

NEWS UPDATE

Edition 6 – July 2001

There has been a lot happening over the past month so you will find some interesting content in the newsletter this month. I will look to change the format over the coming months as it appears to be well received and it is an ideal vehicle to keep you up to date with everything that is happening within the organisation as well as some interesting information about the sports industry. If you have any ideas on how we can improve the final product please let me know.

We have two new segments this month called **STATE OF PLAY** and **MOTIVATION** and don't forget our regular segments – **BLUE SKY** and **QUOTES OF THE MONTH**.

STATE OF PLAY

This new segment will focus on the many associated things that happen within and in conjunction with RockSolid Sports. It will be a brief update of some of the many highlights that occur in both work and play between these updates and I am sure you will find it interesting reading.

As detailed last month our new web site is finally finished, and I have received many emails giving positive feedback so thank you for your words of encouragement. I hope you find it easy to use and visit regularly to keep up to date with all that's happening with RockSolid Sports.

www.rocksolidsports.com.au

Goodwill Games – RockSolid Sports will have a major involvement in the Goodwill Games with many of our team involved in the Boxing during the games. Our involvement is on a voluntary basis but our roles play an important part in the overall presentation of Boxing at the games. I will be filling the role as Field of Play Coordinator working with the Event Manager to ensure the event runs smoothly. The rest of the team will fill roles such as FOP Entry, FOP Marshall, Athlete Escort etc. The experience gained from our participation can only benefit the organisation long term and we are all looking forward to this great event.

US Boxing Team - RockSolid Sports were also hoping to host the US Boxing team during their stay for the Goodwill Games. The team was looking to come two weeks prior to the games to prepare and we were hoping to locate them at the Sports Super Centre in Runaway Bay. Unfortunately the US team decided to send their B Team to compete so the Goodwill Games withdrew their invitation. This association would have also been very beneficial to all involved but unfortunately this will not happen.

Sports Super Centre, Runaway Bay - I had the opportunity to visit this venue earlier in the month and meet the Managing Director, Nick Pye. This is an outstanding complex and I was very surprised by the facilities on offer and the expertise available to the sports community. The centre is frequented by many top sports men and women from all over the world and is a valuable asset for the Queensland Sporting industry. If you are ever in the area it is well worth a visit. My thanks are extended to Nick Pye who took time out

from his busy schedule to show me through the complex and explain the various services they offer.

Super Coach - I have ventured into the coaching arena over the past few months as co-coach of the Brisbane A Grade Rugby League Rep Team and found the experience very rewarding. I was offered the opportunity to coach this side and finished the mission with 3 wins from 3 games. I met some very talented young players and enjoyed the comradeship gained over a very short association with these guys. It's been awhile since I have played and been involved in a sporting team environment and I enjoyed the experience. Lets hope it is not too contagious.

EVENTS & PROMOTIONS

We were hoping to run a boxing tournament during the Brisbane Exhibition period but due to our Goodwill Games commitments it looks as though we will have to post pone this until later in the year. We tried to schedule an event in July involving the Australian Boxing team that will compete at the Goodwill Games but this team has had a very busy schedule over the past few months. They traveled to Japan for the South East Asian games and then onto the World Championships in Belfast. From here they went to Greece for another tournament then onto Hong Kong for the Kings cup. They have only recently returned back to Australia and their main focus will now be training towards the games. I will keep you all informed as to when the next event will take place and I appreciate everyone's enthusiasm towards our Fight Nights.

I had the opportunity to visit the Triple Header in Brisbane several weeks back and it was a contrast of sport with the Lions Vs Hawthorn on Friday night and then and the unbelievable atmosphere of the British and Irish Lions vs The Wallabies. This was a great event and even though we lost the game and were outnumbered by Lions supporters it was a fantastic experience. I then got to experience the 3rd State of Origin - The Decider. What a game, and what a result. It was a great spectacle and the successful return of Alfie Langer made it a very special occasion. It was a great way to top off a big weekend of sport.

SPORTS MANAGEMENT

There is plenty happening in this area at the moment. The team is still going strong with some really good results a few disappointments and a new arrival.

Triathlon Australia has announced a new sponsor and the format for the next F1 series so this is good news for our triathletes.

The situation with Queensland Athletics is causing some problems for one of the team but I am sure we will overcome these issues shortly.

The National Rugby League competition has been effected by the court case involving South Sydney, which will see the likely return of the Rabbitohs to the NRL. The June 30 deadline has expired, restricting contract negotiations so there are busy times ahead as we look to open doors for some of the team and secure the future for them.

More information can be found in the athlete updates so read on.....

IN THE LOCKER ROOM – Athlete Updates

Levi “Alien” Maxwell - Things are a little quiet for the Alien at the moment. He is just putting in plenty of hours on the training track and gearing up for a pretty hectic overseas campaign starting in August. This includes competing in the following races....

- August 12 ITU World Cup Yamaguchi, Japan
- August 18 ITU World Cup Tiszaujvaros, Hungary
- August 25 ITU World Cup Lausanne, Switzerland
- September 9 Pacific Grove non drafting triathlon LA, USA
- November 4 Australian Tour Noosa, Qld

It will be a tough assignment for Levi but I am sure he is up to it. Remembering this time last year he achieved a 3rd place in a World Cup event in Hawaii so I am sure he will do us proud. Just competing in these events will continue his development and help him achieve his goals.

We recently received information on the announcement of a new sponsor for the F1 Series and this will see the competition start in December through to the New Year in a 3 race series similar to last year. Levi qualified 7th for the coming series and he will be one of the main contenders for the title.

Good luck overseas, Levi. All the team at RockSolid Sports is right behind you.

“The Chief” Michael DeVere – It’s been a time of highs and lows for the Chief. After a well deserving selection in the 1st State of Origin, Mick became a casualty of the team’s poor performance, which I believe was unwarranted. I thought he was one of the better performers in the first game, in a side that mentally did not aim up and caused the score line to blow out. Unfortunately he had to make way for Ryan Girdler, the current Australian centre who returned from injury. Now that the series is over I believe the selectors made an error as both Gidley and Girdler are out of form and this was exposed in the third game of the series that incidentally NSW lost. I think if Mick was given another opportunity things may have been a little different. I know I have a bias point of view but realistically I think he was hard done by.

To make matters worse, Mick was then overlooked for the City vs Country clash due to a misunderstanding by selectors as to which team Mick qualified for. This was a major debacle and resulted in the selectors contacting Mick and apologising for the mistake. They said that he should have been included in the City side, but the apology didn’t make things any better with selectors not reversing their decision and leaving the side as it was.

This has been a difficult time for Mick. I know how committed he is to achieving his goals and seeing his teammates enjoying the spoils was hard to swallow. I know that he will generate a lot of motivation from the past month and work hard towards a Kangaroo Tour at the end of the year. These things are sent to test us and I know he will turn it into a positive and focus on helping the Broncos to another title and then achieving his dream.

Good luck mate and I know your dedication will pay off for you come September....

“Demolition” David Turner – The big tough Demolition Man has been tamed by the arrival of his new baby girl. Jodie and David are the proud parents of Ruby-Jo born 28th June, weighing 6pound 10oz. Mum and daughter are doing fine and David tells me he would rather do a tough 10 rounds in the ring than go through what Jodie had to. He is the typical dotting father and cannot keep his hands off her so I don't know when we will see him back in the ring.

David is also working with me at the Goodwill Games and I am sure the experience will be of great benefit for both of us when we conduct our own tournaments.

The RockSolid Boxing Club is back to full training after a layoff due to the baby and David is hoping a few of the boys will compete in the coming months to get some competition experience. We have around 6 guys who have the ability to compete and although they are novices they are well trained and will be very competitive.

Congratulations David and Jodie on your new arrival from all the team at RockSolid

Paul Pensini “Barney” – Paul has been going along nicely and this culminated in his selection in the Qld Country rep side that played the City side at Burleigh late last month. Barney played very well and was unlucky not to be selected in the Qld Residents side that played NSW as the curtain raiser to the 3rd State of Origin. I believed he played better than at least two of the forwards selected and I put his non selection down to the fact that he is not seen as often as the other players due to the Cowboys playing in the NSW competition. This will change next year with the Cowboys to take part in next years Qld Bundy Gold Cup.

I had discussions with the Cowboys a few weeks ago about Barney's future and I am confident they are keen to resign him to a new contract. We haven't seen the best of his ability yet due to coaching and injuries but I believe the changes at the Cowboys will give him the opportunity to show what he has to offer. I am sure, if they show some confidence in him he will reward them.

We should know where we are headed as far as next year goes over the coming month and we will then decide on the future.

Brett Seawright “Porky” – Brett came back from his recent shoulder injury and put in some strong performances that helped him gain selection in the Brisbane A Grade rep team for the game against Ipswich in late June. Although initially a shadow player Brett gained selection in the side after several players withdrew after failing the medical. Brisbane won the game 56-0 and Brett's contribution was good. I am sure he will gain a lot from mixing with these quality players and coaches and he will be better for the experience.

Back at the East Coast Tigers Brett's side is back on track after some up and down performances and look set to contest the finals and hopefully the Grand final. Brett's secured his spot in the team after coming back from 6 weeks out with injury and he is playing strongly.

Brett has played in two grand final winning teams in the two years he has been here and it looks as though he may do it again. Talk about a good luck charm.

Daniel Kratzmann “Arnie” – Daniel is still in training and building towards a competition program later in the year. He has put off relocating to Sydney to train at this stage and will get back into competition before looking to move at a later stage.

The situation for athletics in Queensland is poor with the Queensland Athletics Association broke and close to collapse. Daniel is on a QAS scholarship and this is now in jeopardy due to the lack of funding for the sport in Qld. Athletics Australia has now stepped in to try and fix the problem but many athletes have already relocated interstate due to withdrawal of funding by the QAS for athletics. This is a very sad situation for the sport in this state and I will be having discussions with the QAS to see what we do from here and then put in place some plans to allow Daniel to fully develop his talent.

Jenny Mann – Jenny is still taking time out from training to finish her studies. She is keen to get back into full training and is looking to relocate to Brisbane, after finalising her studies, to train with Brendan Terry who coaches Levi.

OSM announced a new sponsor for the F1 Series and this will see the competition start in December through to the New Year in a 3 race series similar to last year. Jenny plans to qualify for the coming F1 Series and improve on her final placing last year.

Dallas McIlwain – Dallas has been playing very well for Manly’s Jersey Flegg side in the NSW premiership. He received a call up to play in the 1st Division side and performed very well and impressed Coach Des Hasler. After 3 games he returned to the Jersey Flegg side due to the come back from injury of several players. The experience was good for him and the exposure he gained in front of some of the higher-grade coaches will benefit him down the track. Of late his side has not performed to well losing several games on the trot but his form is holding up and I am sure the team will get back on the winning track soon.

We will be looking towards next year for Dallas shortly and make a decision on what best represents his opportunity to improve his Rugby League career.

Charlie Griffiths – In the last News Update I mentioned that Charlie was vying for representative honors competing in several carnivals over that past few months.

I had the pleasure of being present to see Charlie selected in the for U17 Queensland side to play the curtain raiser to the 2nd State of Origin game in Sydney. I have never seen a guy so excited and it reminds me why I enjoy the association with these athletes. The side lost their game in a tough encounter against NSW but Charlie played well and he is now back home playing for his local side as we look to secure his future.

Many clubs have expressed an interest in signing him to a scholarship, but we must ensure the decision is the right one and that they have the best interests for Charlie in mind to develop his skills. Hopefully we will have a fair idea of what is happening later this month.

BLUE SKY

This is a new section dedicated to helping you achieve your goals whether 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.

TOWARD AWARENESS

1. Take stock.

Don't get so caught up in your chase that you get off the track. Take a little time and revisit your goals, look back at how far you have come, pat yourself on the back a little. Then look forward to where you are going.

2. Look Around

Study the people who are attempting things similar to you. Is there something successful that other people are doing that you aren't? You can learn as much from those close to you who are failing.

3. Strive for consistency.

You are in this for the long haul. Try to reach a level of performance at which you will always know what to expect from yourself. Be consistent throughout your life. Steadiness may not be glamorous, but it works.

4. Challenge yourself.

This is the flip side of consistency. New challenges keep you from burning out and becoming bored. And they can reveal new paths to your ultimate goal.

5. Match your discipline with efficiency.

Working harder is not always the answer. But working better almost always is. At this level, small improvements in your effort and your effectiveness will pay great dividends.

QUOTES OF THE MONTH

"I would say determination to be successful in whatever field you endeavour. Then hope, in whatever field you determine to be successful. Hope comes from the determination to achieve something. So therefore, this determination in itself can be a very great power. The goal, which a person determines to reach, is small in comparison to the power he gains in the process of determination."

- *Muhammad Ali*

"I can accept failure. Everyone fails at something. But I can't accept not trying."

"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...

MOTIVATION

Here are few more books well worth a read to help you on your way to success in your sport as well as your personal life.

Features

- Powerful motivation techniques
- Achieving challenging goals
- Concentration & anxiety management
- Positive self image & confidence
- Visualisation techniques
- Sports NLP
- Accelerated learning

Champion Thoughts.....

- ⇒ aim High – Knowing that the quality of the goals you choose influences your character.
- ⇒ live with heart – Having chosen your path, you pursue it with gusto.
- ⇒ never give up – Understanding that the ability comes only through persistence.
- ⇒ believe in yourself – Even when others doubt you, you have confidence in yourself.
- ⇒ are positive – recognising that no good ever comes from negativity.

Champion Feelings.....

- ⇒ Joy – a feeling of intense happiness
- ⇒ Enthusiasm – a feeling of being fully alive and energised
- ⇒ Purpose – a feeling of certainty and direction in your life
- ⇒ Determination – a feeling of being fully committed to a task or goal
- ⇒ Courage – a feeling of strength in face of adversity or risk
- ⇒ Focus – a feeling of pinpoint concentration

Balanced Goals.....

Health and Fitness / Sport: What weight do you want to be? What level do you want to attain in your sport? Are there any unhealthy habits you want to let go? What regular exercise program can you put into practise?

Relationships and Family: How could you improve your relationships with family friends and colleagues? Is there someone in your life you want to patch things up with?

Career: Where are you going in your career? What would give you a great amount of pleasure and satisfaction to achieve in your work?

Wealth: How much money do you want to earn this year? How much in savings and investments?

Personal Development: What do you want to learn? Is there a course you could enrol in to advance your knowledge and skills?

Service and Contribution: What contribution are you making to the wider community? Is there some charitable organisation that inspires you that you could assist? How would you like to be remembered?

Pure Pleasure: Is there something you've longed to try, but never allowed yourself? Go for it – reward yourself, and enjoy life to the fullest.

- Jeffery Hodges

The Pursuit of Excellence

1. Attitude
2. Discipline
3. Enthusiasm
4. Professionalism
5. Preparation
6. Routine
7. Practice
8. Performance
9. Consistency
10. Perseverance

= SUCCESS

- Courtesy of Mick DeVere

FROM THE EDITOR'S DESK

That's all from the news desk. Hopefully I will get time to change the format a little for the next edition. Meanwhile if you have anything you would like to contribute email me on....

rocks@rocksolidsports.com.au

I hope you find the content interesting and enjoy the read. We are now entering the business end of the footy season for all the codes so we should see some exciting games in the coming months. Good luck to all the team as you compete in your chosen

sports and especially Levi as he heads off over seas. We should have plenty of news in the next edition regarding the futures of many of the RockSolid athletes so stay tuned.

THE LAST SAY

Thanks again for all your feedback regarding the website. We will continue to update and provide interesting information. The books I reviewed in the Motivation section are available to anyone who would like a good read and I highly recommend them. Until next time and remember....

"Winning starts on Monday, not 10 minutes before the game. It's confidence all week long, and it's confidence for the month before that. People can't get motivated on a five-minute speech before they run out on the football paddock. It's something you have to wake up with - knowing that your preparation was right. Having confidence that whatever comes up you are READY."

Yours in Sport
Mark Rockley