

NEWS UPDATE

Edition – 9 March 2003

Welcome back sports fans. It has been a long time between drinks but that just means a lot more news to share with you. 2002 was a very successful year for the team with some great results and many special moments. It's good to be apart of the goal setting process and then see these goals become a reality. There is also the other side of the coin where goals are not achieved and then we need to reassess and look at ways to improve. We learn from our failures and come back stronger. Remember; you need to be in the game to win.

Don't forget our regular segments, **STATE OF PLAY, MOTIVATION, BLUE SKY, QUOTES OF THE MONTH** and **IN THE LOCKER ROOM**.

Hope you enjoy it.....

State of Play

This column focuses on the many associated things that happen in conjunction and within RockSolid Sports. It will be a brief update of some of the many highlights that occur in both work and play between newsletters.

I have been very busy over the past 12 months and in this segment I would like to share with you some of the highlights that have occurred during this period.

Assistant Coach – In the last edition I was just getting to the start of competition after off-season training. Things were looking really good for us at Wynnum but unfortunately all the new members of the team and the coaching staff took a little while to start working together giving us a pretty slow start to the season. This was a pretty frustrating period, as we knew we had the talent to be competitive but we were really struggling to put it together on the park. After 4 straight losses we sat down and had an open discussion about what was going wrong and how to fix it and after that we didn't look back. We finished the season with a credible 13 wins and 7 losses and a much better team than when we kicked off. Our combination was very good and the commitment from the team improved every week. Kelly Egan has brought a lot of structure to the club and many of the things that were overlooked in the past are now being addressed. Player's skill level has improved out if sight and Kelly should get a lot of credit for this. I know I have learnt a lot during the season and that was the key reason for me to take up the position with Kelly.

I am looking forward to 2003. We have recruited well with a few keys signings to help build on what we achieved in 2002. There is no doubt that we should be competitive against all the big guns in the Qld Cup and I am sure we will contend the finals in September.
Go the Chip Eaters.....

Brisbane A Grade Coach - In addition to my role as assistant coach at Wynnum I also had the responsibility of coaching the Brisbane A Grade rep side in the State Divisional Championships. This was the same team I coached last year but the results were not as good. We had a win against Wide Bay in the lead up to the carnival but after several team changes due to availability we suffered 2 losses at the carnival against North Qld and South West.

Qld Rangers Coach - A state team was then selected from the divisional carnival and I was also appointed coach for a game against NSW Country at Narrabri a week later. With a day of preparation and a 9 hour bus trip we went down heavily to a well prepared NSW Country Team. We were always going to be on a hiding to nothing with this sort of preparation but I enjoyed the experience and met some great guys in the process.

Sportsman's Lunch with Jeff Fenech – I attended a sportsman's lunch mid way during the year with Jeff Fenech as the Guest speaker. I respected Jeff as a great World Champion but I don't have much time for him currently in his role as promoter/ trainer. Maybe I am a little harsh as he is doing great things with young Danny Green a former amateur boxer who represented Australia with David Turner a few years back. The reason I mention him is that I found him very interesting. His presentation went for around 45mins covering his career from start to finish. He presented in a very professional manner and came across very humble and proud of his achievements. If you get the chance to hear him speak he is worth a listen.

Australian Amateur Boxing team and John Harker – As the Australian Amateur Boxing Team prepared to enter the village in Manchester I was involved with an assistant for John Harker who was commissioned to commentate the boxing for Channel 7. Over several weeks I was able to give them an insight into the world of amateur boxing and the individual athletes in the Australian team especially the captain David Turner. It was great to share my knowledge of the sport and I have no doubt it helped John speak with much more experience of the athletes and about the sport itself.

State of Origin in Sydney – I attended the State of Origin decider in Sydney during July at Stadium Australia and experienced a great game of football. It was only the second tied result in Origin history. We had a pre match function in the dressing room of the Queensland team before they reached the ground and this was a great opportunity to see the facilities at the stadium. Kelly Eagan and I got the chance to sit with the coaches of the Qld Residents side as they took on NSW Residents in the curtain raiser. This was good as two of our Wynnum guys were playing, David Seage and Jason Keogh.

Events & Promotions

RockSolid Boxing Australia – Not much happening in the boxing circles at the moment. David is taking some time out to establish his working career and spend some time with the family. My commitments are with my coaching at Wynnum so it leaves little time to train with Boxing. Currently we don't have anyone in the gym but I am sure in the future David will look to start coaching and once my commitments with Rugby League are over I am sure I will team up with him again in some capacity.

We have no fight nights planned for this year. Qld Boxing asked me to run a tournament in early February, which was, and International event between Australia and Scotland. Unfortunately we did not get to run it but we are now in discussions with Boxing Australia to run an International Series that I proposed to them early last year. If this eventuates I am sure we will be well and truly back in to the event business. It is a good format and the events will be high quality tournaments featuring quality competition for the Australian Boxers.

Sports Management

QSSRL Sponsorship – Rocksolid Sports continues our support of the Queensland Secondary School Rugby League championships for 2003. We have a good association with the QSSRL and are always happy to put something back to the game. The championships for 2002 were in Nambour for the 18years and Roma for the 15years. There were some good talented players at both carnivals and I am sure many will become the stars of the future. This year's carnivals will be held at Bishop Park in Brisbane for the Opens and Kingaroy for the U15. We supply the Man of the Match awards for all games and hopefully some of these talented players will become apart of the RockSolid Team very soon.

As part of the management structure we welcome some new members and say farewell to few.

I would like to officially welcome on board Ryan Mayne, Damien Quinn, Chris Curry, Paul Miller and Dean Limpus. You can read more about these guys in the athlete update section below.

We have had a few departures from the team as well. Paul Pensini has retired. Charlie Griffiths moved back home after a short stint with Wynnum in 2002 and I have lost contact with Daniel Kratzmann who I believe is back competing in athletics but has chosen to work on his own.

David Turner has also retired from competition but will remain an active participant in RockSolid Sports.

Athlete Updates

Levi “Alien” Maxwell – Levi had mixed year in 2002. After starting off in a blaze of glory featuring in the top 3 of the early races of the Accenture series. Just when everything was going well for him to make a push for Commonwealth Games selection he got a flat during the race at Canberra, which put him out of contention. He then headed over seas for a couple of ITU world cup races in Korea and Japan picking up a 2nd and 3rd place respectively.

He then competed in several other races late in the year and after not getting the results he would have liked decided to make a few major changes. He left his long term coach Brendan Terry whom we have all met at our workshops. It was an amicable split and Levi now works with several coaches who have specific experience in each of the disciplines of the sport. He then trains himself on a day-to-day basis teaming up with Courtney Atkinson regularly so they can push themselves for high quality work.

Levi has also had some mechanical problems with his body and has been working with physiotherapists to improve his running technique, which appears to be causing the problem. It is taking a little while and that’s why Levi has had a slow start to the season. He has come into the Accenture Series a little underdone but will soon be back to full fitness to contest the Australian Championship in Mooloolaba in late March.

Good luck for the rest of the season Levi, and we hope to see the “Alien” on the podium again soon.

“The Chief” Michael DeVere – 2002 was a mixed year for Mick as well. He had a great start to the season with selection in the NSW City side and went on to play a major role in their victory over NSW Country. Mick played strongly in this game and was in the frame for selection in the NSW Origin side but picked up a broken eye socket out of the game and spent 5 weeks on the sidelines. He went on to play well for the Broncos for the rest of the year making the finals but was eventually bundled out by eventual Premiers, Sydney City Roosters. Mick’s had a good off-season and is looking forward to 2003. With the many big name departures from the Broncos I think Mick will feature much more in attack and hopefully this will gain him the representative selection he deserves. This is also the last year of Mick’s contract with the Broncos so his efforts this year will determine his future in the NRL.

Mick is also very close to releasing a kicking tee that he has developed with his kicking coach Graham McColm. Playcorp are the marketers we have chosen to distribute the product and it will be released under the name of Sharp Shooter available in all good sport store very soon. We will look to work with Playcorp to gain as much publicity as we can which will help Mick’s profile as well.

In other news Mick and Olivia are expecting their 2nd child towards the end of the year. Congratulations to you both from all the team at RockSolid Sports. It is shaping to be a big year for Mick. He is coming off contract this year at the Broncos, the launch of his kicking tee and a new addition to the family. Some very exciting times ahead and I am sure Mick will be up to the task and make every post winner.

Here’s to a successful 2003 for the Chief.

“Demolition” David Turner – Demolition has now confirmed his intention to retire from competition and will now look to turn his hand to coaching. David had a very successful year in 2002 with a full year of competition highlighted by the 2002 Commonwealth Games in Manchester where he was Captain of the most successful boxing team ever to compete internationally. The year started by winning the State & National Super Heavyweight Titles and then a Silver Medal at the Oceanic Games. He then traveled to the World Championships in Afghanistan and then onto France and

Germany for lead up tournaments for the Commonwealth Games. Although he had an early exit he played a major role in the team's success at the Commonwealth Games. Australia won three Gold and one Bronze Medal. All medals were well deserved as the boys have worked hard for their success.

We recently had a presentation by David and Paul Miller at our Workshop in December and the guys gave us a real insight into what happened in the lead up and at the games. Their presentation was very professional and would not look out of place at a corporate luncheon. We also presented David with a large framed picture to commemorate his years in the sport and to signal the end of a fine career.

It has been a pleasure to work with David over the many years we have been together. He presents as a great role model for all our athletes and his achievements are something we are all proud of.

Good luck mate and hope you can coach a few champions of the future.

Paul Miller "Mr. Magic" – Paul is well known through out the sporting world for his achievements in Amateur Boxing. He has been the highest profile athlete in the Australian Boxing team for many years and led the assault at Manchester in the search for Gold. A long time friend of our own David Turner they have been competing together for many years and shared a great experience at the Commonwealth Games last year. Paul picked up one of three Gold Medals at these games and was proud to be apart of the most successful Australian Boxing team at any international tournament.

Paul joins us in a consultation capacity. He is looking for a new direction for his career and I have been working with him to help make the decision that he will be most comfortable with. After discussing his options with his former mentor, National Boxing coach, Bodo Andreass and Kostya Tsyu he has decided to turn professional. He is currently working with Johnny Lewis and Justin Rowsell in Sydney to begin his professional career. It is great to work with Paul as he is an intelligent person and is highly motivated. He has a lot on his plate at the moment looking for accommodation, starting university and looking to team up with a high profile management company to manage his boxing career. I am sure when he can put it all behind him and begin to focus on his boxing he will achieve some great things. I am happy to offer advice when required to keep everybody honest and hope that he can realize the potential as a boxer that everyone knows he has.

Look out for his debut in the professional ranks soon. I will keep you updated.

Brett Seawright "Porky" – We call him the Good Luck charm. He must be because since he came to Brisbane 4 years ago he hasn't missed a premiership. The forth came in 2002 with the East Coast Tigers A grade side who completed the trifecta winning their third premiership in a row last September. Brett had a good year breaking into the top grade for his Qld Cup debut and also making the Brisbane A grade representative side for second year in a row.

Things have changed in 2003 and he has decided on a change of scenery signing with the Wynnum Manly Seagulls in the hope he can improve his skills and make the step up to Qld Cup level on a more regular basis. Early indications show he is right on track with a strong off-season of training and some good early form in the trials. Wynnum have recruited well in the off-season and have some quality players in the forwards so it will not be easy for him. It will make it all the more satisfying when he does make the step up to top grade.

Let hope the good luck charm works again this year and he helps the Seagulls pick up a premiership in 2003.

Chris Currie – Chris at 16 is a Logan Brothers Junior Rugby League player and has just recently signed a 3-year contract with the Melbourne Storm. A big, strong young man he has showed the type of skills and attitude needed to help him make it at the professional level. He is also a talented Rugby Union and Basketball player and last year spent many training sessions at the RockSolid Boxing gym learning the sweet science. He showed a lot of potential here also but his main focus is Rugby League and like many young athletes who are good at many sports he will now needs to put all his attention on Rugby League in the hope that he can reach the top of that sport.

Having dealt with Chris myself at boxing training and in general he has a real attribute in that he listens to what he is being told by his coaches and applies it very quickly. This will help him develop his talent and reach his potential a lot quicker than most. He spent a few weeks in Melbourne during the off season training with the NRL squad and I am sure he will have picked up many things that will help him progress.

Early signs are very promising. Chris has had 3 trials with the North's Colts side and has made a big impact. Not bad for a 16year old playing against many players a few years older. The Melbourne Development coaches are very please with his progress during the off season and in the trials and I am sure they will have big plans for him in the future.

Good luck, Chris for a successful 2003.

Jenny Mann – Jenn has had a mixed season so far. Her main goal was to get back into full training after a few years out of the sport studying. She has competed in several events with mixed results. She is currently suffering from a little tendonitis in her shoulder, which has put a dampener on the rest of this season. She is now working to get that right and then her main focus will be getting herself into really top shape during winter to make an impact at Noosa and then break into the 2004 F1 Accenture series.

Jenn has been at this level before and knows what is required to compete. It is unfortunate that this year has not been as she would have liked but I am sure that come late 2003 she will be firing on all cylinders and looking forward to a big season for 2004.

Ryan Mayne – Ryan is another new addition to the team. His chosen sport maybe a little unfamiliar to most and requires the same if not more commitment and dedication shown by all our elite level athletes.

Xterra Triathlon is the “extreme” version of the traditional triathlon competition that we are use to. It requires athletes to perform similar distances of swim, bike and run but in an off road capacity. A typical race format would include a 1.5 km swim, a 30 km mountain bike and a 11 km cross country run. Not your average walk in the park?? He has been competing in Xterra Triathlon for the past 2 years and through his commitment to the sport has improved significantly during this time, recently being selected in the Australian team to compete at the World Championships earlier this year.

Ryan calls Noosa home although he has lived in Toowoomba for the last 4 years working in the army. He started doing triathlons 18mths ago and at the 2001 Xterra Aussie Champs was placed 3rd (age group) in his 3rd tri ever. In 2002 he competed strongly and has now left the army to focus on his sport fulltime. He plans to travel to the US in April for the 2003 season to gain further experience and develop his skills.

Ryan recently returned from a trip to Hawaii where he competed at the Xterra World Championships and finished a credible 3rd in the 20-24 age group. It was a testing course and to finish in the age group placings is a credit to Ryan's ability. He then went on to record a 3rd in the Open men's category at an Xterra race held at Jyndabyne in early January as part of the Australian Tour. This was a good result and shows that he is improving all the time. As mentioned before this is only Ryan's second season in the sport and he is already making quite an impact.

Welcome to the team Ryan and we look forward to some great results this year.

Dallas Johnson – Dallas had a consistent year in 2002 with the highlights being his selection in the Qld City side and Emerging Origin Squad. Playing most of the year with Norths in the Qld Cup they had a mixed year of success, under the coaching of Terry Matterson, securing a finals berth only to be knocked out of the premiership race in the semi finals. 2003 has started well for Dallas with a full off-season of training in Melbourne with the Storm. With a change of coach came a change of fortune and Dallas played in both trials for the Storm in February and has now secured a Top 25 position with Melbourne and a fulltime contract. Craig Bellamy, Melbourne Storm's new coach, has a high opinion of Dallas and it is likely he will make the starting line up for the Storm in Round 1 against Cronulla.

It has been a long time waiting for Dallas but his patience has paid off. Some good performances in 2003 should see him secure his future at the professional level.

Damien Quinn- Damien is a skillful and experienced outside back who came through the ranks of the Broncos scholarship program in 1999. After a successful few years at the Broncos where he was able to fully develop his talents he went on to play a major role in them winning the 2001 Qld Cup grand final. They upstaged their more fancied rivals, Redcliffe, in a thriller at Dolphin oval. This was a landmark year for Damien where he amassed 258 pts for the year through scoring 16 tries and kicking 97 goals at a strike rate of 80%.

His talents did not go unnoticed and he secured a contract with the Northern Eagles for season 2002. Injury prevented Damien from playing the football we all know he can play and with the collapse of the Manly/Norths joint venture he became a casualty of the salary cap.

He now find himself back in the Qld Cup with the Wynnum Manly Seagulls and hopes to play a major role in the quest for the 2003 premiership. Wynnum have recruited well for the upcoming season and Damien is a integral link in the chain. His experience and skills in both general play and goal kicking will play a major role in the success of the Seagulls in 2003.
Northern Eagles

Dean Limpus – Dean is an exciting prospect as a Rugby League player. At 17 years of age and coming in at 190cm and 105kg he has all the attributes to become a major force in the NRL. He has represented Queensland in all junior age levels and was part of the AIS squad in 2002. He has been on a Cowboys scholarship for the past 3 years and is looking to take the next step as he leaves school and enters the world of semi professional Rugby League. Dean is from Bowen and after finished Year 12 has now left home and lives in Townsville as part of his scholarship with the Cowboys. He has just started an apprenticeship as a diesel fitter and is training strongly with the Young Guns to develop his skill level and hopefully play in the Qld Cup this year.

We will look to secure his future this year as he comes off contract with the Cowboys. The next contract with be the most important as this will most likely set the scene for what will be a promising career. Dean is very level headed for his age and is not getting to carried away about his prospects. He knows he has to work hard and listen to those around him so he can develop and realize his potential. Welcome to the team and good luck in 2003.

In the Locker Room

This is a new column where our athletes will give you an insight into their world and what happens behind the scenes. We as fans only see the final competition where the athlete takes on the opposition. We don't see all the hard work that goes into preparing them for competition. In this segment our athletes will take you "*In the Locker Room*" to give you and idea of what happens at training, on tour or during the build up to the big event.

This month we will feature an article from Paul Miller giving us an insight to the transition from the amateur ranks to professional. This is a rare insight from an athlete who could well go to become our next champion

"Specific Training For a Specific Performance"

I thought this was an apt title and subject, for the request Mark made about an inside look at the transition I am making from amateur boxing to the professional ranks.

I actually had just this conversation with a boxer in the gym tonight. He has been a 'top-fringe' amateur boxer for the last three years but has failed to break into the National Team, and last week was convincingly defeated in his State Championships (a title he had won previously). After a brief talk with him, discussing; work, lifestyle (plus diet), and in particular; coaching and training methods, it

seemed pretty clear to me that he isn't going to produce the performances necessary to reach the next level, unless he changes (amongst other things), some of his training methods. His training methods aren't even close to what is required for the 'fast' pace and intensity expected in competition.

Just 'training hard', isn't going to mean you perform well - especially in boxing.

I am sure I trained as hard - actually much harder - than most professional boxers in Australia, during these last two years that I spent in Canberra at the AIS. But, I also know the training I did was suited to the short, explosive style of the 4x2min amateur bouts.

This is exactly the 'transition' that I am experiencing since moving to Sydney to train under Justin Rowsell and Johnny Lewis. We train every bit as hard as we did at the Institute. And when we hit 'full throttle', I think it will be harder in many ways, but it is a completely different method of training. But even further than that, it is a different 'style', to develop. Only subtle changes and definitely no dramatic differences, probably more a different 'attitude' when boxing and training. And I don't mean more aggressive, just a completely different approach. You have much more time to 'work out', and then, capitalize on what you can learn from your opponent. However, the transitions in the physical training are perhaps the easiest changes to be made...

Now that boxing will also become a source of income for me...probably the most difficult part of the 'transition' is trying to organize the business aspects. My sport is now my 'business' and without even realizing it...there are so many important changes that have had to happen.

The obvious; Management, promoters, trainers' fees, fight purses etc. But the most difficult has been sorting through various 'offers' and contracts.

Everyone talks of the politics in Amateur boxing- and the professional scene is full of even more 'pot-holes'.

Fortunately, I have a 'manager' to help me sort out prospective management!

Obviously, the 'move' to Sydney has been a challenge. In every sport, often you have to move cities or states, in order to access the best possible coaching to further your career. Sydney - and specifically Johnny Lewis and Justin Rowsell offer, far and away, the best coaching in the country and amongst the best in the world. In the amateurs - the best opportunity meant moving to Canberra to train 'full-time' under the National Head Coach - a highly respected European Boxing Trainer. Now, to achieve success in the professional ranks - moving to Sydney is really the 'only' option for me.

My 'transition' is far from complete, but with some good fortune, hopefully I will be making waves in the professional ranks within three or four months!

Paul Miller

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.

PRESSURE

1. Don't pretend there is no pressure.

That's what people often try to do, but it doesn't work. You don't want to play mind games with yourself. Honesty is the only way to go.

2. Don't use it as an excuse.

The pressure you blame today for a failure will show up again tomorrow. Analyse the reasons for your failures. Those are the real problems.

3. Trace pressure to its root.

Outside pressures are almost always come about because you've put yourself in a position to do something memorable. Pressure springs from you. It is impressive, a reflection of your own ambitions.

4. Make it yours.

Pressure is like anything else. If you control it, you can make it work for you instead of against you. Realise that the pressure to succeed comes from within and then apply it yourself.

5. Use it as motivation.

If it comes from within, then pressure can be a tremendous motivator. If you can work under pressure, then the more that is at stake, the better you will perform. That's all you can ask of yourself.

Quotes of the Month

The world is a field,
And we are born to cultivate that field.
Once we learn to cultivate the field,
We can produce anything.

- Muhammad Ali

"You can't sugar coat a bitter pill"

- Phil Gould

Persistence and determination alone will give you absolute power of your destiny.

If You Want To Be A Hero:

- You must achieve something substantial.
- It helps if you've overcome enormous odds or struck down a hated foe.
- There must be an element of risk that has been met head on.
- Hero's often "do it alone."
- Observers must identify with the hero's cause.
- A hero places principles and loyalty above personal gain.
- Personal magnetism, good looks, and charisma are desirable.

"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**

Motivation

Short Cuts to Success

Author: Jeffrey Hodges.

Recently, I took a call from a young athlete who was experiencing a significant loss of confidence and self belief. She had purchased the Sportsmind Mental Training Manual and was working through the

six week program of exercises, and on the day she called me she said she was up to Day 10, and wondered if there was any way to 'fast track' the program? I was both amazed, and to be honest, quite disillusioned by her request, as I think the six week training program outlined in the manual is a useful introduction to mental skills training - but is way too short to do any more than plant the seeds of some new success behaviors. Further, I put a great deal of thought and effort into the structure and format of the program! Interestingly, I have known so many athletes and coaches who have commented positively on the Sportsmind book - but who never 'got around' to doing the six-week training program!

To my thinking, what is important is taking action on good ideas - not just reading about them. I have to admit, however, to also at a younger age searching for 'short cuts' to success - and in expecting results from less than 100% efforts. I recall many times staying up until 3.00 or 4.00 in the morning doing university assignments which were due the next day - simply because I hadn't been able to motivate myself to start until the day before it was due.... and of course, getting results (passes and an occasional credit) commensurate with the insignificant level of effort I put in.

I recall how my attitude and behavior changed in my final year of undergraduate study when I was inspired by a couple of lecturers whose expertise and passion for their subjects led me to really start to develop a work and study ethic.

I found myself actually finishing assignments and handing them in a week or two weeks before the due dates, and really enjoying the process! Of course, as a result I ended up with five High Distinctions out of the six subjects I studied in my final year. That was a breakthrough year for me - I had learned to value effort and persistence, and to make them a part of my regular behavior. I also gave up on the search for a quick fix and 'short cuts' to success. Training in Budo (Martial Arts) over the past nine years has reinforced this

lesson.... there is no 'show' in Budo - you can either do a technique or you can't, and the only way to master technique is through persistence and honest efforts in training.

So my message in this Sportsmind Institute newsletter on the verge of a new year is to encourage you in 2003 to stop searching for success through shorts cuts. Free yourself from the bondage of the 'fast food', indulgent, consumer mentality that so many people seem to have fallen prey to in our society. Recognise - and accept with joyfulness - that there are not any 'easy' roads to success; be it success in terms of your personal health, wealth, education, career or sporting achievements.

It takes persistent work to keep your body fit and healthy. It takes effort to think and achieve in educational pursuits. It takes persistence and consistent training to succeed in your sport.

Value persistence and effort above 'talent', 'luck', or 'connections' because they are the true tools of the successful person.

I am not particularly intelligent, nor greatly talented, compared with many others.... yet my persistence and effort have allowed me to achieve all that I have so far with Sportsmind, when many others would have given up. I'd also like to point out that I make no compromises in my training programs for accrediting Sportsmind coaches - every coach listed as having Sportsmind accreditation has put in the efforts required to attain their level of accreditation. Many times individuals have approached me looking for ways to 'fast track' their training and accreditation - which I have declined, and I am in the process of establishing this year even more stringent requirements for accredited Sportsmind coaches, so you can be assured that when you ask for assistance from an accredited Sportsmind coach - they have the goods. Sportsmind is about substance, not show; about quality, not quantity.

Make 2003 a prosperous and successful year for you - full of joy, effort and persistence, and give up on the search for short cuts to success!

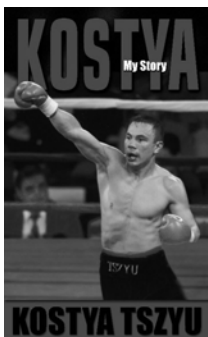
Warm regards,
Jeffrey Hodges B.Sc. M.Sc.(Hons)
Founder and Director, Sportsmind Institute.

From the Editor's Desk

This section I will preview some great books that will help inspire you to great things. There are many books on the market. Some of them are duds and some make for very uplifting reading.

This time I would like to pass on my thoughts of the Kostya Tszyu autobiography. This is a good read with much of the information coming from the man himself. You can tell he has had a lot of input by the way it is written. It covers all aspect of his career from his early life right through to the time it was written. It covers his personal life and aspirations as well as the set backs he experienced along the way. I am a fan of boxing as well as Kostya so I found the book very interesting reading. Those that are not such big fans of boxing will still find it interesting but may find the constant analysis of each of his professional fights a little to repetitive. All in all well worth a look.

KOSTYA : MY STORY (official auto biography)



Kostya is the story of a tiny kid who turned to boxing to help protect himself in the spartan environment of Siberia and went on to become a world champion. He tells of his fight to be an individual in a communist nation that frowned on those who didn't conform.

Of officials who bent the rules for the good of the Soviet system, and their personal wealth. Of his decision to make a new home in Australia and his rise to unify the three world professional titles. Kostya Tszyu has a universal appeal, and is admired by both men and women of all ages, from teenagers to retirees.

Even those who know nothing about boxing are intrigued by this true blue Aussie from Siberia.

The Last Say

Over many years of dealing with young athletes the constant thread amongst their success is not taking what they have for granted and not being too impatient. The introduction of huge salaries in sport has created a generation of athletes that expect the money up front and performance later. This makes my job all the much harder as these young athletes are not prepared to do the hard yards. At RockSolid we emphasise the need for the doing the little things that will make you a better athlete and in the long term a better person. To respect your talent and those that are trying to help you develop it. Money is the fruit of your labour, it's not the motivation to make you compete week in week out and train your self into the ground in the quest to become better. If it is your in it for the wrong reason.

I am very proud of all the team and their attitude to their chosen sport. We have a group of athletes that share a common vision and work hard to achieve their dream. I am merely here to help guide them and offer advice when required. 2003 is set to be a great year for all our athletes. Good Luck to you all and hope you achieve the goals you have set yourselves for this year.

On behalf of the team I would like to thanks to all our corporate partners that support the team and the athletes in various ways, it is greatly appreciated.

Don't forget to check out the web site at www.rocksolidssports.com.au

Yours in Sport
Mark Rockley