

Introduction by Simon Nathan:

The domestic season is now well under way. At the time of writing 78 athletes have achieved at least a Commonwealth Games “B” standard and nearly 50 have achieved a World Junior Championships qualification standard. However nowhere near these numbers have nominated for the teams. **If you or your athlete(s) have not nominated for the Commonwealth Games or the World Junior Championships then do it now.** A lack of paperwork is a terrible reason to miss a championships! To nominate go to www.athletics.com.au/High-Performance/Able-Bodied/Team-Information



The Perth Track Classic, Sydney Track Classic, IAAF Melbourne World Challenge and the 92nd Australian Athletics Championships & Commonwealth Games Selection Trials will all be televised on channel TEN. This is a great opportunity for the sport to showcase itself and for individual athletes to show the country what they can do. For an up-to-date schedule go to www.athletics.com.au/Compete/TV-Schedule

The World Indoor Championships and World University Cross Country selections are now complete. The senior World Walks Cup selections have been made and the junior walks selections will be made after the Junior Nationals. As always the selected athletes are announced on the Athletics Australia web site.

So, very exciting and very busy times for all!

As always plenty of important details follow...

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 including your name and email address.

Commonwealth Games

Commonwealth Games shadow squad members have started getting information that needs to be returned to us or to the ACGA. The first deadline will be **February 28** for the "Particulars Form". This is for both athletes and officials.

All team members (athletes, coaches, managers and support staff) will need to have completed the ASADA e-learning modules (anti doping education). This is being coordinated by Athlete's Australia's newly appointed Integrity Unit Education Officer Lynda Gusbeth many of you may know as a Flame Team Manager.

Athletes in the T37/38 Women's Long Jump and Men's F42/44 Discus Throw should be aware of a change to the qualification standards for the Commonwealth Games. This has come about due to a change in the RAZA points system. If you have any queries about this, please contact Andrew Faichney.

IAAF Race Walking World Cup

Following a request from coaches and athletes the Junior (U20) teams will not be selected until after the National Junior Championships. This is to allow maximum flexibility for athletes who will only compete at either the World Walks Cup or the World Junior Championships.

It is very important that selected athletes (and coaches) start the Chinese visa application process as early as possible. Nathan Sims has sent details to the selected athletes already and this will follow for the juniors after their selection.

2015 IPC World Championships

The IPC have now officially confirmed that their (Para- athlete) 2015 World Championships in Doha (Qatar) will be held in November 2015. They will confirm the exact dates in April this year.

The IPC have also confirmed the Paralympic classifications and the timescale for any changes (to at "risk events"). If this may affect you then be sure to discuss with Andrew Faichney as early as possible.

Team Staff

I am delighted to report that we have had 73 applications for the new team staff pool (to be an Australian team coach and/or a manager.) The next stage in the process is for the International Tours Committee to work through the application list to create the 2014 staff pool. Due to the large numbers it is not possible for every applicant to be offered a team role in 2014, however all pool members will be included in relevant communications, invited to staff training opportunities and will automatically be asked if they want to be included in next year's pool.

We will be running team staff information courses at the Perth Track Classic, Sydney Track Classic and Melbourne World Challenge. The same content will be presented at each venue and will be aimed at prospective Commonwealth Games Team Coaches, Team Managers and Personal Coaches. At each meeting we will include:

- The staff structure
- Each person's roles and responsibilities
- Important logistical details around the Games (flights, venues, dates, etc)
- A presentation from our sports psychologists on how to prepare athletes for success at the Games

Perth

Date: Saturday 22nd February

Venue: Challenge Stadium, Executive Suite

Time: 2.00pm – 3.30pm

Sydney

Date: Saturday 15th March

Venue: Novotel Homebush (TBC)

Time: 2.00pm – 3.30pm

Melbourne

Date: Saturday 22nd March

Venue: Melbourne Sports & Aquatic Centre, Champions Room (TBC)

Time: 2.00pm – 3.30pm

Nathan Sims will send invitations for these courses before each competition based on the athlete entry list, but if you haven't received an invitation and would like to be included please email nathan.sims@athletics.org.au. In the unlikely event of over-booking we may have to limit numbers.

The team staff information courses will be followed up by more detailed presentations for invited coaches and managers at the Nationals in Melbourne.

Para-Program

We held the first para-athletics junior high performance camp of this year 14-17 Jan. The camp was held at the AIS with great support from their staff. There were 10 athletes focused on initial screenings of strength and conditioning, musculo-skeletal, nutrition and biomechanics.

The majority of NASS athlete's have started their competitive season and are looking forward to competing at various state championships throughout February. This will lead on to events in Sydney and Melbourne concluding with the Australian Championships in Melbourne as part of the 2014 Australian Athletics Tour.

The Summer Down Under Wheelchair series celebrated its 25th anniversary over the Australia Day period. Track meets were conducted in Canberra and Sydney prior to the Aus Day 10km on Australia Day around the streets of Circular Quay. There were a number of Commonwealth Games "A" and "B" standards achieved in the meetings.

The Queensland State Championships will again provide an opportunity for International Classification for para-athletes. This is a requirement for international competition within para-athletics and the support of Queensland Athletics to conduct this is appreciated. There will be approximately 25 athletes who will undertake international classification at this year's event.

Preparations are underway for a small touring party to go to Brazil to compete in the Il Caixa Loterias Athletics Open Championships in Sao Paulo 24-26 April. This is part of the IPC Athletics Grand Prix circuit and a good opportunity for international competition and to experience Brazil in the lead up to Rio 2016.

Junior High Performance

The U19 Summer camps have been well received again by both athletes and personal coaches. Big thanks to our personal coaches for all the time and energy they put into these programs. The focus now moves to the Junior Nationals, World Junior Championships (U20) and Youth Olympic Games (U18).

The AOC have allocated us eight places (4 male and 4 female) for the Youth Olympic Games this year. They have approved our selection policy this week and it is now available on the Athletics Australia website (www.athletics.com.au/High-Performance/Able-Bodied/Team-Information).

A number of activities are happening around the Junior Nationals in Sydney including a World Junior Championships Parent/Coach meeting – Friday 14th March at 8pm, a Target Talent Program (TTP) coaches meeting, a World Junior medical meeting and a series of coaching clinics in conjunction with our coaching department.

Administration

To ensure the timely payment of invoices and reimbursements, in consultation with the finance department we are implementing a new system. **ALL** invoices and receipts for reimbursement must be submitted to accounts@athletics.org.au in the first instance. You can copy in the relevant HP staff member if you wish. This new process should iron out some of the issues a few people have been experiencing recently.