take a friend or colleague and have a 'walking meeting', (lunch times are great).

Other exercises which will improve your aerobic fitness include swimming, singles tennis, dancing, rowing, cross country skiing, bushwalking, canoeing and surfing.

Forget the doctrine of 'no pain no gain'. If you have any pain, you are doing something wrong! You are pushing yourself too hard or have a medical problem. Stop the exercise and consult your doctor. Aerobic exercise is *no pain plenty of gain*.

To increase the flow of oxygen around the system (particularly to the brain), low level aerobic exercise will achieve these objectives with the minimum effort. A lifetime of fitness can be maintained in just 20 minutes of comfortable walking a day.

Since aerobic exercise will improve your concentration span, mid working day is particularly beneficial. During sedentary activity - the cardiovascular system slows down and becomes less efficient. Fatigue sets in after about four hours and concentration, clarity and ability to solve problems declines. A 20 minute bout of aerobic exercise will lift concentration back to prime levels for several hours. So a 20 minute brisk walk at lunch time not only clears the cobwebs, provides a welcome respite from the pressures of the job, reduces stress and provides 'thinking space', it will give you another three or four hours of prime clarity. You will be as bright and alert and capable as

you are first thing in the morning. The twenty minute break will repay itself many fold. **In fact, anyone claiming that they don't have time to take a break at lunch time is being counter productive. It is costing them time, clarity, creativity and their health.**

If you are amongst the 90% of Australians who do not exercise enough to sustain cardio-respiratory fitness, then perhaps you can raise your energy, stamina, well being, longevity and success potential in as little as one hour and twenty minutes per week.

You can start now - take a 20 minute walk today. The first tentative step into activity is the hardest. Take a friend, a family member or the dog. You might even enjoy yourself. ♦

Adapted from the book *Superworking: How to achieve peak performance without stress* by Susanne Rix. Simon & Schuster, Sydney, 1994.



Susanne Rix is an industrial psychologist based in Sydney. She conducts training programs for high achievers and potential high achievers. The program Superworking® is conducted regularly at the Australian Institute of Management, Sydney.

