

HIGH PERFORMANCE NEWSLETTER

DECEMBER 2015

Message from High Performance Director Simon Nathan

The Rio 2016 Olympic Games are just around the corner now and it obvious that there will be no soft spots on our team. The first Australian Championships and Olympic Nomination Trials, the men's and women's 10,000m at the Zatopek:10 in Melbourne and the men's 50km walk at Fawkner Park, also in Melbourne, provided exciting competition and some great personal bests.

Our initial nominations for 10,000m and 50km walk will be published on the Athletics Australia website week commencing Monday 4 January 2016.

We also expect the IAAF to announce the venues for the IAAF World Junior Championships and IAAF World Race Walking Team Championships in that same week.

Athletics Australia's Paralympic Games Nomination Policy has now been approved by the Board of Directors (see below for link).

2016 is set to be an amazing year for Athletics Australia as we send teams to the Olympic Games, Paralympic Games, World Indoors, World Juniors, World Half Marathon, World University Cross Country and the World Race Walking Team Championships. Business as usual continues at home with the Australian Athletics Tour, Australian Athletics Championships and Olympic Nomination Trials.

Whatever peaks you are aiming for in 2016, I wish you a Happy Christmas and a very successful New Year.

Best wishes,

Simon Nathan

High Performance Director

SAVE THE DATE! Athletics in Australia Gala

The Athletics in Australia Gala will be held on Sunday 3 April, the last day of the 94th Australian Athletics Championships, and we want you to share the occasion with us. Save the date in your diary now, with further details to be made available in early 2016.

As the official countdown to Rio 2016 begins, the Gala will feature the presentation of 2015 Athlete of the Year Awards, inductions to the Athletics Australia Hall of Fame, the unveiling of the Athletics in Australia's Vision and Strategy and the community launch of the Athletics Foundation.

The first athletes selected for the Australian Olympic Team will also be announced at the event.

For more information, visit athletics.com.au/News/gala-2016

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DECEMBER 2015

Olympic Games

The IAAF have published new **Olympic Qualification Standards** adjusting 17 of the standards (see www.iaaf.org/competition/standards).

The new men's 50km walk standard has already been approved by the AOC and we expect them to also officially approve all of the new standards early in 2016.

The current Olympic Games nomination policy is at www.athletics.com.au/High-Performance/Able-Bodied/Team-Information/Rio-2016-Olympic-Games. We'll post updates in the same place.

ASPIRE Session

The day after the Australian Athletics Championships and the Athletics in Australia Gala, on Monday 4 April 2016, the AOC will host its athletics ASPIRE session.

This update and orientation session is compulsory for all shadow squad members (staff and athletes, attending an ASPIRE session is an AA/AOC condition of selection) and will be followed by additional Athletics Australia/Olympic updates and activities (from uniform sizing to more competition information).

Please make sure that you book this in your diary and plan accommodation and flights to suit an early evening departure on Monday 4 April.

Let us know ASAP if you cannot attend this session as we will have to arrange an alternative ASPIRE session for you to attend with the AOC (probably with another sport).

Paralympic Games

Athletics Australia's Paralympic Games Nomination Policy is now available at www.athletics.com.au/High-Performance/Para-athletics/Team-Information/Rio-Paralympic-Games.

If you are aiming for these Games be sure to read the policy very carefully and ask Andrew Faichney if you have any questions.

Personal Coach, Friend and Family Rio update

If you are a parent, partner or coach of an athlete who expects to travel to Rio 2016 for the **Olympic Games** or **Paralympic Games** then please come to one of our **Personal Coach, Friends and Family Rio Update** sessions.

These sessions will cover what it will be like for an athlete on the team and issues for non-athletes such as accommodation, tickets, accreditation, the athlete village, The Edge, Rio, the staging camp in Florida, and so on.

Although this meeting is aimed at coaches and athlete friends and family, athletes are more than welcome to attend too if they want.

HIGH PERFORMANCE NEWSLETTER

DECEMBER 2015

Date	City	Venue	Time
Sunday 10 January	Melbourne	Gymnastics Australia Meeting Room (Sports House, Level 2, 375 Albert Road, Albert Park VIC)	11:00 – 13:00
Monday 11 January	Melbourne	Gymnastics Australia Meeting Room (Sports House, Level 2, 375 Albert Road, Albert Park VIC)	19:00 – 21:00
Friday 15 January	Brisbane	QAS Lecture Theatre (QAS, Kessels Road, Nathan QLD)	19:00 – 21:00
Saturday 16 January	Brisbane	QAS Lecture Theatre (QAS, Kessels Road, Nathan QLD)	11:00 – 13:00
Sunday 17 January	Sydney	NSWIS Theatrette (6 Figtree Drive, Sydney Olympic Park NSW)	11:00 – 13:00
Monday 18 January	Sydney	NSWIS Theatrette (6 Figtree Drive, Sydney Olympic Park NSW)	19:00 – 21:00
Tuesday 19 January	Canberra	AIS Silver Room (Australian Institute of Sport ACT)	19:00 – 21:00
Friday 22 January	Hobart	Domain Athletics Centre (Queens Domain TAS)	18:00 – 20:00
Sunday 24 January	Perth	AWA Board Room (Stephenson Avenue, Mt Claremont WA)	11:00 – 13:00

If you want to reserve a place please email carol.grant@athletics.org.au or the local contact - Carol Grant [VIC], Tessa Storey [QLD], Michael Perry [NSWIS and AIS], Susan Andrews [TAS] or Mel Tantrum [WA].

World Half Marathon, World University Cross Country and World Indoor Championships

Just a quick reminder for athletes aiming for these competitions that you must nominate on the Athletics Australia website by:

- **31 December** for the World Half Marathon
- **31 December** for the World University Cross Country
- **10 January** for the World Indoor Championships.

Selection policies for all of these events are also on the AA web-site.

2016 Team Staff – Expressions of interest

Athletics Australia have slightly changed the Team Staff appointment process.

Information on the new process and the application form can be found at www.athletics.com.au/High-Performance/Team-Staff.

If you want to be considered for a Team Coach or a Team Manager position in 2016 then please complete the application form **before the end of January 2016**.

HIGH PERFORMANCE NEWSLETTER

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New Athletics Australia Staff

Thanks to targeted assistance from the Australian Commonwealth Games Association (ACGA) and a partnership with NSWIS we have been able to employ **Ken Green** as our Gold Coast GOLD Endurance Coach.

Ken's key responsibilities are:

- To coach his personal group towards representation and success at the 2018 Gold Coast Commonwealth Games;
- To work with coach/athlete pairs based in NSW with a realistic chance of making the Commonwealth Games and offer advice and assistance in partnership with NSWIS to help them prepare for 2018;
- To coordinate with the leading endurance coaches across Australia to raise the overall standard of the event group, especially at the 2018 Games.

I'm sure that you all wish Ken the best in his new role. If you need to contact him directly his new work email address is ken.green@athletics.org.au

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