September 2012

In this Issue...

President’s corner 2
Committee for 2011-12 2
Competition & important dates 2
Notice board 3
Registrations 4
Winter Results 5
2012 Olympics – Alana Boyd 6
Little Athletics update 8
Review: Healthy Mind, Healthy Body Seminar 9
UWAAC Relay Selection Policy 9
UWAAC Coaches for 2012-13 10
Big 6 & Corporate Mile 11
Suck it & See Day 12
Athlete profile: Rachel McCormack 13
Social Pages 14

We welcome contributions to ‘The Fatman’. All articles, notices, photos, etc for the next issue in November are to be emailed Keely at waterk08@gmail.com by the end of October.

Bottom: Ari Huston & Hannah Castle at the National Cross Country Championships
Welcome to the 2012-13 season.

UWAAC was founded in 1928 and has enjoyed much success and created much enjoyment over the years for elite and “run of the mill” athletes alike. It boasts the largest membership of any athletics club in Western Australia and has produced some of the country’s finest athletes including numerous Olympians. The senior club boasts a number of exceptional coaches who can assist athletes who wish to take their sport to the next level or simply to maintain a competitive level. Little athletes are encouraged to compete with older athletes at the Friday night Strive Competition held at the State Athletics Stadium. They can do so representing UWA Athletics.

The seniors reach another milestone this year with the much anticipated launch of “The Fatman’s Odyssey: A History of the University of Western Australia Athletics Club” to take place this season. It will be compulsory reading for anybody who is serious about their athletics. Whether you are looking to compete socially or more seriously we encourage you to join the club for the season. As a full fee paying member you will enjoy the fantastic facilities at McGillivray Oval (check the website for training nights) and support for attending the Australian University Games and other representative meets. I look forward to seeing you at the track!

TIM LYONS
PRESIDENT

### Competition & important dates Feb-Mar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>Oct 5</td>
<td>“Suck it &amp; See” Day from 3pm</td>
<td>McGillivray Oval (Mt Claremont)</td>
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<td>Oct 6</td>
<td>Athletics WA Stadium Fun Run</td>
<td>Mt Claremont</td>
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<td>Oct 26</td>
<td>Strive T&amp;F Prog A &amp; 120 Pro Race</td>
<td>WAAS</td>
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<td>Nov 2-4</td>
<td>WA All Schools Championships</td>
<td>WAAS</td>
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<td>Nov 2</td>
<td>“The Fatman’s Odyssey” Launch</td>
<td>UWA Sports Pavilion</td>
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<td>Nov 9</td>
<td>Strive T&amp;F Prog B &amp; U18 4x100 State Relays</td>
<td>WAAS</td>
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<td>Nov 10-11</td>
<td>Aus Junior Athletes with a Disability Championships</td>
<td>Canberra, ACT</td>
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<td>Nov 12</td>
<td>Big 6 &amp; Corporate Mile (from 5pm)</td>
<td>McGillivray Oval (Mt Claremont)</td>
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<td>Nov 16</td>
<td>Strive T&amp;F Prog C &amp; U18 4x400 State Relays</td>
<td>WAAS</td>
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<td>Nov 23</td>
<td>Strive T&amp;F Prog D &amp; Mile Pro Race</td>
<td>WAAS</td>
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<td>Nov 30</td>
<td>Strive T&amp;F Reduced Prog A</td>
<td>WAAS</td>
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<tr>
<td>Nov 30-Dec 2</td>
<td>Australian All Schools Championships</td>
<td>Hobart, TAS</td>
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Registrations
Registering with UWAAC can be completed on our website- www.uwaac.com.au. Please see the following page for more info on registering with UWAAC. There will be a $10 early bird discount for the month of September. Also this season registration/ membership WILL NOT be accepted on competition days. Athletes will need to register with their club or AWA by the Wednesday prior to their first competition.

Duty club roster days
UWAAC members are required to assist at one of the club’s duty days during the season. This year the club coaches will be responsible for ensuring there are members available for assisting. Please register your interest with a club coach, see website for club coach contact details. As part of your registration to UWA Athletics Club you are obliged to assist at least once during the season.

The Big 6/Corporate mile
Our major fundraiser for the club is Monday 12th November at McGillivray Oval from 5pm. See page 12 for further details

Club scholarships
Applications for 2012/13 are now available and will be accepted up until 1st of December 2012. Please view the website www.uwaac.com.au for the registration form and more details.

Uniforms
Contact Sally McCormick for uniforms: pandsmccormick@bigpond.com. Below are the official club uniforms. Please note that the club is now offering the opportunity for girls to wear black shorts or briefs instead of the club coloured shorts

Newsletter Contributions
Newsletter contribution to ‘The Fatman’ in the form of articles, notices, social info and photos are most welcome. All articles for the next issue in November are to be emailed to Keely Waters at waterk08@gmail.com by the end of October.

Club shirts available
There are still club long sleeve shirts available for purchasing. They are good to wear to training and competitions. For more details please contact Sally McCormick at pandsmccormick@bigpond.com or Tim Lyons at tim@gibsonlyons.com.au.

Facebook page
The UWA Athletics club has officially joined Facebook. Visit http://www.facebook.com/uwaac and ‘Like’ our page to be kept updated on upcoming club events and general information regarding the season ahead.
Registrations

How to register:
Register online on the UWAAC website: www.uwaac.com.au or renew through www.waathletics.org.au

Cost:
$100 Seniors
$80 students
$90 u/18 (non WALA)
$10 WALA (UWA)
$20 Non UWA WALA
$80 ground fee

Membership includes:
- Member of the best facility in WA: McGillivray sports ground
- Athletics WA subscription
- The AGM and function dinner/drinks is included
- Eligibility for sponsorship from UWAAC (The only club to provide this benefit.)
- Access to some of the best coaches in the state.
- Automatic UWA associate sports member with the following benefits:
  - 20% off UWA sports shop
  - 25% off IWASR recreate courses
  - 25% off court hire
  - 20% off “on the go” physio appointments
  - Discounted gym membership

For further queries on registering with UWAAC:
Contact Kylie Wheeler: kylie.wheeler@waathletics.org.au OR 0418905442
Results from UWAAC Statistician Sally McCormick


Asics Bridges run 5Km: Men: N Berry 15.27 S Caulfield 16.21 Women: M Connell 17.55

Challenge Fun Run: 3.1Km: Men: K Newman 10.10 Women: M Connell 11.01 S Stockwell 11.15 K Stockwell 12.07 I Byrne 12.23 10Km: Men: S Caulfield 34.28 Women: A Huston 38.27 H Castle 40.35

Womens Classic: 5Km: M Connell 17.53 J Jason 18.46 A McCormick 18.48 G Lee 20.28 10Km: H Castle 40.28


Pancake Run: 5Km: Women: M Connell 18.19 J Jason 19.10 S Stockwell 19.31 15Km: Men: T Kozak 57.15

Reflecting on the London Olympics, now some three weeks since leaving the athletes village, I am full of mixed emotions. Just being at the Olympics is the experience of a lifetime and a special reward for all I have worked so hard for. But after such a break through domestic season, I was determined to not just make up the numbers at the Games. I was in a position where I could be competitive with the very best in the world but unfortunately, it didn't all pan out as I would have liked. Following the pole vault final I was absolutely devastated.

I fought to make that final. Conditions were not easy with head winds and I definitely made hard work of it with third attempt clearances but I refused to miss the final and knew that I deserved to be there. I really thought that I would be able to settle down in the final and go about putting some good jumps together. Unfortunately, in the final the conditions were as bad as you could get for pole vault. Big head winds made it difficult for all of us out there and the results reflected that with below average performances from most girls. I was not able to handle the conditions as well as I did in the qualifying and finished a
disappointing 11th with a height of only 4.30m.

I feel like the Olympics was a missed opportunity for me as I still have the 4th best height of the year in world rankings and the gold was won with a height of 4.75m (1cm lower than my PB). Hard to swallow! But having had the last few weeks to reflect on my year, I realise that that is track and field. You have your ups and downs and it’s those tough times that make the highs that much sweeter. I know that I still have a lot of work to do to make my jump absolutely solid in any conditions and I know I have not reached my potential. I have had my breakthrough season and now it’s about consolidating that hard work for next year and beyond. But one thing I can say now is that I am a dual Olympian and Olympic finalist which I am very proud of.

The Olympic Games as a whole was an amazing experience and one which I will never forget. Being there in that village with all the athletes and my team mates and being in the stadium on competition day gives you this buzz that makes all the hard work and sacrifice so worth it. I hope that I get to experience that feeling one more time in my life in four years time!

At present, I am in Europe finishing off the season. There are a number of competitions following the Games and I am enjoying a more relaxed approach to my training and competitions. I have one more competition tonight, the Brussels Diamond League, and then I will be spending a week in the Greek Islands enjoying the sun, beach and no thoughts of pole vault. I am quite excited!
The 2012 winter competition has concluded. UWA hosted a fantastic cross country event on July 28 at Perry Lakes. The day went extremely well and it was great to see so many UWA athletes running. A big thank you to Deb Connell for all her hard work and to all the committee, parents and older athletes who helped out. UWA LAC did extremely well at the Cross Country Championships on Saturday 11th August. We have 5 medallists and 9 who finished in the top 10. Michail Miller 11B Silver, Thomas Moorcroft 12B Bronze, Sarah Hynes 12G Bronze, Rose Connell 15G Bronze, Mathilda Connell 16G Gold.

The Little Athletics Summer season will be underway in October which registration has been completed. This year Little Athletics moved to online registration. There were a few hiccups but when these are resolved it should be good for everyone. The number of people wanting to register at UWA LAC meant that we are overflowing. There are wait lists for most age groups. It is perhaps because we are in an Olympic year. I believe it is a combination of the Olympics and the reputation, dedication and quality of UWALAC Coaches and Committee that make this club a “Super Club” (Super is huge and great in this sentence). We look forward to a great 2012/13 season.
Review: Healthy Mind, Healthy Body Seminar

With special thanks to the Friends of UWA for their support

The UWA Healthy Mind Health Body Athlete seminar was held on the 30th of July at John the XXIII College. Approximately 50 people attended ranging from athletes, coaches and parents. There were 3 specialists presenters who spoke at the seminar.

Firstly, was Anna Sangster whom is a Nutritionist/ Naturopath from City Beach Naturopathic Centre. Anna gave a fantastic presentation on how to eat to keep the immune system healthy and fuel efficiently as an athlete. Secondly Dr Steven Kiley Clinical Psychologists explained the psychological aspects of being an athlete such as the importance of internal and external motivation and how these factors can influence the performance of all athletes. Finally JP Caniero showed his presentation titled “Your Body, Your Business” which demonstrated how athletes can do a lot to look after their body in order to prevent injuries from happening rather than waiting until they cannot train. Overall I personally found the seminar to be extremely useful and I learnt so much about how to improve myself as an athlete in such a variety of ways. I also got very positive feedback from the attendees and a lot of them had never had the opportunity to receive information from such specialists. It appears the Seminar was a great success and hopefully it will become an annual event, so if you missed out this year stay tuned for the second edition in 2013.

Holly Noack
Club Captain

UWAAC Relay Selection Policy

Athletes are selected to represent the club in the state relay championships by the club committee with input from the club coaches. All potential relay members should make themselves familiar with the dates of the state relay championships from the Athletics WA competition calendar.

1. Athletes will be selected in relay teams based on their club ranking in their age appropriate event from the previous 12 months, however ‘in form’ athletes (from the current season rankings) will be given priority.
2. Athletes will be notified of their selection by email prior to the championships.
3. Athletes are required to reply via email or phone to confirm their acceptance in the relay team.
4. Athletes who do not reply to confirm their acceptance in their selected relay by the specified date, will lose their relay spot to the next ranked athlete in their events.
5. Priority is given to senior athletes in the senior events. Under age athletes may be selected in senior relay events by the committee if there are insufficient numbers of senior athletes to fill the relay team.
6. More than one team may be selected per event depending on Athletics WA’s rules. The club’s top ranked athletes will be named in the A team.
7. Any athlete who withdraws from the relay teams after confirming their selections will be replaced by the club committee, with the next ranked athlete in that event.
8. Athletes will be given instructions on the time and place to meet the Club Captains prior to the event for relay practice. Any athletes missing in the teams at the final check in may be replaced at the Club Captain’s discretion.
9. In the event of a dispute please contact the appointed club committee member in charge of relays or the club president.

Note: It is important that athletes notify the club registrar if there are any changes to their email address.
All UWAAC coaches take on social club athletes during the season. Please view more details on the coaches and their squads, including training times on the UWAAC website.

If you are looking for a coach please contact the coach directly via email once you have decided which squad suits your particular requirements.
CORPORATE MILE & Big 6 Championships

Monday 12th November 2012 from 5pm

McGillivray Oval, Mt Claremont

CORPORATE MILE
Corporate teams of 3 people per team compete for the Wheeler Foreman Trophy.
This is the main annual fund raiser for the club. The funding assists with scholarships for our athletes to attend major national championships interstate.

THE BIG 6
Showcasing the top six senior and top six junior invited athletes in the state in five events.

More info available at www.uwaac.com.au or contact tim@gibsonlyons.com.au for more details.
Olympics make you feel like a slob?

Wanna have a crack at one of those athletics events you saw but don’t know how to go about it?

UWA Athletics Club is having a “Suck it and See” afternoon at McGillivray Oval on Friday 5 October 2012 from 3:00pm.

Ever wondered how far you can throw a javelin, shot or discus, or if you can high jump your own height (or maybe only long jump it)? There will be qualified coaches & athletes there to give you some tips and there will be a sausage sizzle and a few beers at the AJ Pavilion from 5:00pm.

Why not come down and check it out? Who knows, you might discover a hidden talent.

Let Tom Kozak on kozak_family@bigpond.com.au or Keron Russell on keronrussell@gmail.com know if you want to have a go.
Athlete Profile:
Rachel McCormick
Date of birth: 05.06.1994

Discipline/event: 800m
Date of Birth: 05.06.94
Disciplines: 800
Occupation: Student
Height: 173cm
Coach: Susan Andrews

Previous Coaches: Lyn Mayor
Favourite Food: Curry
Favourite TV Shows: Friends
Favourite Sport: athletics, tennis, rowing
Hobbies: dining out, doing things with friends, chilling with my dog, and time at the beach

Obsessions: sleeping
If I weren’t an athlete, I’d… have a lot more free time

Goals for this season:
A PB!

Athletic career goals:
I’d like to compete on the international stage one day

Personal Bests:
400m: 56.9
800m: 2:13
1500m: 4:49