

# **NEWS UPDATE**

**Edition 3 – November 2000**

Welcome to the RockSolid Sports News Update. Not much news in this edition as most of the team are in their off season. Still we do have information to share with you so read on...

## **Events & Promotions**

Unfortunately our triathlon event in Nth Qld has been cancelled. The Townsville Triathlon association, who we were working with to stage the event had a restructure of their board. The new president felt he did not have the time to prepare for the event and have asked us to hold off and look towards next year. I was happy to do this, as we need their support for volunteers etc. We will submit our proposal next year and hopefully we can get their support and stage a very successful event.

We are now working on several other event opportunities for next year and I will pass them onto you in the coming months once they are finalised.

## **Sports Management**

Things are a little quiet at the moment with most athletes in their off season and enjoying a break from the rigors of a tough schedule. I will be using this time to conduct performance reviews and reassess goals for the future with all the members of the team. This process allows the athletes to gauge their performance level and where they are on the path to reaching their ultimate goal. During this process we also determine what things have not been achieved and determine the factors causing this non-achievement. We then focus on them to help gain success for the future

## **Athlete Updates**

**Levi “Alien” Maxwell** – Levi has recovered well after the operation on his wisdom teeth and has been training strongly for the upcoming season of triathlon in Australia. His campaign begins in a few weeks at Noosa and then rolls into the F1 series. This series has undergone a few changes with the scrapping of the One Summer concept and a new sponsor. St George is no longer the major sponsor and the new naming rights sponsor is to be released shortly. Word has it the series will consist of only 3 races commencing from January. Regardless Levi is keen to perform well and use this as a stepping-stone to bigger and better performances in World Cup events overseas. He will use these performances to gain selection in the Australian team at the Goodwill Games later in the year.

We are currently working towards securing some sponsors for Levi and a couple of key brands have shown some keen interest. Reebok have been pleased with Levi and his progress and we are hoping we can increase their support to more of a performance based deal. I am looking forward to the coming season for Levi as I feel he is about to really take off.

**“The Chief” Michael DeVere** – Mick is starting to settle down after a hectic few months of celebration. It seems everyone wants you when you are winning. The last few months have been one guest appearance after the other. Add in an off-season trip to Bali and you don't get much time to come down off cloud nine. Mick was also voted Most Consistent Player of the year at the Broncos awards night, which I know he is proud of as he gives 100% every time he takes the field.

The Olympics has now taken the focus of the Grand Final win and the team can now enjoy the off-season. Mick has just come out of an operation to clear his nasal passages, which will allow him to breath better. He looks a bit rough at the moment so I doubt he will be doing to many public appearances for a while. The boys are back into training at the beginning of November looking for back to back premierships with a new look side for 2001.

***“Demolition” David Turner*** – David is well back into training now and sparring with current Qld Pro Heavyweight Champion Danny Buzzer to help prepare for his next fight. Danny is taking on Karli Meehan on November 3<sup>rd</sup> for the Australian Heavyweight Title. Danny’s trainers requested some sparring with David as his speed and skill offer good work in the lead up to this fight. David is still unsure of his future but during our review discussions we will decide this and start to work towards his future goals.

The gym is full at the moment with many guys looking to improve their skills by working in the ring during sparring sessions. David is sparring with many of these guys working on their technique and helping them improve their boxing skills.

***Paul Pensini “Barney”*** – Barney is recovering at the moment after surgery to fix a broken bone in his foot, which has given him trouble all year. He has had a few trips to Brisbane over the last month and it gave us a good opportunity to get all the team together for a BBQ. Several of the guys have not met Barney and it was a good opportunity to catch up. The Cowboys will also be back into training shortly and hoping to be a force in 2001. With a bit of luck and no injuries Barney could well secure a spot in the Top 13.

***Brett Seawright “Porky”*** – Not much happing will Brett. He is enjoying his break and recently had talks with Easts for the 2001 season. Again this will be a big year for Brett and he needs to do plenty of work during the off-season to make it happen.

***Daniel Kratzmann “Arnie”*** – While everyone is on a break this guy in right amongst it. Daniel is currently in Chili competing in the World Junior Athletics Championships. He competes towards the end of the event so we won’t know the result until about the 27<sup>th</sup> October. I am hoping for a good performance, as it will lift his profile amongst the athletics community in Australia as he moves into open competition. I will update you on his result during the next edition

## **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.

## SELF DISCIPLINE

### 1. Don't fight yourself.

It's like fighting with kids: you can't win. Get the whole family - body, mind and spirit - in on the goal. Be a good parent to yourself; be stern, patient, and honest.

### 2. Keep a log.

Keep a record of your chase, a daily schedule of your training and your progress. How far have you come and how far you have to go. A log provides two necessary things for self-discipline: **motivation** and **habit**. Recording your progress in writing keeps you focused.

### 3. Do the 50<sup>th</sup> Push-Up.

When you've committed yourself to 2 hrs of training, do 2 hrs of training, not 1 hr and 59 minutes. Six 400mtr sprints is always six, never five. The basis of self-discipline: **Don't allow the edges to blur.**

### 4. Carry it everywhere.

If you're trying to become more disciplined at training, add some self-discipline at home too. A clean garage might not help you win a gold medal but it will create and reinforce habits that lead to success.

### 5. Tune the engine.

Don't be afraid to reassess. Is your training schedule working? Is the path to your goals working? How can you adjust?

### From the Editor's Desk

That's all from the news desk. Hopefully everyone is working hard and looking to achieve their goals for the future. If you have any news you wish to share with us please give me a call or email me on [rocks@rocksolidssports.com.au](mailto:rocks@rocksolidssports.com.au). Good luck to everyone and here are a few words of inspiration....

***"Inner-arrogance is when you're good and you know it but you don't wear it on your sleeve. You don't have to tell anyone you've got it, they know it. When you start to tell them, it usually ends up as lip-service. Don't tell them you can hit...hit; don't tell them you can pitch ...pitch; and don't tell them you can sell...sell."***

**- Joe Gargiola**

***"Inner-arrogance is the thing that allows you to perform to your capabilities: over-arrogance comes when you try to perform beyond your capabilities ... and that's always dangerous and usually self-destructive."***

**- Wayne Bennett**

Yours in Sport  
**Mark Rockley**