

NEWS UPDATE

Edition 5 – May 2001

Welcome back sports fans and sorry for the delay but things have been pretty hectic since Christmas, which is good, as now there is plenty to report. We have a few introductions and some congratulations within the management division and a few surprises as well so read on. Don't forget our regular segments – **BLUE SKY** and **QUOTES OF THE MONTH**.

Our new web site is finally finished, and I know it has been a long time coming, but it is worth the wait. It is very user friendly and will be updated monthly to keep everybody up to date with what is happening within RockSolid Sports. So why not take a look and give us some feedback.

www.rocksolidsports.com.au

We will be loading up the News Update online each month and reminding you with a quick email so you can follow the careers of the team.

Events & Promotions

We have been a little quiet in this area as the Olympics stole the show and there has been little time to organise an event since the Christmas break. We are looking to stage our next event in August during the exhibition to try and tap into the country visitors who come to Brisbane for the Royal Brisbane Show. We are looking to stage another fight night featuring some of Qld & NSW top ranked amateurs in a bigger and better production than put on previously by RockSolid Sports. Many of our sponsors and fight fans have been asking when the next fight night will be on so here it is. The venue and date is still to be decided and will be finalised shortly so stay tuned as I am sure it will be another sell out event.

RockSolid Sports will again sponsor the Man of the Match awards at the Qld Schoolboys State Championships for Rugby League in both the 15 & 18 years. The 18years carnival will be held at Runaway Bay from the 10th May and the 15years at Wynnum from the 24th May. We are proud to support these events, as these are the league players of the future. The organising committee of these carnivals work tirelessly to ensure these carnivals are presented professionally so we are happy to help out with these awards.

Sports Management

Well it's a story of highs and lows, congratulations and commiseration. The team has been involved in plenty of action over the past months and not everyone has had the right kind of luck. For those that did get the results they wanted, congratulations and for those that didn't be patient your time will come. Remember the section of Blue Sky where it covers "Dealing with Disappointment." This will help you get back on track.

We also welcome 3 new members to the team who have come on board since Christmas. They are Jenny Mann, Dallas McIlwain, and Charlie Griffiths and I have a full introduction in the following Athlete update section of this newsletter.

Athlete Updates

Levi “Alien” Maxwell – At the beginning of the Triathlon season Levi set himself a number of key goals for 2001. He achieved several of these goals with a great result at the Noosa Triathlon and then in Round 3 of the Kia F1 Series he achieved another key goal with a podium finish at Coolangatta.

The Alien left them in his wake in Race 1 of the 2-race sprint format finishing well ahead of the field. Many thought he had used up too much energy to make sure he qualified but he proved them wrong and led the field right up until the last klm of the final run leg to finish 3rd behind overall series winner Courtney Atkinson and Miles Stewart. This was Levi’s best ever result in the F1 series to date and I am sure there are better things to come. This result lifted Levi from 12th to 7th in the overall rankings and guarantees him a spot for next year’s series.

The Alien then settled into training to focus on his main goal for the 2001 season the Australian Championships at Mooloolaba. As part of his build up he took part in a World Cup invitational in Japan but his mind was on the Aussie Champs a week later and he finished well back in the field.

Mooloolaba was another story and as he did at Coolangatta Levi led the field for most of the race. The difference was this was the Olympic distance not a sprint format and the cycle leg out in front with only Shane Reed to work with took it’s toll. He led into the 10klm run leg but he shut down 4 klms in and eventually dropped out with 3 klms to go. It was a great effort and he certainly put a scare amongst the big guns. If there was another bike with them in the cycle leg I am told it could have been a much different story.

He was very disappointed but I am sure he will take a lot out of that race and build on that result. The Goodwill Games are out of the question with the Aussie competitors already selected so Levi is reviewing his plans for the remainder of 2001 and hopes to compete in a few overseas events later in the year. Good luck Levi and remember be patient your next big result is just around the corner.

“The Chief” Michael DeVere – Well it is all happening in the DeVere household and first I must congratulate Mick and Olivia on the announcement that they are expecting their first child in October this year. Mick sure didn’t waste any time and I know he was as proud as punch when he heard the news.

The start to the season has been good for Mick and his form put him in contention for NSW State of Origin selection. He has gained increased exposure through the Busway Promotion and several other appearances on The Footy Show and Sportscene. This coupled with his form on the field and with the boot has kept him in front of the selectors and we all had fingers crossed when the names were read out on Sunday 29th April. I don’t know who was more excited Mick or me when we heard his name as I know how hard he has worked for this. It is a credit to his dedication that he achieved this goal. I am a true Queenslander and I can’t back the Cockroaches, but I hoped Mick would play well and he did just that. We all know the result now with Queensland winning very comprehensively and Mick not getting to many opportunities. He played a solid game and I hope they don’t make him a sacrificial lamb for the next game in June. My thoughts are they will stick with him and I am sure Mick will do everything in his power over the next month by playing well for the Broncos to ensure they do.

Again congratulations to Mick and Olivia on the great news and to Mick for achieving the NSW selection. There is another step to go yet to achieve his dream to play for Australia and I know how patient and dedicated he is. It will only be a matter of time before this

dream becomes a reality. Who knows maybe a Kangaroo Tour beckons at the end of the season.

“Demolition” David Turner – The Demolition Man has also been busy. Dave was planning to sit back in 2001 and prepare for the new addition to the family when he got a late call to take part at the National selection trials to pick a team to compete at the South East Asian games in Japan.

With only 4 weeks to prepare he decided to compete in the Super Heavyweight division so he didn't have to lose too much weight to get back down to the Heavyweight division, as this would drain his strength. With a short preparation we went to Victoria with the Qld team and unfortunately he drew the current Australian Champion in the first round of competition. This proved to be unfortunate for the event also as these were without a doubt the best 2 fighters in the division. One would miss out on the final and unfortunately that was Dave. With limited preparation and fighting the current champion 18kgs heavier than himself he lost on points by a margin of 1 and he was leading by 2 with 30 seconds to go. So close and yet so far.

With a little more time in training I am almost certain David would have won but that's in the past and now we look to the future. David is not retiring and he is looking to spend the next 6 – 8 months with his family as they welcome the new edition to the family. He is now focussing on training the boys at the gym and then looking towards the Commonwealth Games in 2002 as his last competition. Good luck David to you and Jodie and hope everything goes well and we hope to see you in the ring soon.

Paul Pensini “Barney” – Barney has started the season injury free and playing good football for the Cowboys 1st Division side in the NSW competition. He is performing well but he just cannot get a start in to NRL team even with all the injuries and the poor form of the top squad. All he can do is put his head down and continue to play well and hopefully things will turn around. There is also a lot of disruption in the front office, which also involves the coach, and this is not making things any easier. It is also hard when two of Barney's good friends and teammates gain selection in the Qld State of Origin side. I know he is very happy for them but he would love the opportunity himself but it is hard to show what you have got when you are playing in 1st Division. The selection of these guys is good inspiration for Barney and he now realises that this opportunity is not out of reach for him. Only two years ago Barney played with John Doyle and John Buttergig against the likes of Brad Meyers, Carl Webb and Chris Walker and performed well. So the opportunity is there you just have to take it. Barney keep your chin up and focus on the job at hand. I know it is frustrating but things will turn around.

Brett Seawright “Porky” – Brett started the season well in A Grade this year and was playing strongly in a side set to challenge for the title again in 2001. He got the opportunity to test himself in two Qld Cup trails earlier in the year against big guns the Toowoomba Clydesdales and Redcliffe. He performed well in both these games and it gave him a taste of what to expect at this level. He has been playing well up until 4 weeks ago when he dislocated his shoulder and is working hard to get back to full fitness so he can get back on the paddock. Again Brett this only a minor set back and it will freshen you up to finish off the season in a big way so train hard and the results will come.

Daniel Kratzmann “Arnie” – Arnie has been a little undecided about his future after the disappointment of his performance at the World Juniors. We are currently working with Athletics Australia to work out a plan to get Daniel back into competition so he can reach

his potential. There are many people supporting Dan and he needs to decide on several options about his future over the next month or so. One option is to move to Sydney to train with the current Australian Javelin coach or stay in Brisbane and train with the QAS. We are still currently trying to work out the best option at this stage and things should be much clearer later in the month. Whatever decision is made Dan needs to be comfortable with it and then focus on getting to the next stage in his career. All the team at RockSolid Sports are behind you Daniel and we hope things are sorted out and you get back into it soon.

Jenny Mann – Allow me to introduce Jenny and officially welcome her to the team at RockSolid Sports. Jen is an elite triathlete competing at the highest level in women's triathlon throughout Australia. Her best achievements to date are as follows:

- ⇒ **2000 20-24 Age Group World Champion**
- ⇒ **1997, 1998, 1999 Victorian Champion**
- ⇒ **2nd Australian Junior Elite**
- ⇒ **1999 14th Noosa ITU**

She qualified for the 2001 Kia F1 Series and had a solid series before heading back to her hometown in Aubury to finish her studies. She hopes to move to Brisbane later this year to train fulltime with Levi Maxwell's coach Brendan Terry.

Dallas McIlwain – Dallas is contracted to the Northern Eagles playing in the NRL. He is currently playing Jersey Flegg for Manly in the NSW Rugby League competition at 5/8 and hopes to move up to 1st Division soon. Dallas came from the Wynnum Seagulls where he played in the Qld Cup after coming through Wynnum's Junior Development Program. His form in the Qld Cup last year earned him a trial and a contract with the Northern Eagles. Early this year he moved down to Sydney and the reports from the administrators at Manly suggests they are very impressed with his attitude and dedication. Keep it up Dallas and the doors will open.

Charlie Griffiths – The newest & youngest member of the team, Charlie, comes from Milla Milla on the Atherton Tablelands. He recently represented Nth Qld at the U17 State Championships and his team won the title with Charlie picking up the award for Player of the Carnival, which was a great effort. He hopes to be named in the U17 Qld team to be named later this month to play NSW. There were many scouts from the NRL clubs there to watch the carnival and many have shown interest in Charlie. He has a few more carnivals to play in over the coming weeks such as the QSSRL 18yr State Championships at Runaway Bay and then a Possible & Probable game to select the Qld U17 team. From here hopefully we can decide on Charlie's future. Good luck, from all at Rocksolid Sports. Remember keep playing well and the rewards will come

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.

HANDLING SUCCESS

1. Don't spend it all in one place.

The pace of success is slow, and the celebration of it should be too. Don't abandon the things that got you there.

2. Share it.

Share success with friends, family, coaches, and teammates, everyone who helped you get there. Find new people to help. The minute you start believing that you accomplished something alone, you will be alone.

3. Reclaim your expectations.

It's nice for others to have confidence in you, but if your expectations come from the outside, you will resent them and the journey will become more difficult. The best motivation always comes from within.

4. Fight the fear of winning.

We do the strangest things to scuttle our own success. Whether it's because we're afraid of leaving our nest or afraid of falling, we can freeze when it comes time to open our wings. Be bold.

5. Fight the fear of change.

Don't cling to habits, places, or people simply because they worked for you before. The only thing you can never change is your values.

Quotes of the Month

- Goals

Step by step. I can't see any other way of accomplishing anything

- Fears

Fear is an illusion

- Commitment

There are no shortcuts

- Teamwork

Talent wins games, but teamwork and intelligence win championships.

- Fundamentals

The minute you get away from fundamentals the bottom can fall out.

Michael Jordan

Frazier can't box. I saw him shadow boxing and the shadow won.

Muhammad Ali

"Through humor, you can soften some of the worst blows that life delivers. And once you find laughter, no matter how painful your situation might be, you can survive it."

Bill Cosby

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...

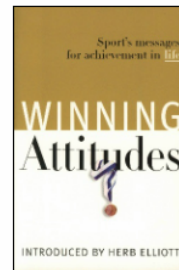
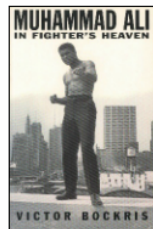
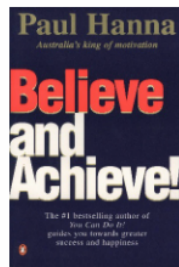
From the Editor's Desk

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.

I can recommend a couple of good books that were passed on to me.

Believe and Achieve – Paul Hanna

Winning Attitudes – Herb Elliott



Final Note

Also don't forget to listen to Mark Forbes for the latest in sport news on the Sport Breakfast show. This can be found on TAB radio 1008 on the AM dial daily from 6 am – 8.30 am. Mick is a weekly regular and Levi often presents an update on triathlon every now and then. The content is good and they cover a good variety of sports.

Good luck to everyone and if you can recommend any good ideas, books or anything else let me know so I can pass it on.

Yours in Sport
Mark Rockley