

Senior News



PREMIERSHIP POINTS (INTERCLUB)

The Club is looking for all registered senior athletes to make an effort to come out to O.S.F. and compete for the second part of the summer season, in order to boost our Interclub Premiership points. Some teams are doing alright, whereas others are not and in order to make the finals each team must finish in the top four. The team standings as at 9/12/95 showed T.T.G. in the following positions:-

<u>MEN</u>		<u>WOMEN</u>	
"A"	- 7th	"A"	- 6th
"B"	- 3rd (narrowly)	"B"	- 3rd
"C"	- 2nd	U/18	- 4th (pressing 3rd)
U/18	- 7th	U/16	- 5th
U/16	- 7th		

Hats off to some of our parents for their support of the team. Treana Cossey (Registrar) and Pat Todd (Jumps Coach) have competed each week for the Club, mainly in the throwing events. Damien McQueen has also been a regular in the middle distance runs, and, of late, our Walks Coach, Tony Lauterio has competed in the sprints, even forming the anchor leg in one of the Relay Teams in the State Champs. So come on Mums and Dads, the Club depends on your assistance, either as an athlete, an official, a committee member or a coach - give it some thought. (Each week at Interclub we need to supply 6 Officials, otherwise we lose any points gained for the team on that day).

EDITOR'S RETRACTION

In the last edition of the Gully Runner, apparently it was incorrectly reported that Noel Bray's table of "schoolies" won the Club's Quiz Night. Bob Pearce was one of the members of that Champion team and wishes it to be known and widely publicised that he is not currently a schoolie, never has and never will be, and was only sitting at that particular table because no other seats were available.

Our apologies to Bob for all the pain and suffering caused as a result of our inference.

DUNCAN'S DECEMBER DALLIANCE

Bob Pearce and Noel Bray are always keen to expand their 7.30 am Sunday morning distance group and have welcomed Lance Bishop and Duncan McDonald in recent times. After a few weekends, through hilly terrain, following familiar tracks, it was decided to let Duncan lead the way for a welcome change. After a few dead ends the group ended up running aimlessly through a quarry, then their intrepid leader found a way out. The distance runners needed all their renowned flexibility to descend a 40 metre sheer drop, full of loose stones and blackberry bushes, then another rough track to the roadway below. Twenty minutes later all the group had made the descent, and not used to taking 20 mins. to travel 100m, set off for home up Gorge Road.

The kindest comments suggested swapping mountain boots for Duncan's running shoes, and Duncan is still waiting undeterred for another chance to display his highland group leadership. Anybody else want to join this crazy group?

STATE RELAYS

One of the "younger" veteran teams scored an impressive win in the 4 x 100 m at the relay championships. Peter "Uno Numero" Bravey started, as it was believed that he was the only team member who could actually get up out of the blocks. The lead was increased with strong legs from Steve "Linford" Smith and Mike "The Godfather" Butcher, who are both very experienced in talking their immediate opposition "out of the race". Having given the team a handy 5 metre break on the opposition, this left Tony "Wild Thing" Lauterio to power home to the finish line to score a wonderful win by a mere half a metre. Well done guys!

STATE CHAMPIONSHIPS

The program for the State Champs. is now available at O.S.F. (from nomination tables). Entry forms are included in your summer Handbook (near the back). Entry fees have been set by A.S.A. Board as follows:-

Senior(over 20) \$8 (1 event), \$14 (2), \$20 (3+)
Junior \$6 (1 event), \$10 (2), \$14 (3+)

4 x100m

Open Men

Tim Johnson
David Travers
Andrew Parrott
Dion Wright

Did not finish

O 35s

Peter Bravey
Steve Smith
Mike Butcher
Tony Lauterio

Gold
49.84

U20 Men

Randal Murch
Mario Disteramo
Robert Watkins
Craig Todd

Silver
45.41

U16 Men

Sam Stankiewicz
Kane Ryan
Lachlan Higgs
Troy Stasinowsky

Silver
47.91

Open Women

Lynda Byrnes
Stephanie Cossey
Kylie Stephanos
Paula Lehman

5th
52.61

U18 Women

Kimberley McQueen
Cassie Neubauer
Melissa Todd
Zoe Wright

Silver
53.19

U16 Women -1

Kimberley McQueen
Nicole Stewart
Brooke Townsend
Jasmin Cuff

4th
52.22

U16 Women - 2

Kate Hargans
Rebecca Lauterio
Kathryn Ainslie
Renee Rodley

7th
55.09

O35s 4 x 800m

Bob Pearce
Noel Bray
Lance Bishop
Damien McQueen

Silver
?

O35s Medley

Bob Pearce (400)
Noel Bray (800)
Steve Smith (200)
Peter Bravey (200)

Gold
4.02.39



ATHLETE'S PROFILE

NAME: ANDREW PARROTT
Birthdate: 5/1/77
Marital Status: SINGLE
Nickname: TOO MANY TO QUOTE
Best Events: 400 HURDLES, TRIPLE JUMP
Worst Events: ANYTHING LONG DISTANCE
Years Competing: SINCE 1984
Occupation: STUDENT
Favorite Sportsperson: FOOTBALLER, TIM WATSON
Other Sports: —
Hobbies: NIGHTCLUBBING
Best Performance: 57.28 sec. 400 HURDLES, HEAT IN NATIONALS
Worst Performance: FINAL IN NATIONALS
Favorite Movie: STAR WARS TRILOGY
Favorite TV Show: SIMPSONS
Favorite Song: GREASE MEGA MIX, STAYIN ALIVE (N TRANCE)
ANOTHER NIGHT (REAL McCOY)
Favorite Food/Drink: HOT CHIPS, COKE, PEPSI MAX
What is the most inspirational thing anyone has ever said to you: --
Money no objection, which car would you drive: VOLKSWAGEN
Future ambitions: SECURE A JOB WHICH EARNS ENOUGH MONEY FOR ME TO BE WELL OFF.

BUILDING A WINNING TEAM

DATES FOR YOUR DIARY

STATE CHAMPIONSHIPS

FEBRUARY 14,17,18,21

APRIL 6TH & 7TH

INTERCLUB FINALS

MARCH 20,27,30, & 31ST

NATIONAL CHAMPIONSHIPS

OPEN & U20 - SYDNEY
7-10TH MARCH '96

U14,U16,U18 - MELBOURNE
21-24TH MARCH '96

FUNKY FUN FACTS FOR

THE NEXT YEAR'S OLYMPICS

- Athletes at the XXVth Olympiad in Atlanta, from July 19 to August 4 next year, will compete for 1,879 medals. They will be competing for 605 gold, 605 silver and 669 bronze.
- Atlanta is preparing for more than 10,000 athletes
- Australia will be represented in 25 of the 26 Olympic sports. During the Barcelona Olympics, Australia competed in 25 of the 28 sports.
- Atlanta is the birth-place of Martin Luther King Jr, former President Jimmy Carter and Coca-Cola.
- Atlanta has 55,000 hotel rooms within a 55-minute radius of the city area. All accommodation prices have been capped for the duration of the games.
- 890 litres of steak sauce will be consumed during the games.
- More than 8,600kg of toilet tissue will be used. The tissue is enough to stretch from Atlanta to Los Angeles and back.
- The 110,200 towels to be used, would be 4.8 km high if stacked.
- 30kg of aluminium foil, 90kg of garlic, 3,500,000 serviettes and almost a million apples will be used.
- During the games and the lead-up prior to the games, the State of Georgia, expects the Atlanta Olympics to inject \$US5.1 billion in the economy. The estimates were made in 1992 and are thought to be extremely conservative.
- The opening ceremony in Atlanta next year, will be held from 10.30am to 2pm on Saturday, July 20, Australian Eastern Standard Time and will be broadcast on Channel Seven. The closing ceremony will be from 11am to 2pm on Monday, August 4.

Success in business, as in sport, is built on winning teams.

To our champion sports coaches, building winning teams is their stock-in-trade. Their product is their team, and failure can mean oblivion.

The team at *My Business* magazine has tracked down 14 of this country's most successful coaches to create the book *Building A Winning Team* - a collection of insights into the management and motivational techniques used by coaches to get the most out of their elite players.

It's a fascinating insight. Each is different. Naturally, they all have different styles and different philosophies, but there is one common thread: they focus on the individual as much as on the team.

According to our top sports coaches, the individual is the key to building a winning team.

'OUR' TEAM, NOT 'MY' TEAM

Wayne Gardner
Owner/Driver
Wayne Gardner
Racing Team

Known for a single-mindedness and unrelenting desire to win, Wayne is the first to admit success depends a lot on the team. 'You're only as good as the people around you,' he says. 'I don't say it's "my team". I tell them it's "our team" or "their team". I like everyone to have input into the decisions,' he says. Wayne also leads by example, saying a team leader must show the way. 'I give 110 per cent in everything I do, I always show a lot of enthusiasm for what I am doing and I treat the team the way I would like to be treated.'

CONQUERING SELF DOUBT

Noel Donaldson
Coach
Oarsome Foursome

A month before the Barcelona Olympics, Australia's champion fours rowing team was in crisis.

In Amsterdam, a month before Barcelona, the four were soundly beaten. 'They thought they could win the gold medal in a canter but



myself and the players is that I have certain responsibilities specific to my role as coach. As a coach or boss, you have to be part of the team if that team is to be successful.'

As a leader, Tom believes one vital ingredient in promoting the team concept is to provide feedback for the group.

'Be it in a workplace or basketball team, people want to be in a classy organisation. They don't want a rift-raff thing, or tyranny, but they do want to be part of a disciplined group and genuinely want feedback,' he says.

CREATE THE RIGHT ENVIRONMENT

Charlie Walsh
Coach

Australian Track Cycling Team
With titles like World Coach and 1993 Team Coach of the Year, Charlie Walsh puts his success down to planning. Charlie led his team to superpower status at the Barcelona Olympics, breaking four world records along the way.

He believes the two most important points when looking to build a winning team are creating the right environment for individuals to thrive, and developing a sound strategy to which individuals are committed and can respond.

'They must recognise there is a positive strategy in place for them and that they need to commit to that strategy.'

'I think that's the same in any work situation. A person can get on with their jobs, and know they have the autonomy and responsibility to do what they need to do.'



Building A Winning Team is available from all good book stores. Recommended retail price \$14.95.

It is also available by mail order (post free) by calling 1800 807 331.

that loss was the best thing that could have happened,' says Noel.

The Amsterdam defeat, caused Noel to involve his crew, asking them what they thought and listening to their opinions.

Having tackled the problems, and decided on the plan of action as a group, they moved to Italy for more training.

Nick was worried about his strength and technical ability, but Noel showed him photos of his rowing to prove he was able to meet the challenge.

'I gave him a clear picture of what he had to do and he went out chock full of confidence.'

This provides an important lesson to business owners. It is critical for business people to build the confidence of their individual team members to meet higher challenges.

'Learn everyday to get better and better and not to replicate the previous best performance because that is not satisfactory,' he tells his team. 'You have to educate them to the next step for consistent improvement until they've reached their pinnacle.'

LISTEN TO THE OPINIONS OF THE TEAM - FEEDBACK IS CRITICAL

Tom Maher
Head Coach
Opals Australian Women's Basketball

Tom Maher is a goal-oriented team player and 'a self-confessed perfectionist'.

'As a coach or boss, you have to see yourself as just part of a larger unit. In my job, the only difference between



6. THE CLAY - Note: both legs are driving off the blocks, the drive is forward, not up, arms assist vigorously with the drive.



ABOVE: Jackie and Lance Bishop at Katrina Bishop's 21st birthday party.

LOOK - SOME OF OUR MEMBERS CAN GET THEIR PHOTO IN THE SOCIAL PAGES. HOW MUCH DID IT COST YOU, LANCE?

Lekkas earns Shark selection

By ALLAN CRISP

Athan Lekkas will make his starting debut for West Adelaide in tonight's crucial A-League clash with Sydney Olympic at Hindmarsh Stadium.

Lekkas, 20, soaked up the atmosphere of national league competition when he was named on the Sharks' bench for the away game with Canberra three rounds ago.

West coach Raul Blanco last night chose Lekkas for his run-on side after weighing the options of playing the rookie or experienced Jimmy Keramidis in the right flank defensive position. Keramidis is one of three substitutes.

With Branko Milosevic injured, Nathan Day suspended and Ayrtton Andrioli recovering from a virus, Blanco retained former Port Lion player Hamilton Thorp in his starting team.

"Lekkas is a tough kid who is prepared to run and work hard and he has all the good qualities of an aggressive full back," Blanco said.

"And while Jimmy Keramidis has experience on his side and the necessary attributes, his confidence lately seems to be down a little."

Lekkas, who first came under notice during the Fairmont Homes Challenge series, began his career as a junior with Para Hills. He switched to Adelaide City as a nine year-old and remained with the Zebras until he turned 13 when he signed for West.

He interrupted his youth team appearances with the Sharks to go on loan to State League club Enfield City.

A striker with City, Lekkas also played midfield and defence before settling into this present role.



STARTER... Rookie Athan Lekkas.

Olympic struggle for Hill

JO HILL may only be two years removed from an international basketball gold medal as a junior, but her chances of picking up a senior medallion in Atlanta rest on the next three weeks.

The Adelaide Lightning's dual championship starter is battling exciting Perth guard Gina Stevens for the final spot on the Australian team for the Olympics.

Adelaide's Rachael Sporn and Michelle Brogan are certainties - both are likely starters - while Carla Boyd appeared to clinch her spot during the China Test series in September.

Michele Timms, Robyn Maher, Shelley Gorman, Trish Fallon, Sandy Brondello, Jenny Whittle and Allison Cook all are certainties while Fiona Robinson also looks a safe bet.

That leaves 11 of 12 spots decided, with Hill and Stevens battling for the final berth when the squad leaves on Tuesday for a training camp in France.

The Opals will play matches in the Ukraine before completing their three-week tour.

Australian coach Tom Maher is a fan of Hill's athleticism and fearlessness but his opinion of Stevens also grew when she was added to the Test team which routed China.

Brondello, the Women's National Basketball League's 1995 Most Valuable Player, was unavailable for the series against the internationally ranked No 2 nation and Stevens was a late addition.

Stevens made the most of her opportunity as the Opals blew away the Chinese by a stunning average of 33 points. She has been a squad fixture since.

The latest controversy to

hit the Australian team, however, is speculation that the Sydney Flames' coach, Carrie Graf, will assist Maher in Atlanta.

Graf, Adelaide's dual-championship winning Jun Stirling and Bulleen's Tammy Goode all have assisted Maher this year, alongside his No 1 assistant coach, Jenny Cheesman.

Stirling, who has won two championships in three years and whose first campaign only was killed by two overtime finals losses, appears to have far greater claim to the post than the under-achieving Graf.

Graf has not won a finals match since 1993 despite having the league's most loaded side with five O24 reps - Timms, Robyn Maher, Gorman, Fallon, Karen Dalton - and import Rhonda Bates in her team.



Jo Hill

EX T.T.G. ATHLETES WHERE ARE THEY NOW ?

Two new Physios for Waikerie Clinic

There are two new faces at the Waikerie Physiotherapy Clinic in Waikerie and both started last week, taking over from Briony Mollison.

Kylie Page, formerly from Adelaide and Andrew Webber also from Adelaide and Melbourne are operating at the clinic day about, giving patients the choice of either male or female.

Andrew is no stranger to Waikerie. Most people would know his father, Brian Webber (a former great footballer with Waikerie) and his grandfather, Mick Webber who still lives in the town.

Andrew, now 23, graduated in 1993 and has been working in Barmera since the beginning of 1994 and will be in Waikerie every Tuesday and Thursday.

His love of sport sees him play basketball for the Riverland Raiders and he enjoys football and tennis.

Twenty-two year old Kylie Page graduated last year and moved to the Riverland and has been working at Barmera and Berri.

She too has an interest in sport and was a member of the State Athletics and Calisthenics teams, is currently a gym instructor in Berri and a trainer for the Riverland Raiders.

Kylie will practise in Waikerie every Monday, Wednesday and Friday.

People associate physiotherapy with sporting injuries and while Andrew and Kylie are both very interested in this area and have already gained substantial experience, there is much more associated with this type of therapy.

For example correct posture can be attained if bad habits are caught early enough or helping people deal with stress and manifestations of it by teaching them relaxation techniques, assessing the workplace and what injury risks exist as well as assisting in the recovery process from injury or operations.

Advice on fitness and safe ways to exercise is something else physiotherapists can help with.

Physiotherapists treat a wide variety of problems. With Andrew and Kylie working in the Waikerie clinic, patients can be assured of accurate diagnosis and treatment.

Appointments can be made by phoning the Clinic on 412593.



JUST MARRIED: Newlyweds Captain Zelko and Karina Mandic at their wedding at the Hyatt Hotel, CANBERRA, A.C.T. (KARINA TURNER) (LIVING IN SYDNEY)



Kylie Page at the Waikerie Clinic last week.

KYLIE AND ANDREW ARE ENGAGED TO BE MARRIED NEXT MAY.