

## INTRODUCTION BY SIMON NATHAN

This is the first High Performance Newsletter since the end of the major international championships season. It was a pleasure to watch our Australian teams prepare for and compete at the three World Championships in Europe - the IAAF World Youth Championships in Ukraine, the Para-athletes competing at the IPC Athletics World Championships in Lyon after preparing in Switzerland and the able-bodied team competing at the IAAF World Championships in Moscow after preparing in England.

You will have seen the results elsewhere but the common theme for me was the good team spirit amongst athletes, coaches, managers and support staff. This does not happen by accident and I would like to thank everyone involved in helping the athletes, especially the personal coaches, the travelling team staff, the AIS/SIS/SAS staff and the AA office staff, build toward their the final performance in the stadium or on the road.

As always after the Championships there were happy athletes and disappointed athletes. The key for the happy athletes is to work out what went well and to make sure that they keep working on these strengths while leaving no stone unturned in the effort to improve their weaknesses. The challenge for the disappointed athletes is to work out what went wrong and to do something about it without losing sight of the strengths that got you to a global championship in the first place.

You will probably have already seen the first selection for our new National Athlete Support Structure (NASS). After carefully considering over 200 athletes we have offered places to 62 able-bodied and 42 Para-athletes onto the various levels of the program. The benefits for each member of the program are:

- > Performance Management with an assigned 'Athlete Performance Advisor'.
- > Recommendation for a scholarship at their local Sports Institute/Academy of Sport (or direct support for Canberra based athletes now that the AIS scholarship program has ended).
- > The majority of athletes have also been offered a contract with Athletics Australia, the dollar value of which is shown below. Note that the amounts shown are for 12 months and are the combined total of the ASC/AIS Direct Athlete Support (DAS) where applicable and a contribution from Athletics Australia.

### — Able-bodied Athletes

• World Class "1"	\$40,000 \$30,000 (relay team members)
• World Class "2"	\$30,000 (individual athletes) \$12,000 (relay team members)
• International	\$12,000
• Development	\$8,000
• CWG	\$8,000 (DAS only– subject to acceptance)
• Potential	\$6,000

### — Para-athletes

• World Class "1"	\$40,000 \$30,000 (relay team members)
• World Class "2"	\$30,000 (individual athletes) \$12,000 (relay team members)



# Athletics Australia High Performance Newsletter

September 2013

- Other NASS athletes, not on levels listed above, have a “services only” package – although they may still be eligible for DAS support.

The next NASS selection will be in April after the Australian Athletics Championships. Details of the NASS selection process and the names of the athletes selected in September can be found on the AA website by clicking [here](#).

Under another strand of the Australian Institute of Sport’s Winning Edge initiative we have secured an award to bring international experts (coaches or sports scientists) to Australia to share best practice with our athletes and coaches.

The first of these international experts will be Canadian **Derek Evely** who will present on a number of topics at a two-day coaches conference in Melbourne on the 2 & 3 November. Thanks to the Winning Edge support there will be no cost for coaches accredited with Athletics Australia to attend together with their athletes, but all travel and accommodation costs to, from and within Melbourne are at the individual’s expense.

Derek has been coach to a number of successful athletes including **Dylan Armstrong** (Shot Put World Championships & Olympic Medallist), **Sophie Hitchon** (Hammer World U18 & U20 Champion and Olympic finalist), **Gary Reed** (World Championship Medallist 800m) and **Shane Niemi** (Commonwealth Games Medallist 400m).

Derek has a sophisticated knowledge on periodization and planning concepts and is one of the world’s leading experts on the unique system of legendary coach and methodologist **Anatoliy Bondarchuk**.

Among other roles, Derek has been the UK Athletics Performance Centre Director and Sport Science Manager at the Canadian Athletics Coaching Centre (CACC).

If you would like to attend the conference, or want more details, please register your interest with Kylie Italiano via email at [kylie.italiano@athletics.org.au](mailto:kylie.italiano@athletics.org.au).

All the best,

**Simon Nathan**

*High Performance Director*

To be added to the distribution list for this newsletter please email [carol.grant@athletics.org.au](mailto:carol.grant@athletics.org.au) including your name and email address.

# Athletics Australia High Performance Newsletter

September 2013

## 2014 INTERNATIONAL COMPETITION

The Athletics Australia Selection Policies and Nomination Forms are now available for the following events under the Team Information section on the Athletics Australia website. This is available by clicking [here](#).

2014 IAAF World Indoor Championships	Sopot, POL - 7-9 March 2014
2014 IAAF World Half Marathon Championships	Copenhagen, DEN - 29 March 2014
2014 IAAF World Race Walking Cup*	Taicing, CHN - 3-4 May 2014
2014 IAAF World Junior Championships	Eugene, USA, 22-27 July 2014
2014 Commonwealth Games	Glasgow SCO 23 July - 03 August 2014

*\*World Race Walking Cup: If you nominate for the men's 50km race walk for this championship and are not successful in being selected, we will contact you to see if you also wish to be considered for the 20km race walk.*

Other selection policies for 2014, including the 2014 Youth Olympic Games in Nanjing, will be published as soon as possible.

## Commonwealth Games

We have secured an excellent venue in Gateshead (in the North West of England) to use as our pre-Commonwealth Games holding camp. More details on this will follow in the next newsletter.

Thanks to those athletes on the Commonwealth Games shadow squad who have completed the uniforming request. **Those who have not returned their details yet, please do so as soon as possible.**

## Athletics Australia Under 19 Talent Squad – Camp One

The Athletics Australia Under 19 Talent Squad camp was held at the Australian Institute of Sport on 12-15 September. Athletes worked through a series of education sessions pertinent to high performance outcomes and to their age and stage of development.

The concurrent Personal Coach Program ran from 2.5 days within the camp, with the group working together with our National Junior Coaches and sports science staff from the AIS on program planning, the development of technical models and the use of sports science to aid programming.

The athletes also enjoyed time in our Mentor Program, proudly supported by Athletics International, with discussions around developing from a junior to senior international, barriers to success and challenges and victories.

The second round of Athletics Australia Under 19 Talent Squad camps will be run in event groups at different times throughout December and January. One additional athlete and their personal coach from the Athletics Australia Under 17 Development Squad will also join in the second camp as an opportunity for learning and engagement.

## University Sport

The University of Melbourne is now accepting applications for 2014 Sport Scholarships for returning and new student athletes and applications for the Elite Athlete Entry Scheme for prospective students.

For more details on this program and how to apply, please visit the University of Melbourne website by clicking [here](#).

If other universities wish to advertise similar schemes in this newsletter please email Carol Grant at [carol.grant@athletics.org.au](mailto:carol.grant@athletics.org.au).