

OUT OF SECTOR

NEWSLETTER

FEBRUARY 2010

THROWERS



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COMING UP

Feb 7	AMA Relays & BBQ (11am start)
Feb 14	Discus / Hammer - AGM following
Feb 21	VMA T&F Pentathlon Champs (and Working Bee)
Feb 28	Throws Pentathlon
Mar 14	VMA Throws Pentathlon Champs (10am start for Women)
Mar 20-21	VMA T&F Championships - Box Hill (9am start)
Apr 2-5	AMA National T & F Championships - Perth
Apr 18	TBA
May 2	Shotarama / Hammerfest
May 22-23	Beaufort Cup
Jun 20	Hammerfest / Shotarama

Happy New Year and welcome to the new-look 'Out of Sector'!

We thought with the arrival of the new decade it was time to update the newsletter format but it still contains all of the important information you have come to expect.

This is a busy time of year for the Throwers Group so hopefully you are fit and ready to contest all of the championship events scheduled over the coming months.

Annual General Meeting

Our Throwers Group AGM will be held on **Sunday 14th February**, 2010 following the throwing that is scheduled for the same day. Come along to hear a summary of the Throwers Group facts and figures for 2009 and have your say about the activities planned for 2010 and beyond.

The Throwers Group is looking for a new Secretary so please think about whether you would be able to help out by nominating for this role.

AMA Postal Relay Championships & BBQ

The AMA Postal Relays competition runs throughout the month of February each year and this year the main event is being held on **Sunday 7th February**. Events will start at 1pm and the Throwers Group will be arranging a BBQ for during and after the competition.

The events are Discus, Hammer, Shot Put and Long Jump and the age groups are 30-39, 40-49, 50-59, 60-69, 70-79, 80-89 etc. You don't need to form teams in advance, just come along to Duncan Mackinnon to be involved. If you can't make it on the 7th there will be opportunities on the 14th and 28th to form throwing teams and those performances can be submitted to the AMA also.

Working Bee

Our working bee for this season will be on **Sunday 21st February**, starting at 10:30am. We will be checking and painting the throws equipment in preparation for the state champs. The working bee is at Duncan Mackinnon on the same day as the VMA Track & Field Pentathlon championships. Please come along on the 21st Feb if you are able to help with the working bee or with officiating for the T&F Pentathlon.

Multi-Event Championships

The VMA Throws Pentathlon Championships are being held on **Sunday 14th March**, 2010 at Duncan Mackinnon. Entry forms are available from Astrid and you can also find it in the latest VMA Footprints Newsletter. Entries cost \$10 and close on 26th February. Late entries cost \$20 and will be accepted up until 7th March. NB: No entries will be allowed on the day this year for either the Throws or T&F multi's.

The same entry form can be used for the VMA Track & Field Pentathlon which will be at Duncan Mackinnon on **Sunday 21st February** (entries close 5th Feb and late entries up until 14th Feb cost \$20). This event coincides with our working bee (noted above). We hope that those who are not competing will be able to help either officiating at the throws or with the working bee.

Throwers Caps only \$10

And they look great too!

Available now, while stocks last...



State Championships Box Hill

The Victorian Masters Track & Field Championships will be on **March 20th & 21st**, 2010, at Box Hill. This is a Victorian Masters Championship sponsored by both Athletics Victoria (AV) and VMA. Athletes must be 30+ years and may be either AV or VMA members. Medals are awarded to the placegetters in each five year age group.

Entry fees have not changed from last year (\$10 per event with the 4th/8th/12th event being free). Entries close on Thursday 4th March. NB: Late entries up to Mar 12th will cost \$20 per event and will only be accepted if there is room for additional numbers in the event).

The Throwers group are responsible for providing some officials at these championships so please make yourself available if possible.

Entry forms will be available from Astrid or you can go to:

www.athsvic.org.au

The Nationals

The AMA National Track & Field Championships will be held in Perth at Easter (April 2-5), entries close on Friday 5th March. Online entry and forms are available via the AMA website:

www.australianmastersathletics.org.au

Christmas BBQ & Hamper Raffle

It was a great turn out again for our Christmas BBQ.

The throws pentathlon was contested by 26 throwers and another 24 members, family and friends came along for the BBQ.

Thanks to everyone who helped with the preparations and to everyone who donated items for the hamper raffle.

The 2009 event raised \$600 which is a really fabulous effort!

The major prize winners in the hamper raffle were:

- | | |
|---------------------|---------------------|
| 1. Judy Pfanner | 6. Kris Hendricks |
| 2. George C | 7. Lorraine Mussett |
| 3. Russell Clark | 8. Peg Noden |
| 4. Colin Murray-Lee | 9. Jo Molnar |
| 5. George Knight | 10. David Wookey |

... and another 24 prizes were drawn for those present on the day.

Ilmars Manes Trophy

Eighteen throwers were eligible for the Ilmars Manes Trophy this year and again it was a close competition. The trophy was won by **Joanne Molnar** who threw a PB to finish off a year of significant improvements in all of her throws. Well done Jo!

Rita Manes presents the trophy to Jo



Happy Birthday

January	Billy Binks George Christodoulou (M70) Greg Gorter Lorraine Mussett Peter Neale Cheryl Parry Judy Pfanner Christine Schultz David Wookey
February	Sharon Reynolds Stan Stankovic Raelene Warren Wim Van Weenen Val Worrell (W75)
March	Roger Glass (M60) John Neale Jenny Scholtz (W45) Bob Thomas May Ward (W70)

Book Review by Roger Glass

The Masters Athlete by Peter Raeburn PhD.

If you are a Masters athlete who has ever wondered how you may best improve your performance and not known where to look for answers, then this is the book for you.

Peter Raeburn is a Queensland sports scientist and Masters Athlete with an impeccable background in human performance academia as well as extensive personal elite level Masters sports experience. His book fills a gaping hole in the literature with respect to fitness and performance improvement in ageing humans. He brings a passionate, scientific and enquiring mind to the task of identifying the evidence currently available to help guide us in our Masters sports pursuits.

The many gaps in current science based knowledge are acknowledged and many unhealthy and unhelpful training practices are justly dismissed, yet there is an openness to promising new ideas for which good scientific support is starting to emerge.

There are many very useful chapters such as:

- Age – related Declines In Performance and Implications for Training
- Strength and Power Training for the Masters Athlete
- Developing Flexibility in Masters Athletes
- Periodisation and Peaking for the Masters Athlete
- Staying Healthy and Illness-free
- Recovery Strategies for the Masters Athlete
- The Female Masters Athlete.

Whilst the book is intended to cover all sports in Masters competition there is much of great relevance to Masters Throwers – male and female.

Future editions would benefit from tighter editing and proof-reading, and the addition of an index and perhaps a chapter on “Psychological Factors and the Masters Athlete”.

I can thoroughly recommend this book to all Masters Throwers (and all Masters Athletes for that matter). Either borrow the Throwers Group's copy from Graeme Rose or buy yourself a copy from:

www.mastersathlete.com.au

Phone orders - ph (07) 49265269.

Many thanks to Roger for providing this great book review!!