

NEWS UPDATE

Edition 4 – Christmas 2000

Welcome to the final RockSolid Sports News Update for the year 2000. Plenty to keep you updated on in regards to all the activity over the past month as well as the regular segments.

Events & Promotions

We recently commissioned a photo shoot to present our new ladies promotional wear for upcoming events. Mick, Levi and David all took part as extras to present a sporting image and it was quite difficult to work out who was supporting whom. The session was an experience and I would like to thank all those involved for their participation. David now looks certain to move into a modeling career and assures me he has had several calls requesting his services. The results were fantastic and many of the final shots presented the look we were after. I am sure the exposure we will get at future events will be well worth it. I have copies of some the shots in poster form if you are interested, here is a sample.



Sports Management

Well it has been a busy month for most of the team and a lot to report. I am just in the middle of finalizing all performance reviews and this exercise has proven to be invaluable for me and I hope those that have completed it. Our performance review is a process where we review the past year and then set goals for the coming year in areas of Performance, Personal, Financial and Profile development. The benefits for all concerned are a clear direction for the coming year and a commitment to achieve the goals agreed upon within the review process. I hope those that have completed this document find it rewarding and that we all achieve the goals we set ourselves for the coming year. For those yet to complete this review I will in touch early in the New Year to arrange a time to get together.

Athlete Updates

Levi “Alien” Maxwell – It has been a big month for Levi kicking off with a great result at Noosa. Levi achieved a 5th placing in one of Australia’s biggest races against some pretty tough opposition. To give you a quick snap shot of the race the Alien came out of the swim leg alongside Craig Walton, who is rated one of world triathlons best swimmers, and then fell back in the pack on the bike after 2 riders set a pretty hot pace. From here he went into the transition for the run leg in 20th position and dug deep to make up 15 places over 10 kms to finish 5th. This was a great result and shows the

mental toughness/determination this guy has that will eventually see him at the top of World Triathlon.

Things went down hill from here. A week later Levi picked up a virus that stayed with him for a few weeks and caused him to miss the Aussie Sprint Titles at Woolongong. Levi was keen to perform well at this event but unfortunately he missed this event, which was eventually won by his good friend, and training partner Bryce Quirk.

Then he had a nose job done similar to what Mick had done a few months back. Since the photo shoot two of the crew have had nose jobs. Makes you wonder.... He needed it done to clear badly damaged nasal passages to make breathing easier for his races.

Next races for Levi will be the F1 Series, which commence in late January. These should be televised so keep an eye out for him.

“The Chief” Michael DeVere – Also a big month for the Chief. Mick managed to tie the knot with his lovely fiancée Olivia in early December. Everything went off without a hitch and I am sure they are please with the way things went and that they can settle back and enjoy the Christmas break. They spent a week in Fiji before Mick had to attend a torture camp at Canungra for 4 days, which was a stark contrast to Fiji. Many of the NRL clubs are doing the Army training as part of their off season to build teamwork and discipline. It was an exhausting few days and Mick is still feeling the effects of the time they spent there.

A quick break over Christmas and then back to training to prepare for the World Club challenge in England late January. This is a good way to start the season and a good measuring stick to see how the side comes together. Congratulations to both Mick and Olivia from all the team at RockSolid Sports.

“Demolition” David Turner – I bit of news from the Demolition man also with the announcement that he and his wife Jodie are expecting their first child in July of next year. Its good for both of them but I am not sure how it is going to effect his plans boxing next year. David also turned 30 in December and many friends and family attended a great party. The National Boxing coach Bodo Andreass made the trip up from Canberra especially for the occasion and I had a good chance to sit down and discuss David's future plans. It is a busy schedule next year with the Qld and Aussie titles in Feb/Mar and then the Oceanic titles in Fiji in Apr and the South East Asian games at Japan in May. Following on from that the World Championships are in Europe in June and then the Goodwill Games in Sep. So it is a pretty full schedule and if he can work his training and commitments to the Australian team, should he make it, around the pending birth of his child David is seriously considering taking up the challenge. Bodo is keen for him to compete so he will consider his options over Christmas and make a decision in January an prepare for the State titles.

Again congratulations to both David and Jodie on the good news from all the team at RockSolid Sports.

Paul Pensini “Barney” – Barney has recovered well from his recent surgery on his leg and is working hard with the rest of the Cowboys in preseason training. From all reports he is killing them on the bike leaving many in his wake as they complete road endurance

rides in the heat in Townsville. The Cowboys also traveled to Tully for training with the Army similar to the Broncos although it was much hotter than down here I sure. Barney is just getting back to doing some running, after his surgery, so hopefully he can start to regain his fitness levels ready for a big season.

Brett Seawright “Porky” – Brett has been working hard in training and has noticed an influx of several new players. This will make the race for positions pretty competitive. I know Brett is keen to break into the top grade next year so he will be working hard right up to kick off to be ready for the challenge.

Daniel Kratzmann “Arnie” – Things didn’t really go as planned in Chili for Daniel. His training before he left was going really well and he was hopeful of a good result at these World Juniors. On the plane trip over he picked up a virus and this sapped his energy causing him to throw well below his best and miss the final. He is fairly disappointed and having a few months break before assessing his future in the New Year.

Daniel, don’t dwell on it too much as it is all a big learning curve for you. There is a good section in the “Blue Sky” segment this month, which will help you, get over the disappointment. The RockSolid team is behind you and we are looking forward to seeing you back in action so don’t rest up too long.

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.

DEALING WITH DISAPPOINTMENT

1. Don’t prepare for failure.

Trust me, when it happens you’ll know what to do. If you spend time thinking about what could go wrong, it will. Fight off disappointment as if it were a pack of wild dogs. It will arrive with out your help. And when it does...

2. Lose with grace and defiance.

You will be remembered by the way you win and by the way you lose, by your greatest achievements and your worst failures. Learn the difference between gloating and celebrating, between moping and morning.

3. Write down what went wrong.

Make two columns: things that you can control and things you can't. Now take the list of things you can't control and throw it away. Don't carry those ready-made reasons for failing to the next opportunity. The other column is where your work lies. So....

4. Get back to it.

Don't lose the momentum of your hard training. Find some other place to channel all that energy. Set new goals. Learn. Get on with it.

5. Recognise failure for what it is.

Failure is a wholly necessary part of the process, the stuff of heroes and legends. Ask yourself what successful person hasn't had to rise from the bottom. Unfortunately, we haven't yet discovered an alternative route to the top.

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@rocksolidsports.com.au. Good luck to everyone and I will leave you with these words of inspiration in our new segment called "Quotes of the Month."

Quotes of the Month

The tough individual is the bloke who can stick his ego in his back pocket. He's a player who can perform in adversity, can accept a bad decision off a referee, or a back hander off somebody... its doesn't matter what happens, he wont be distracted from what he is trying to do. It takes a single-minded athlete to do that.

Winner and losers separate themselves along narrow lines. One has enough balance and presence to walk the high wire, the other finds the banana skin and slips off.

Perseverance is one of the greatest elements of success. If you only knock long enough and loud enough, you are sure to wake up somebody!

Note – If you have any of these types of messages and would like to share them please pass them onto me. I am starting to build a database of inspirational messages and would like to increase the content...

Final Note

Best wishes for Christmas and Good Luck for the coming year. I would just like to take this opportunity to thank all those would have supported us throughout the year and look forward to your continued support in 2001. We have some big plans for the New Year and hope you can all be apart of it. Thank you to all the team. I appreciated your support very much and look forward to achieving many of the goals we have set ourselves. Have a safe and merry Christmas

Yours in Sport
Mark Rockley