



NEWS UPDATE

Edition 2 – August 2000

As promised welcome to the second edition to our RockSolid Sports News Update. At the time of putting this together the Broncos have won their way through to the NRL Grand Final and therefore I will delay the delivery of this months update until after the Grand Final on the 27th August 00.

e Sports Centre.

Not a lot happening in this area as yet. We are still just biding our time here and when the time is right we will start to get things moving again. We have a solid Business Plan in place and we do not need to rush into things. We are still working on the development of the site and once this is ready we will forge ahead.

Events & Promotions

As detailed in last months edition we are looking to stage a triathlon in Townsville in October. We have put our proposal together and it is now in front of the Townsville City Council. Once we receive approval we will start to promote this event and push for support from the local community. The Townsville Triathlon Association is working with us and we are sure we can help develop the sport in the North Queensland area for them. Levi Maxwell has shown keen interest in competing in the race and we hope he can bring some of his high profile friends with him. Levi has also put some great suggestions forward to help us make this event an even greater success. I am traveling to Townsville in mid September to meet with all parties involved and finalise plans so I will keep you updated in the next edition.

Sports Management

In July RockSolid Sports supported the Australian Open Schoolboys Rugby League tournament at Wynnum Rugby League Club in Brisbane. Support consisted of trophies for sponsorship of the Man of the Match awards for each game during the tournament. Our support was well received and I am sure all the recipients appreciated the trophies provided. It was a very competitive event with some great football played throughout the week. Queensland were unbeaten until the final where they were beaten by a determined NSW Catholic College outfit. There was some great talent on display and all the NRL clubs were well represented by their development officers who were scouting for good young players and also following the progress of youngsters already associated with their club. RockSolid gained a lot of exposure during the week and established some good relationships. The feedback received after the event has been good and we will support these events in the future.

A revamp of our Web Site will commence shortly which will present a far more professional look. The site will include athlete profiles, chat room, our business plans and management programs as well as a sponsor page and other information including

this News Update. The site will be updated monthly and will offer visitors a good overview of RockSolid Sports and the athletes involved. This should be ready in October so stay tuned.

Athlete Updates

Levi “Alien” Maxwell – In the last edition Levi was heading overseas to compete in races in Japan and Europe. He raced in Japan coming a credible 10th before succumbing to the pain of a few troublesome wisdom teeth. With a badly swollen face and in a lot of pain he decided against heading to Europe and returned to Australia to have his wisdom teeth removed. He was treated very well and quickly and was back in training a week later. He is back to full throttle now and is enjoying a major race layoff until November where is looking to compete at Noosa. He is also hoping to compete at our event in Townsville in late October as a lead up to Noosa. After Noosa he will look towards the F1 series where he looking to really put some pressure on the big guns and become a contender for the series. Look out for the Alien...

“The Chief” Michael DeVere – It’s all happening here. Mick is currently on cloud nine after winning his third premiership with the Broncos. They were too big, too fast, too strong for the Roosters and won in a very methodical fashion 14 – 6. Mick had a strong defensive game and contributed with 3 goals. He kicked 3 from 5 and if he had been successful with all attempts he would have topped the 200 mark for points scored with the Broncos this season. It was still a great effort to finished with 196 points consisting of 12 tries and 74 goals with a success rate of 75% for his kicking. It has been a great season for Mick and he was hoping to gain selection in the Australian World Cup side to tour England. Unfortunately he was overlooked for Jason Croker but my mail tells me that it was a toss up between the two of them and the selectors were at loggerheads for some time over the decision. It is some consolation to know that he is knocking at the door but I know Mick is disappointed at not making the side. It will now motivate him to force their hand next season. Also missing out on the World Cup will allow Mick to prepare for his wedding in December when he will marry his long-term partner Olivia. In other news Mick is also becoming somewhat of a media personality and looks set to replace Ben Walker at the Sports Center with Ashley Bradnam on 4BC. Mick and Levi were on the show several times this year and Ashley is keen for Mick to take over from Ben. He is also a bit of a wordsmith and puts pen to paper each month for an internet sports magazine called wodda.com.au. He has written several articles for this magazine and they are very good so if you get near a computer look it up. Congratulations Mick on the Grand Final win and a big year with the Broncos from all of us at RockSolid Sports.

“Demolition” David Turner – Dave is still relaxing and putting some quality time in at home with his wife Jodie after many long stints away at the Institute of Sport in Canberra. He has kept in touch with the Australian team in the lead up to the Olympics and they look to be coming along well especially Paul Miller who many hope will pick up a medal. We are starting to get back into training and Dave needs it as while he has been taking time off he has been putting on a few kilos. Some good quality training and hard work he will be back to his best condition in no time or he may have to come back in the Super Heavyweights!#!?#?! The Goodwill Games are still the main focus at this stage and in the mean time he will be working with some of the other guys in the gym to compete locally.

Paul Pensini “Barney” – Paul looked set to play his way into a Grand Final also with the Cowboys first division side in the Sydney competition. Unfortunately they were stopped at the last hurdle by Penrith who beat them convincingly 42-20. He is now enjoying end of season celebrations before coming to Brisbane to have an arthroscopy on his knee and ankle. His leg has been giving him trouble throughout the year and he is keen to clear up the problems early so he can set about preparing for an intense off season with the Cowboys to get ready for next year. Its been an up and down year for Barney but he consolidated his form with the First Division team playing more consistently. This lead to his selection in the NRL team before he broke a bone in his foot, which kept him out for a few weeks. A good off-season and some good early form will hopefully see Paul have a big year in 2001 with the Cowboys.

Brett Seawright “Porky” – Brett has had a big season with Easts in Brisbane. And to cap off a great year he picked up his second Grand Final win in a row winning the Brisbane A Grade premiership last week. Last year he won a Third Grade Grand Final with Easts in his first year in Brisbane after coming down from Atherton try and make a career out of Rugby League. He is progressing well and played his first game at the Cauldron (Lang Park) which I know made him and his father very proud. The win made the day extra special and he is now setting his sights to make it three in a row by winning the State League as part of the Easts top grade side next year. A lot of work in the off season and a commitment to making it happen will see Brett really hit his straps next year and I wouldn’t be surprised to see some NRL scouts show some interest in him.

Daniel Kratzmann “Arnie” – Daniel has been hard to track down, as he has been training hard in the lead up to the World Juniors. As you know Arnie throws a pretty mean Javelin and I finally caught up with him just after he took part in the Olympic Trials at Sydney. He had to qualify for the World Juniors by competing against open men who were trailing to qualify for the Olympics. Overall he finished in 4th place with a throw of 72mtrs well under his best throw but did enough to qualify for the World Juniors finishing in 1st place. His preparation has been disrupted with the loss of his coach who moved to Melbourne and he is still adjusting to the style of his new coach. This may account for the 72mtr throw at the trials being well down on his best but I am sure if he puts his head down and focuses on what his old coach taught him he can get back to his best for the World Juniors and bring back a Gold Medal.

Blue Sky

This is a new section dedicated to helping you achieve your goals weather you are an elite athlete or just an average person who can apply it to your daily life or work environment. I am sure some of the things you will find in this section will help you succeed. This section is about how to identify what you really want and how to get there; to set goals based on realism and confidence; to work with discipline and resolve; to learn from the requisite failures and too-early successes; to achieve a clarity of focus and a sense of purpose; to stick to your plan; to deal with pressure, thrive on it, and make it your own; to carve away the distractions that slow us all down; and, perhaps most important, to keep going after you fail. In each edition I will look at one of these areas and identify ways of applying it to your daily work ethic. This edition we will look at goal setting.

TURN YOUR DREAMS INTO GOALS

1. Dream Small

Think in small increments. If you know your eventual goal then set goals along the path that leads to it. Short-term goals are the only reliable path.

2. Write down your goals.

This makes it formal and gives notice to yourself and others that the work has officially begun. And it keeps your goals clear and in focus.

3. Be specific

If your goal is to “get in shape,” you will be in bad shape. It is far better to focus on specific goals, like run a 4 minute klm or do 50 sit ups a day.

4. Be realistic

You can accomplish most things you set out to do, but it will take time. Don't shoot for something unattainable-completely outside your nature or opportunity. At least not right away.

5. Know yourself

Find your core, that thing you are chasing. Set goals based on what you really want, not what other people expect of you. And don't assume that goals are only for the competitive areas of your life. You can make goals for family, relationships, anything.

From the Editor's Desk

Well that's all from the news desk. From all the feedback about the last edition it seems as though it is well worth publishing each month. If anyone has anything they would like to add to this update feel free to pass it on as I welcome any comments and especially any input you may have. Just phone me or send it through on email to rocks@rocksolidports.com.au. It's been a busy month and a successful one for the team at RockSolid. Looking forward to many more great achievements over the coming months and wish you all well in your respective sports. Good luck to everyone and here are a few words of inspiration....

“The greatness or the smallness of a man does not depend upon his education or his wealth or the other things. Regardless of how wealthy a man is, regardless of how educated he is; if his heart is not great, then he cannot be great. It is the heart that makes one great or small.”

Muhammad Ali

Yours in Sport
Mark Rockley