



September 2009

A word from the CEO

We are delighted this month to profile some stunning successes by athletes and indeed our own former Chair, Dame Lois Muir, who has also been in the spot light.

The ASI team continues to grow with Dr John Hellemans coming on board for two days/week, to work alongside coaches and to add a new dimension to our team, calling on his broad background in coaching, sports medicine and science. John will be based at the NZAS Centre of Excellence at QEII.

We also profile activities in the coach performance programme, update progress at QEII, and outline activities on the horizon.

Kereyn Smith

Who's hot

Congratulations to our inaugural chair (2000-2007) and current board member Lois Muir, who officially became **Dame Lois Muir** after a redesignation ceremony held especially for her in Dunedin earlier in the month. She was made a Distinguished Companion of the New Zealand Order of Merit in 2004 for services to sports administration and netball, but has taken on the title of dame after the New Zealand honours system reintroduced these titles earlier in the year. Dame Lois was also awarded an OBE in 1983. The awards recognise the huge contribution she has made to netball, and to sport.

Congratulations too, to our rowers at the World Rowing Championships in Poland, including Dunedin's **Hamish Bond** who won gold in the men's coxless pair with **Hamish Murray**. The championship campaign was one of New Zealand's most successful ever, with four gold medals in total from **Mahe Drysdale**, **Duncan Grant**, **Eric Murray** and **Hamish Bond** and the lightweight double scull of **Peter Taylor** and **Storm Uru**. The countdown to the next World Championships at Karapiro 2010 has begun.

The junior rowers too scored medals at the World Junior Rowing Championships in France, the junior women winning silver in the eight, and the junior men's quad a bronze medal.

Hayden Paddon (Motorsport Academy Graduate) has been named 2010 Pirelli Star Driver Asia Pacific Representative, a selection which entitles him to a fully-funded drive in six rounds of next year's World Rally Championship. Hayden's selection follows that of **Mark Tapper** last year, another Motorsport Academy Graduate.

ASI's **Kat Phillips** spent a week with the NZ Mountain Bike Team at the World Championships in Canberra, a good campaign with **Brook Macdonald** taking home a gold in the Junior Men and being crowned Junior World Champ.

Christchurch Triathlete **Andrea Hewitt** secured third place in the 2009 ITU Dextro Energy World Championship Series, following a gutsy 8th place finish in the final round on the Gold Coast of Australia recently.

Other happenings

PMAS Presentation evenings

Sport and Recreation Minister **Murray McCully** will be making the presentations at the annual PM Scholarship function in Christchurch on September 30. Dunedin's PM Scholarship presentation will follow on October 9. This covers all athletes, coaches, umpires/officials and support team representatives who have been awarded Prime Ministers' Scholarships in 2009.

Coaching

21 participants from Bike, Bowls, Rugby and Swimming, as well as key staff from both Academy South Island and North took part in the recent Project Management Workshop lead by **Raiyo Nariman**. They looked at the definition and scope of a project, risk assessment, work breakdown structures, critical path's, Gantt charts and communication plans, and their specific application to high performance sport.

Other coaches/sports providers took part in a Conflict Resolution Workshop, facilitated by Dr Sven Hansen, which focused on emotional competency. Emotional competency is knowing and managing emotions to motivate yourself and others. Understanding helps deal with conflict situations, and the times when courageous conversations need to take place. Key points were the need to be fully emotionally aware, to do the basic set up for the event, to prepare and rehearse, and then to engage and apply the process to the situation.

Coach Performance Manager **Richard Smith** and Coach Accelerator Manager **Alex McKenzie** recently spent three days with Coach Accelerator Programme member and National Snowboard coach **Tom Willmott**, both on and off snow in Wanaka, as part of his professional development. The 2010 Coach Accelerator Application Process is now open and underway; application forms are on-line from SPARC's website.

Richard recently attend a Skill Acquisition Forum in Brisbane at QUT. Key takeouts were:

- The Australian HP system takes skill acquisition very seriously as a means to increase athlete performance.
- There are people in key positions who are drivers of this – both operational and in research.
- They have several Masters and PhD students undertaking specific research to make it as applied as possible.
- They have some good practitioners at an operational level, but who are no better than our very best practitioners.

Simulating the experience of 100+ km/hour race on ice

3D imagery developed by Dunedin's Animation Research has given skeleton athlete **Tionette Stoddard** a valuable new training tool. The company has built a 3D model, with SPARC innovation funding, of the skeleton track at Whistler using 3D stereoscopic computer animation, and Tionette has been using the simulation to hone her racing technique before competing in the World Cup circuit later this year. Tionette is aiming for a podium performance at the Vancouver Winter Olympics early next year.

Good luck to our cricketers

The Otago Volts Cricket Team will depart for India at the end of September to contest the lucrative World Twenty/20 Champions League Tournament. The team is coached by carded coach **Mike Hesson**. ASI Strength and Conditioner **Chris Donaldson** will also travel with the team.

The official opening for the QEII stage two redevelopment is scheduled for November 11. The function has the theme of "Back to the Future," which celebrates 35 years since the 1974 Commonwealth Games was held at QEII, while looking to the future with the Centre of Excellence. Given that it is Christchurch Cup week this will be as much a celebration as a formal opening.

Profiling...

Dr John Hellemans has now joined the ASI for two days at the Christchurch Centre of Excellence at QEII, working with **Richard Smith** and **Andrew Maclennan** in coach support and planning areas. John, who retired from coaching after the success of the Beijing Olympics, will be helping some individual coaches directly, as well as supporting the coaching programme. He will also be advising on environmental factors, particularly heat and altitude training. John has sports medicine clinics at Active Health at QEII for the other part of the week.

John's coaching career spanned an impressive 25 years and is regarded as one of the world's top triathlon coaches. He is also an outstanding triathlete and multisporter himself, and well known for his innovative approach to sports science and medicine as well. John will also continue in his role as a NZAS Specialist Planner.

The Winter Games

The very successful inaugural 100% Pure New Zealand Winter Games held in Central Otago earlier in the month saw Winter Performance Programme athletes on the world stage in their own backyard. We had podium results for New Zealand across many of the sports in the Games, taking the profile of winter sports to new heights – congratulations to all involved. The games was an excellent build-up to the Vancouver Winter Olympics, now less than five months away. Our athletes are now preparing for their northern hemisphere competitions.

Facebook: Check out the Christchurch Centre of Excellence's facebook page - <http://www.facebook.com/pages/Christchurch/Centre-of-Excellence-at-QEII-NZ-Academy-of-Sport-South-Island/115320615515>

High Performance Sport website: If you are not a member yet join us - visit www.highperformancesport.co.nz and click 'Join.'

Emerging Talent Development

- Academy Southland graduates **James Eunson** and **Anna Rankin** are part of the 10-strong New Zealand badminton team who competed against Australia for the three-test Whyte Trophy.
- Otago swimmer **Phoebe Williams**, a pupil at St Hildas Collegiate, competed in Australia for the trans-tasman series against two Australian teams in a six-event series recently, winning silver in the 800m freestyle just 0.16 seconds behind from first place-getter.
- Hockey player **Kane Russell** has been named in Hockey NZ TigerTurf Junior Hockey Academy.
- 2009 Motorsport Academy graduate **Ben Jagger** won the points he needed to secure entry into the Rising Stars Scholarship shootout in November at the recent Metalman Possum Bourne Memorial Rally in the Waikato.

What's ahead

Sept 18	Effective Coaching Workshop	ASI Office, Dunedin
Sept 30	ASI AGM	Chch
Sept 30	PMAS Presentation	Chch
Oct 5	Anti-doping seminar	QEII, Chch
Oct 8	Anti-doping seminar	ASI Office, Dunedin
Oct 9	PMAS Presentation	Dunedin
Oct 20	Learned Optimism workshop with Theo Feldbrugge	QEII, Chch
Nov 11	QEII stage two redevelopment official opening	QEII, Chch

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