



Australian Government
Australian Sports Commission

Coaching AUSTRALIA

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Coachprofile



◀ Brian O'Shea (left) receives the 2004 Ausport Eunice Gill Award from Brent Espeland, General Manager, Sport Performance and Development, Australian Sports Commission.

an enquiring mind, the problem is not in sustaining interest but in covering the fields of interest.'

Those fields of interest include sports science and sports medicine and Brian has been particularly keen to explore ways for them to be integrated into coaching programs.

'In 1991, I was responsible for coordinating the training camps and the sports science delivery for the Wallabies. They won the Rugby World Cup for the first time and the sports science advantage over other teams was an important factor. At that time, rugby generally was not an enthusiastic consumer of sports science and the outcome was important in making these programs more easily accepted.'

He has also been a vocal supporter of developing coach education materials — an enthusiasm that may be partly attributed to his background as a university lecturer in business studies.

'I have always been an enthusiast for education as a way of overcoming difficulties,' Brian says. 'Coaching-specific education materials in the form of manuals, videos, CDs and resources accessed on internet sites are the main reason why there has been a tremendous improvement in coaching. Australia performs well on the world stage across a broad range of sports. Australians do not have any genetic advantage, but may have the benefit of space and climate that some other places do not enjoy. Another main reason why Australian athletes perform so well is the development of coaching and coaching resources through positive programs.'

Yet Brian says that a challenge remains for the next generation of coaches who have available a far more confusing array of ideas and resources.

'They must sort out their core role and ensure that the functions associated with it are covered,' he says. 'The next

Brian O'Shea — winner of the 2004 Ausport Eunice Gill Award

Rugby career an educated decision

by Sharon Phillips

A man who confesses that he 'had no idea' what he was doing when he captain-coached his university rugby union team to its first premiership back in 1961 has won the 2004 Ausport Eunice Gill Award for long and distinguished service to coach development.

Thirty years after that first premiership win, Brian O'Shea found himself coordinating the training camps and the sports science delivery for the 1991 Wallabies Rugby Union World Cup squad, which went on to become the first Australian team to win the Rugby World Cup trophy.

Between these milestones, Brian developed an impressive set of credentials on which he continues to build today. He is a Level 3 accredited coach, a trainer with the International Rugby Board, a selector for the Australian Institute of Sport and Australian under-21 teams and, among other things, has developed

many of Australian Rugby Union's key risk-management, development and coach education materials. Take him back to Newcastle in 1961 and his premiership match, however, and Brian admits that he was on shaky ground.

'Looking back, I had no idea what I was doing and would have been of little assistance to anyone,' he wryly says.

Yet the win was enough to spark an interest in coaching and coaching development that the 67-year-old says has never waned.

'There has been no problem in maintaining interest [in coaching],' Brian says. 'There are so many aspects to coaching and always new challenges to meet and new problems to solve. Modern coaching is rather like an iceberg, with 90 per cent of it unseen. The majority of the population are unaware of the involvement that occurs away from the practice field and, if you have

generation of coaches will also have to satisfy a more demanding group [of participants]. Research shows that one of the main reasons why people cease to participate in any sport is dissatisfaction with the quality of coaching.'

Still, he is confident that rugby is on the right track. 'There are many young people working in rugby who will achieve more in coaching and coach education than my generation did,' he says. 'Experience is useful in avoiding problems but fresh ideas, backed by enthusiastic and skilled people, are the key to progress.'

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Editorial — Tony Wynd

Our athletes achieved incredible success in Athens with record-breaking and record-making performances in both the Olympic and Paralympic Games. This is the public face of Australian sport.

The coaches who made a significant contribution to these results are the unsung heroes of the sporting world.

In most sports (with the exception of the football codes and other professional team sports), the coaches only occasionally feature in the news and, when they do, it is usually not due to their coaching contribution. Events such as a high-profile athlete dropping their coach, or a coach having a fallout with club management are usually what it takes to get a coach's name or face in the newspaper.

Luckily, the athletes usually appreciate the efforts of their coaches and this is probably all that most coaches expect. However, the question of why people go into coaching is worth considering. There is no simple answer to the question — some get roped in because their kids are playing in the Saturday morning competition and the club needs someone to look after the team; some are athletes who have suffered injuries and can no longer compete or have retired from high-level competition and want to give something back to the sport; some love the sport but realise that their abilities lie more in enabling others to excel than in excelling themselves; and others simply enjoy the thrill of being close to the action of competition.

The common theme in almost every decision to take up coaching is a love of the sport and a desire to contribute to the development of the athletes, regardless of their level of proficiency.

It does not matter whether it is skills development or skills refinement, general fitness development or identifying the perfect pre-competition taper, the coach is an essential

element at all points along the continuum from rank novice to world champion. Because the coach is such an important factor, sports need to ensure that they have access to appropriately qualified and capable coaches, and coaches need to ensure that they are abreast of the latest techniques and developments in their sport so that they can impart the most appropriate information and advice to their athletes.

This is where the National Coaching Accreditation Scheme is so important to coaching in Australia. Part of the success of the National Coaching Accreditation Scheme is its contribution to ensuring uniform standards across all sports in the area of coach training and qualifications, and the associated access to a wide array of coaching resources. The National Coaching Accreditation Scheme is celebrating its twenty-fifth anniversary this year. It has reached this milestone in part through the recognition by sports of its value in helping to develop the best quality coaches who, in turn, contribute to medal-winning performances by the athletes.

Successful coaching is the result of a constructive partnership between athletes and coaches. National sporting organisations and the Australian Sports Commission guarantees the quality of this partnership by implementing and supporting the National Coaching Accreditation Scheme.

Congratulations to all of you for your achievements to date, from getting a whole team of under-eight soccer players to run and kick to the correct end of the field, to coaching an Olympic gold medal-winning athlete. Keep up the good work.

Tony Wynd

Manager

Coaching and Officiating

Sport Performance and Development

Australian Sports Commission

Communication — the name of the game

by **Graham Cooke**

It has happened time and again: a coach successful in one situation, with a particular team or individual, moves on and fails to repeat that success elsewhere. Changes, however subtle, throw up barriers; the chemistry is not right and the magic has gone.

The result is often disappointment, frustration, tarnished reputations and unfulfilled potential. The root cause rarely lies in the technical abilities of the coach, or the athlete's willingness to learn; it is simply a breakdown in communication. Why does this happen?

In sport, most people think of language as the main means of communication, a two-way flow of worded information on the training court or sports field. Yet language, while important, is not crucial to a relationship between the coach and the athletes.

Australian lawn bowls coach Robbie Dobbins proved this when, in 1996, he took charge of the Malaysian team in the lead-up to the 1998 Commonwealth Games.

'The Games were being held in Kuala Lumpur and the Malaysian Government obviously wanted to put on a good show,' he said. 'I was going to select a squad of 20 and we would all be full time for two years.'

'The problem was they were deadset beginners and only a couple of them knew any English.'

The two English speakers — a teacher and a university graduate who had completed her degree in Canada — became the conduit through which Robbie passed on information and instructions to the others. Even so, the going was tough.

'They were learning from scratch: the rules, the etiquette and the tactics,' he said. 'It was complicated and I had to make it simple, take it slowly and explain in words you would use to an English-speaking child.'

This technique and the intensity of the two years of training bore fruit. The squad picked up a silver medal and two bronze medals. The silver might have been gold in the women's singles had the player not been spooked by the arrival of the Prime Minister of Malaysia at a crucial point in the final.

Even so, it was a job well done and a grateful nation ensured that he returned to Australia flying business class!



Former Australian Opals basketball coach Tom Maher now divides his time between the Canberra Capitals in the Women's National Basketball League and the under-14 Sydney Comets girls' team. He also coached the New Zealand women's team at the Athens 2004 Olympic Games.

He does not believe in changing his communication style at the elite level, whatever the age group or gender. 'The aim is to get feedback and to provide it,' he said.

'It's an old but true saying that a team takes on the personality of its coach. Top-quality basketball is a high-intensity game so the players expect their coach to project an energetic, persistent, high-endeavour attitude.

'While this may mean delivering some hard messages at times, I relate everything to skills. The worst thing a coach can do is to give the impression he is singling out someone because they are an inferior person, rather than because they simply made a mistake in the game.'

The attitude changes for social basketball. 'It's a question of aspirations — a social team may well set out with the aim of winning its competition,' Tom said.

'You still provide the feedback, make sure everyone gets a run and plays the game in a healthy way, and you take them just as far as they can reasonably go.'

Judy Bosler works with men, women, boys and girls in her role as an ice-skating coach at the Macquarie Centre in Sydney.

'I have classes for five to 75-year-olds, and I also train coaches,' she said.

'My aim is to get the information into people's brains in the way that best suits them. If someone has a science degree, I will talk about the physics that comes into ice-skating; if it's a small child, I'll use songs from *Play School*.'

The approach with beginner adults often has to be gentler than with children. 'You don't have to worry so much about the kids falling over, they are used to it and think it's part of the fun,' she said. 'But adults can be terrified, and if you're afraid, you stiffen up and a fall is more likely to happen.'

'Also, I believe it's a bit of a waste of money parents bringing really young children — say under eight — to classes, because they haven't got the mental and physical coordination to learn in a class situation.'

'I tell the parents "why don't you learn yourselves and have fun on the ice with your kids for a couple of years, then bring them back?"'

Although she has trained Australian champions in the past, Judy prefers working at entry level now. 'The most important coach in any skater's career is the first one,' she said.

'If I do a fabulous job with a beginner and they get hooked on it and want to go on to dance or racing or hockey, then that's good enough for me.'

Coaches at the Athens 2004 Olympic and Paralympic Games

Australia produced its best-ever results at the XXVIII Olympics in Athens. The Australian Sports Commission acknowledges the significant contribution from our Olympic and Paralympic coaches.

ATHENS 2004 OLYMPICS COACHES

ARCHERY

Ki Sik Lee – Head Coach
Matthew Lee – Coach

ATHLETICS

Keith Connor – Head Coach
Nic Bideau – Coach
Gary Bourne – Coach
Andrew Dawes – Coach
Gregory Hull – Coach
Michael Khmel – Coach
Phil King – Coach
Mark Ladbroke – Coach
Steve Lemke – Coach
Clifford Mallett – Coach
Scott Murphy – Coach
Alex Parnov – Coach
Ernest Shankleton – Coach
Rudolf Sopko – Coach
Mark Stewart – Coach
Brent Vallance – Coach
Grant Ward – Coach

BADMINTON

Ning Ong Sze – Head Coach

BASEBALL

John Deeble – Head Coach
Philip Dale – Pitching Coach
Paul Elliott – Assistant Coach
Tony Harris – On Field Coordinator

BASKETBALL

Brian Goorjian – Men's Head Coach
Brendan Joyce – Men's Coach
Ken Shields – Men's Coach
Rob Beveridge – Men's Video Analyst
Jan Stirling – Women's Head Coach
Karen Dalton – Women's Assistant Coach
Christopher Lucas – Women's Coach

BEACH VOLLEYBALL

Steve Tutton – Head Coach
Steven Anderson – Coach
Craig Marshall – Coach

BOXING

Bodo Andreass – Head Coach
Geoffrey Peterson – Coach

CANOING

Peter Clark – Sprint Coach
David Foureux – Sprint Coach

Terrence Hutchings – Sprint Coach
Richard Fox – Head Slalom Coach
Michael Druce – Slalom Coach
Myriam Fox – Slalom Coach

CYCLING

Shayne Bannan – Head Coach
Martin Barras – Coach
Damian Grundy – Coach
Ian McKenzie – Coach
Neil Stephens – Coach
James Victor – Coach

DIVING

Wang Tong Xiang – Head Coach
Peter Panayi – Coach
Hui Tong – Coach

EQUESTRIAN

Wayne Roycroft – Head Coach
Ryan Heath – Assistant Coach Eventing

FENCING

Vladimir Sher – Head Coach
Alwyn Wardle – Coach

FOOTBALL

Frank Farina – Men's Head Coach
Graham Arnold – Men's Assistant Coach
Anthony Franken – Men's Coach
(Goalkeeping)
Ron Smith – Men's Technical Staff
Adrian Santrac – Women's Head Coach
Kevin McCormack – Women's
Assistant Coach
Marty Smith – Women's Coach
(Goalkeeping)
Adam Hewitt – Technical Analyst

GYMNASTICS

Peggy Liddick – Women's Head
Coach Artistic

Nikolai Lapchine – Women's

Coach Artistic

Mikhail Barabach – Women's

Coach Artistic

Vladimir Vatin – Men's Coach Artistic

Lisa Bradley – Women's Coach Rhythmic

Nikolay Zhuravlev – Coach Trampoline

HOCKEY

Barry Dancer – Men's Head Coach
Colin Batch – Men's Coach

Jeremy Davy – Men's Video Analyst
Larry McIntosh – Men's Video Analyst
David Bell – Women's Head Coach
Toni Cumpston – Women's Coach
Mark Hager – Women's Coach
Ian Hicks – Women's Video Analyst
Jacqueline Potter – Women's
Video Analyst

JUDO

Peter Herrmann – Head Coach
Angela Deacon – Coach
Milos Kovacic – Coach

MODERN PENTATHLON

Gerard Adams – Head Coach

ROWING

Noel Donaldson – Head Coach
Harald Jahrling – Head Coach
Darren Balmforth – Coach
Reinhold Batschi – Coach
Robert Bleakley – Coach
Adrian David – Coach
Nicholas Garratt – Coach
Peter Le Compte – Coach
Antonio Maurogiovanni – Coach
Lyall McCarthy – Coach
Timothy McLaren – Coach
Christopher O'Brien – Coach

SAILING

Victor Kovalenko – Head Coach
David Adams – Coach
Arthur Brett – Coach
Mike Fletcher – Coach
Dayne Sharp – Coach
Erik Stibbe – Coach
Brendan Todd – Coach
Ian 'Bunny' Warren – Coach

SHOOTING

Greg Chan – Clay Target Coach
Anatoly Babushkin – Pistol Coach
Sergei Evglevski – Coach
Nicholas Sanders – Assistant Coach
Miroslav Sipek – Rifle Coach

SOFTBALL

Simon Roskvist – Head Coach
Terry Downes – Specialist Coach
Lloyd Howlett – Assistant Coach
Kere Johanson – Assistant Coach

SWIMMING

Leigh Nugent – Head Coach
Glenn Beringen – Coach
Roger Bruce – Coach
Denis Cotterell – Coach
Pierre Lafontaine – Coach
Tracey Menzies – Coach
Shannon Rollason – Coach
Alan Thompson – Coach
Mark Thompson – Coach
Stephan Widmer – Coach
Ken Wood – Coach

SYNCHRONISED SWIMMING

Lisa Critoph – Head Coach

TABLE TENNIS

Alois Rosario – Head Coach
Jan Berner – Coach

TAEKWONDO

Jin Tae Jeong – Head Coach
Warren Hansen – Coach

TENNIS

John Fitzgerald – Head Coach
Nicole Bradkte – Coach

TRIATHLON

Bill Davoren – Head Coach

VOLLEYBALL

Jon Uriarte – Men's Head Coach
Russell Borgeaud – Men's Coach
Daniel Ilott – Men's Performance Analyst

WATER POLO

Erkin Shagaev – Men's Head Coach
Benn Lees – Men's Assistant Coach
Mark Hubbard – Men's Video Analyst
Istvan Gorgenyi – Women's Head Coach
Gregory McFadden – Women's
Assistant Coach
Jamie Ryan – Women's Assistant Coach

WEIGHTLIFTING

Luke Borreggine – Head Coach

WRESTLING

Sam Parker – Coach

*Source: 2004 Australian Olympic
Team Handbook*

ATHENS 2004 PARALYMPICS COACHES

ATHLETICS

Scott Goodman – Head Coach
Brett Jones – Assistant Coach
Andrew Dawes – Assistant Coach
Irina Dvoskina – Assistant Coach
Richard Bednall – Assistant Coach
Gary Lees – Assistant Coach
Alison O'Riordan – Assistant Coach
John Eden – Assistant Coach
Paul Angel – Assistant Coach

BASKETBALL – WHEELCHAIR

Murray Treseder – Men's Head Coach
Craig Friday – Men's Assistant Coach/
Video Technician

Gerry Hewson – Women's Head Coach
Darryl Durham – Women's Assistant Coach

CYCLING

Kevin McIntosh – Head Coach
Daryl Benson – Assistant Coach
Andrew Budge – Assistant Coach

EQUESTRIAN

Gill Rickard – Head Coach
Anne Hall – Assistant Coach

JUDO

Trevor Kschammer – Head Coach
Lara Sullivan – Assistant Coach/PCA

POWERLIFTING

Martin Leech – Head Coach
Mick Farrell – Assistant Coach

SAILING

Lachlan Gilbert – Head Coach
Geoff Chambers – Sonar Coach

SHOOTING

Miro Sipek – Head Coach
Hans Heidermann – Assistant Coach

SWIMMING

Brendan Keogh – Head Coach
Paul Simms – Assistant Coach

John Beckworth – Assistant Coach
Peter Bishop – Assistant Coach
Graeme Carroll – Assistant Coach
Gwen Godfrey – Assistant Coach

TENNIS

Greg Crump – Head Coach

RUGBY – WHEELCHAIR

Terry Vinyard – Head Coach
Glen Stephens – Assistant Coach

*Source: Australian Team List on
Australian Paralympic Committee web site
www.paralympic.org.au*

ATHENS 2004 OLYMPICS COACHES



Ki Sik Lee
Head Coach,
Archery



Keith Connor
Head Coach,
Athletics

Sport The Library



John Deeble
Head Coach,
Baseball

Sport The Library



Brian Goorjian
Head Coach,
Men's Basketball

Sport The Library



Jan Stirling
Head Coach,
Women's Basketball



Bodo Andreas
Head Coach,
Boxing



Richard Fox
Head Coach,
Slalom Canoeing



Shayne Bannan
Head Coach,
Cycling



Wang Tong Xiang
Head Coach,
Diving



Frank Farina
Men's Head Coach,
Football



Adrian Santrac
Women's Head
Coach, Football



Peggy Liddick
Head Coach, Women's
Artistic Gymnastics



Vladimir Vatkin
Coach, Men's Artistic
Gymnastics



Barry Dancer
Men's Head Coach,
Hockey



David Bell
Women's Head
Coach, Hockey



Gerard Adams
Head Coach,
Modern Pentathlon



Noel Donaldson,
Head Coach,
Rowing

Sport The Library



Victor Kovalenko
Head Coach,
Sailing



Simon Roskvist
Head Coach,
Softball



Leigh Nugent
Head Coach,
Swimming

Sport The Library



Jon Uriarte
Men's Head Coach,
Volleyball



Erkin Shagaev
Men's Head Coach,
Water Polo



Istvan Gorgenyi
Women's Head
Coach, Water Polo

ATHENS 2004 PARAYMPICS COACHES



Scott Goodman
Head Coach,
Athletics



Murray Treseder
Men's Head Coach,
Wheelchair Basketball



Gerry Hewson
Women's Head Coach,
Wheelchair Basketball



Kevin McIntosh
Head Coach,
Cycling



Gill Rickard
Head Coach,
Equestrian



Trevor Kschammer
Head Coach,
Judo



Martin Leech
Head Coach,
Powerlifting



Lachlan Gilbert
Head Coach,
Sailing



Miro Sipek
Head Coach,
Shooting



Brendan Keogh
Head Coach,
Swimming



Greg Crump
Head Coach,
Tennis



Terry Vinyard
Head Coach,
Wheelchair Rugby

All Paralympic coach photos courtesy of the Australian Paralympic Committee (except Scott Goodman)

Muscle cramps — causes and cures

by **Craig A Horswill PhD**, Principal Research Scientist, Gatorade Sports Science Institute, Barrington, Illinois

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During a hard practice, game or match, an athlete might experience muscle tightness and cramping. If severe enough, a muscle cramp can take an athlete out of competition. What causes the cramps? Is there a cure?

What causes muscle cramps?

Fluid and sodium factor

Although there are many causes of muscle cramps, large losses of sodium and fluid can be key factors that predispose athletes to run-of-the-mill muscle cramps. Sodium is an important mineral in initiating signals from nerves and actions that lead to movement in the muscles, so a deficit of this element and fluid may make muscles 'irritable'. Under such conditions a slight stress, such as a subsequent movement, may cause the muscle to contract and twitch uncontrollably.

After checking with a physician to rule out serious causes (see 'Other potential causes' below), an athlete who experiences muscle cramps after a workout might want to add sodium to meals. Given the popularity of low-sodium diets, a sodium deficit is not out of the question when an athlete is sweating at high rates, particularly in the hot months of the year. Salty snacks or an extra tap of the salt shaker will help replenish the mineral. Consuming sports drinks that contain an adequate amount of sodium is also a subtle way to replace sodium.

Gatorade contains 102.5mg of sodium per 250ml, the same amount of sodium as in a glass of milk or slice of bread. This is an amount which helps replace lost sodium yet still meets health regulatory standards for being a low-sodium food.

Minding your minerals

For many years, players have attributed cramping to the depletion of potassium or other minerals, like calcium and magnesium, from the body. However, research indicates that these minerals are less likely to cause cramping.

Muscles tend to hoard potassium, calcium and magnesium so that they are lost at minor levels in sweat, compared to sodium and chloride losses. The diet usually supplies adequate amounts to prevent deficits that would contribute to cramping episodes. But further research may tell us otherwise.



Other potential causes

Diabetes, neurological disorders or vascular problems could be factors in cramping episodes. Also, anecdotal reports indicate that the use of certain dietary supplements such as creatine might increase the risk of muscle cramps. If cramps suddenly occur without a prior history, consult a physician to rule out more serious causes.

Preventing cramps

Stave off cramps before they start by recommending that athletes follow these simple guidelines:

- drink plenty of fluids to stay hydrated during exercise
- replenish sodium levels with a sports drink like Gatorade during times of heavy exercise and profuse sweating
- ensure adequate nutritional recovery (particularly for salt) and rest for muscles after hard training.

Quick fixes for cramps

When cramps strike during a workout or competition, take immediate action with the following:

- **Stretch.** Because cramps are often related to a change in weight bearing, stretching and non weight-bearing exercises are effective treatments.

- **Massage the area.** Rubbing the cramped muscle may help alleviate pain as well as help stimulate blood flow and fluid movement into the area.
- **Stimulate recovery.** Rest and adequate rehydration with fluids containing electrolytes, particularly sodium, will quickly bring an improvement.

Cramping case study

A case study (Bergeron 1996) lends support to the theory. An elite tennis player was found to lose more sodium in his sweat during several hours of play than he consumed throughout the entire day. During intense play that resulted in sweat loss of up to three quarts (over two litres) an hour, the player knotted up with cramps. Following physiological testing, it was recommended that the player add salt to his diet and drink sports drinks (such as Gatorade). This addition of sodium reduced subsequent cramping episodes. Whenever the player felt cramps coming on in a game, he drank a sports drink containing sodium chloride. The cramps ceased.

Reference

Bergeron, M 1996. 'Heat cramps during tennis: a case report', *International Journal of Sport Nutrition*, 6:62-8.

Coaching information available on the Australian Sports Commission's web site

Whether you are looking for the latest developments in Australian coaching structures, or articles relevant to a specific aspect of coaching in your sport, the coaching area of the Australian Sports Commission's web site can provide you with some useful material.

The starting point is the main web site at www.ausport.gov.au. Click on the *Coaches* button, which will take you to www.ausport.gov.au/coaches.asp. This page provides links to a wide range of information for current and prospective coaches at any level, including background on the National Coaching Accreditation Scheme, general information on codes of conduct, and ethics and coaching at the Australian Institute of Sport.

For the practising coach looking for reference material, a next logical step is to click on the *Coaching web site* link, which will take you to www.ausport.gov.au/coach/index.asp and from there click on the *Coaching tools* button, which will take you to www.ausport.gov.au/coach/tools.asp, where you will find all sorts of useful fact sheets, coaching articles and information on Australian Sports Commission coaching resources.

You can read up on topics such as coaching team sports, insurance, sports nutrition, sports injuries or strength and conditioning; or you can

check out who the coaches are behind the Australian Institute of Sport's successful programs in various sports.

Due to space constraints, not all articles are presented on the web site in their entirety. However, this should not pose too much of a problem because, via the web site, it is possible to print a form to order complete articles from the Australian Sports Commission's National Sport Information Centre. The address and fax number to send your order to at the National Sport Information Centre are listed at the bottom of each page.

Recognising that it is not possible to provide all the information that coaches need, the web site contains links to a wide range of coaching-related web sites from around the world.

You can also find out about the many coaching journals that are available in Australia and around the world. There are links to many journals, some of which have full text available on the internet, while others only provide tables of contents. To get to this part of the web site, go to the National Sport Information Centre via the *Information/Research* option at the top of the page. From the



National Sport Information Centre, click on the *Sports journals/magazines* button (www.ausport.gov.au/nsic/journals.asp).

If you are looking for further professional development options, you can find out about the National Coaching Scholarship Program. The National Coaching Scholarship Program's primary objective is to provide opportunities for emerging elite coaches to develop skills and knowledge to coach effectively in high performance programs. More information on the program is contained on the web site at www.ausport.gov.au/coach/scholarship.asp.

There will be something of interest to every coach in Australia on the Australian Sports Commission's web site coaching pages — so why not log on and have a look?

NEW! Current Concepts in Sports Nutrition



Written by the Department of Sports Nutrition, Australian Institute of Sport, and brought to you by POWERBAR.

This booklet has been written for the educated athlete in mind. It examines the most recent research and sets out guidelines to assist athletes in applying this knowledge to the practicalities of their chosen sport and individual situation.

With the aid of this booklet, athletes will be able to optimise their response to training, stay healthy, prepare for events, recover effectively and make informed choices about the use of supplements and ergogenic aids.

This booklet makes a great resource for elite and recreational athletes striving to maximise their nutritional strategies in order to optimise their sporting potential.

To order your copies of "Current Concepts in Sport Nutrition", please email: powerbar.sportsnutrition@au.nestle.com



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You can't afford to miss the leading sports forum from 2 to 4 March 2005

The Australian Sports Commission takes great pleasure in hosting its second

OUR SPORTING FUTURE FORUM

2-4 March 2005 Sydney Convention Centre

An exciting range of speakers from Australia and overseas will be in attendance to discuss ideas, trends and emerging issues in sport. Sessions will be relevant to the coaching industry and will also be interactive. There will be numerous opportunities to network with leaders in Australian sport.

Presenters and topics include:

- coaching in Australia: future directions – Jan Stirling, Australian Opals women's basketball team
- innovation changes to community sport for children – Joan Seal, Australian Rugby Union and Geraldine Naughton, Australian Catholic University
- spectator behaviour in sport – Michael Cahill, Sport and Recreation Victoria
- implications of change for club development – Darren Adamson, University of South Australia
- good sports on and off the field

- sport in regional Australia: lessons from Soccer Queensland – Natalie Cardwell, Soccer Queensland
- representatives from national sporting bodies and professional organisations.

The Australian Sports Commission encourages you to attend, learn and contribute to the ongoing success of Australian sport. Many delegates commented that the first Our Sporting Future forum, staged in March 2003, was 'the best sports industry conference [they had] been to in years'.

Registration and forum information is available at www.ausport.gov.au/events/osf2005/.



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