

Gymnasts bring home 13 Medals & 3 Trophies!

Congratulations to the 10 Port Lincoln gymnasts who competed in Adelaide at the 2007 South Australian Gymnastic Country Championships, who managed to bring home 13 medals and three overall trophies.

This year our team consisted of three MAG (Men's Artistic Gymnastics) gymnasts, Lucas Anderson, Trent Staunton and Samuel Pickett and seven WAG (Women's Artistic Gymnastics) gymnasts, Ruby Gassner, Rebecca Anderson and Ellie Cheesman, Kodi Mundy, Chloe Meyers, Demi Mundy and Chelsea Dunn.

Our juniors have so much courage. Not only did they front up in Adelaide as part of a very small team, they were split into the MAG and WAG divisions, and then again into their competing levels.

Finally they performed individual drill routines in front of apparatus judging panels, team members and coaches, other clubs from Whyalla, Port Pirie, Victor Harbour, Murraylands, Millicent, Barossa, Broken Hill and Silver City and also to a huge grandstand audience - an achievement in itself.

Port Lincoln produced three overall country champions being Lucas Anderson MAG Level 2 third overall, Samuel Pickett MAG Level 3 third overall and Kodi Mundy WAG Level 3B first overall. WAG Level 2 also made history claiming team placings, second team on Vault and Uneven Bars.

Our final results were: **Level 2 Women's Artistic Gymnastics:** Ruby Gassner, Bronze vault; Ellie Cheesman, 7th uneven bars; Rebecca Anderson, 8th floor exercise, 7th overall. **Level 3:** Kodi Mundy, Gold (first) overall, silver uneven bars, bronze vault, 5th beam, 5th floor exercise; Chloe Meyers – Gold uneven bars, 7th vault, 7th overall. **Level 4:** Chelsea Dunn, Gold vault, 7th uneven bars, 4th floor exercise, 9th overall; Demi Mundy, 7th floor exercise. **Level 2 Men's Artistic Gymnastics:** Lucas Anderson, Bronze (third) overall, silver high bar, silver floor, bronze pommel, bronze rings; Trent Staunton, Gold on vault, 4th on rings, 7th overall. **Level 3:** Samuel Pickett, Bronze (third) overall, silver floor, silver pommels, bronze parallel bars.

Thanks go to all coaches and helpers for their role in coaching and also to the parents and families for their moral support. To our very brave 2007 Country Champions congratulations once again, you rock and roll.

* Article provided by Meryl Davidson, Port Lincoln Gymnastics Association.

This week we have the final results of the Port Lincoln Gymnastics team who recently participated in the Country Championships, introduce you to another member of the Australian Hockeyroos team, Madonna Blyth and offer you the chance to join some very talented hockey players in a scrumptious dinner!

Tickets to the International Women's Hockey test matches are available now as are those for the "Gourmet Extravaganza" dinner with Nikki Hudson and Craig Victory.

Our Eyre Peninsula Active Communities Officer introduces the Eyre Peninsula Sports Academy and we will have more on some of these projects next week!

Did you know the Port Lincoln Judo Club is based out of the Gymnastics Hall? We hope to introduce you to this sport in a future edition!

Are you involved in a sport based at Ravendale? Not only can you promote your club in *What's on @ Ravendale* but you also have the opportunity to be a part of the new Ravendale Community Sports Centre website.

All sports played at Ravendale are encouraged to get involved. For more information phone Julie Chambers: 8682 5327 or 0429 825 327, or send an email to julieden@chariot.net.au

This week's Sporting Calendar!

Thursday	Friday	Saturday	Tuesday	Wednesday	Diary Note
THE CLUB Pasta Night every Thursday	THE CLUB Schnitzel Night every Friday & 100 Club HOCKEY Matches under lights!	HOCKEY & NETBALL MATCHES at Ravendale FOOTBALL Playing away this weekend	THE CLUB! Come for a meal!	THE CLUB: Pasta Night every Wednesday HOCKEY Veterans Comp!	July 20 - 22 Hockeyroos vs Japan International Women's Tests, SASI, State Coun- try & Best of PL Matches Sept 8 & 9: Lower Eyre Baseball vs Glenelg

Hockey

This weekends matches

Friday, June 29

6.15pm	Wanderers vs Panthers	(Women's B)
7.30pm	Marauders vs Flinders	(Women's B)

Saturday, June 30

8.30am	Marauders vs Flinders	(Hockey 11s)
	Wanderers vs Panthers	(Hockey 11s)
9.10am	Marauders vs Flinders	(Under 13s)
	Wanderers vs Panthers	(Under 13s)
9.55am	Marauders vs Flinders	(Under 16 boys)
	Wanderers vs Panthers	(Under 16 girls)
10.55am	Wanderers vs Panthers	(Under 16 boys)
	Marauders vs Flinders	(Under 16 girls)
noon	Marauders vs Flinders	(Men's B)
1.15pm	Wanderers vs Panthers	(Men's B)
2.30pm	Marauders vs Flinders	(Men's A)
4.00pm	Wanderers vs Panthers	(Men's A)
5.30pm	Marauders vs Flinders	(Women's A)
7.00pm	Wanderers vs Panthers	(Women's A)

Friday Night Matches

Our Hockey matches under the lights on Friday nights have become a real drawcard for our community sports facility. If your thinking about coming out to see our local hockey players don their team colours and sneakers, make a complete evening of it and have tea at the Club. The Friday night Schnitzel Deal will be on, yum!

First Aid on the field!

In an effort to make first aid more readily accessible to our players should an injury or accident occur, eskies with ice bags will be kept on the sideline of both the turf and grass fields.

The ice bags should be returned to the Eskies after use, unless used on an injury which involves blood. In this case they must be disposed of.

First Aid boxes will be kept at the Registration Table during the day on Saturdays and at any other time, at the Canteen.

At your peak mid-week?

Mid-Week Veterans Competition

The mid week Veterans Competition has begun but will continue accepting new or experienced players to the teams! The only eligibility criteria is age, so if you are 35 or over you officially qualify and can join this secret society of handy players!

Contact Julie Chambers to register your interest, call 8682 5327.

LOST, not yet found

LOST - One yellow and black IHS stick bag.

It was left on the grass field on Thursday 21 June. Inside of the bag was a blue hockey stick, a ball, yellow mouthguard and blue shin pads. The bag had Sophie Hood's name on it.

If you have found this or know where it is please phone Sophie: 8683 0582 or 0408 830 571.

Calling for Volunteers!

Before the school holidays are upon us it is important that all members who can help in some way during the weekend of the International Hockey Tests, SASI, State Country and Port Lincoln's Best matches, contact their club Secretaries advising of their availability, regardless of how tall or short, large or small you or the task are!

There are various jobs on offer and the times are yet to be finalised. Your club contacts are:

Flinders:

Nick Booth, ph: 8682 2095,
nick.booth@landmark.com.au

Marauders:

Veronica Mitchell, ph: 8682 5160,
vjmitch@bigpond.com.au

Panthers:

Shelley Turner, ph: 8683 0788,
e: sturner@invclin.com.au

Wanderers:

Allison Smart, ph: 8682 3455,
e: asmart@invclin.com.au

All other enquiries about job specifics should be directed to Wayne Harvey, ph: 0428 857 846

Assist with the Hockeyroos vs Japan International Hockey Matches! The Port Lincoln Hockey Association is calling for expressions of interest to work in areas such as the catering, canteen, security, drink stalls, grounds and ground helpers, bar coordinator and team, ball boys and girls, umpires and anyone who would like to assist with set up and pack up during the day &/or evenings prior to and during the weekend of Thursday 19th to Monday 23rd July for the Japan vs Australia International Games.

The International Test Games will be played on Friday 20th and Sunday 22nd July.

Be a part of this exciting event! Catch up with Nick, Veronica, Shelley or Allison about getting involved!

International Women's Hockey Tests

Meet a Hockeyroo: Madonna Blyth



While still one of the youngest members of the Hockeyroos line-up, Madonna Blyth has quickly established herself as one of the premier players in the team, and a star of the future. Madonna's ball control and composure under pressure reflect a maturity beyond her years while her goal sense and distribution skills make her very dangerous when she pushes forward.

From Queensland, Madonna's fills the role on midfield. She has 73 international caps and has attained 15 international goals.

Madonna's Australian debut resulted in the Champions Trophy of 2004. Her strengths are passing and distribution and weakness goal shooting.

When not on the hockey field, Madonna is a student whose interests are music and animals. Her future hockey goal is to play in the Australian team at the 2008 Olympics and her advice for young players is aim to "be better than your opponent". *Provided by Hockey Australia, photos by Treeby Images



Grab your tickets today...

To see Hockeyroos Madonna, Mel, Nikki, Angie & Suzie in the flesh, grab yourself and your friends a ticket or two!

Tickets to the International Games are on sale from The Club and Julie Chambers who you will find at the Hockey Registration Desk whenever there is a hockey match scheduled. Alternatively phone Julie on 08 8682 5327.

Prices for each game are: Adults \$10.00; Children \$5.00; Families \$25.00; Entrance to the Beer & Bubbly Tent is \$50.00 per person, per day from 5.30 - 9.30 on Friday 20th July or 1 - 5pm on Sunday 22nd July.

Only a limited number of tickets will be available at the gate.

Gourmet Dinner Extravaganza with Nikki Hudson & Craig Victory!

Reserve the evening of Saturday 21st July from 7.00pm, for dinner with Nikki Hudson and Craig Victory at the Ravendale Community Sports Centre.

A "Gourmet Extravaganza" dinner of local produce, consisting of a two course meal with cheese platters, our two guest speakers and live entertainment is sure to become one of Port Lincoln's most memorable nights!

Nikki Hudson, Captain of the Hockeyroos and multiple Olympic gold medallist, World Cup gold medal winner, multiple Champions Trophy and Commonwealth Games gold medallist along with Craig Victory, retired Australian Men's Hockey Player, Olympic bronze medallist and Commonwealth Games silver medallist will captivate you over dinner!

Tickets for the 'Gourmet Extravaganza' will be available from Julie Chambers at a cost of \$50 each.

Catch up with Julie on Saturdays at the Ravendale Community Sports Centre or ph: 8682 5327 or 0429 825 327.



SASI Hockey



The South Australian Sports Institute has announced the 2007/08 Full Scholarship Selections.

A second selection intake will take place after the assessment of the upcoming National Under 21 Championships. Athletes not playing in these tournaments are still eligible for the final scholarship placings.

Hockey players who have been chosen for the scholarship are:

Grant Schubert, Greg Reece, Tom Cleghorn, Glyn Tamlin, Jake Stacy, Tom Wickham, Lachlan Seabrook, Scott Hughes, Charles Rundle and Robert Potter.

Robyn Wyld, Deanne Gilbert, Holly Evans, Georgie Parker, Janelle Pisani, Bianca Greenshields, Sarah Stuart, Brooke Appleyard, Carly Simms and Tessa Haslam.

The support staff for this program will be:

Head Coach: Jason Butcher; Assistant Coaches: Craig Victory, Mignon Marles and Bronte Pickett; Rookie List Coach: Robger McDonald; Sport Psychologist: Greg Diment; Athlete Career Education: Matt McGregor; Physiologist: Greg Rowsell; Strength and Conditioning: Leigh Smith; Video Analyst: Luke Gallagher; Physiotherapist: Tim Bass

** Provided by and thanks to the Hockey department of the South Australian Sports Institute*

Football

AFL Footy Tipping, Round 17

Friday, July 27

Western Bulldogs vs West Coast (Telstra Dome)

Saturday, Jul 28

Carlton vs St Kilda (Telstra Dome)

Fremantle vs Geelong (Subiaco)

Collingwood vs Brisbane Lions (MCG)

Sydney vs Richmond (SCG)

Sunday, Jul 29

Hawthorn vs Kangaroos (Aurora Stadium)

Essendon vs Adelaide (Telstra Dome)

Port Adelaide vs Melbourne (AAMI Stadium)

Sporting Fitness

Physiotherapy management of back pain

A considerable body of evidence confirms the benefits of physiotherapy in the management of low back pain, with interventions to reduce pain, improve physical function and assist in the prevention of back pain.

Low back pain is one of the most common conditions with which patients present to a physiotherapist – and for good reason. Evidence-based research continues to assert the effectiveness of physiotherapy interventions in the management of both acute and chronic low back pain.

Significant evidence shows that patients with more acute pain recover faster by remaining active and with light activity prescribed by a physiotherapist. While structured exercise may not be recommended early on for patients with acute pain, some specific exercises are appropriate when carefully selected and instructed, and may lead to a reduction in the recurrence of pain and disability in the future.

For patients with chronic pain there is strong evidence that physiotherapy management that includes supervised exercise programs – such as those prescribed by the skilled physiotherapists in our practice – deliver valuable results: faster return to work rates, reduced recurrence rates, less sick leave being taken, reduced pain and increased mobility.

Spinal manipulative therapy (SMT) is another physiotherapy intervention supported by scientific evidence. An analysis of clinical guidelines and systematic reviews reports that SMT improves clinical outcomes for acute and subacute low back pain especially within the first six weeks. However, SMT is typically not recommended as a first-line treatment for some presentations of chronic pain (for which there is stronger evidence for exercise interventions).

The physiotherapists in our practice integrate clinical expertise with evidence-based research, in the assessment and management of movement disorders.

Provided by Ally Russell, APA Sports Physiotherapist, wife of well known Panthers A Grade Hockey player Peter Russell.

You can contact Ally at Eyre Sports Physiotherapy, ph: 8682 2291 or visit the Mortlock Clinic at 52 Mortlock Terrace, Port Lincoln.

Thank you to this week's contributors....

John Bissett, Julie Chambers, Meryl Davidson, Mark Fisher, Wayne Harvey, Grant Treeby of Treeby Images (Hockeyroos photos), Hockey Australia, Ally Russell of Eyre Sports Physiotherapy & Australian Physiotherapy Association, South Australian Institute of Sport - Hockey, Sports Action Photography (Gymnastics Photos), Greg Williams,

If you would like to provide an article about your Ravensdale based sport, just send an email to Greg or Nicole, the What's on @ Ravensdale Editorial Team.

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What's on @ Ravendale!

Published every Wednesday with free printed copies available at the Club or browse to www.lcc.com.au/ravendale/news to download your own copy from the internet. Join our internet distribution list by sending an email to tenimate@gmail.com titled "Please subscribe me to 'What's on @ Ravendale'". If you can't make it to the club every week and don't have an internet connection you can have every edition posted to you for just \$25.00 for a full year.

Active Communities

Connecting Large & Small Schools and the Community EYRE PENINSULA SPORTS ACADEMY



The Eyre Peninsula Sport Academy (EPSA), with help from large and small schools and community football clubs, offers a *participation* program aiming to re-engage disengaged students across the South Australian region.

Port Lincoln High School hosts the EPSA Australian Football Program involving 44 students; 15 at Port Lincoln and the remainder located in small schools (groups of 1 – 8 students) across the Eyre Peninsula.

Todd George, Peter Tokarski, Mark Fisher and Shane Masson set up the program which, as you would expect, takes in fitness, rules, tactics, skills development, sports injuries, team building and students also complete a *Play By the Rules* course on line.

Program founders however, have long been concerned about the limited association between sport and schools and were keen to make connections using community minded members within football clubs.

They found they didn't have to look far with people from all walks of life putting their hand up to act as mentors to academy members as they in turn link with their local community football clubs where they learn about and help with: Coaching, Umpiring, Ground maintenance and cleaning, Catering, Team administration, Fundraising and at least one committee meeting.



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On the ground, the volunteer mentors work with one or two academy students, assisting with assessments and checklists as the participants work their way through the program of "extra" activities at the local club. Mentor workloads vary from simply checking off progress through to providing plenty of hands on assistance and friendship to those less motivated or finding the program more challenging.

Asked about what motivates the community mentors, Todd George said, "Without exception, the mentors are all nice people who share a love of football. Bigger than that, I think they can see some young people are struggling with in their local community to complete their schooling and want to help wherever they can."

Other than the schools and thirteen local football clubs, EPSA has sought and received support from the State Sport Organisation, Adelaide based AFL clubs, regional organisations, field officers and football leagues. The Department of Education and Children's Services supported the team in writing the course.

Use of video conferencing has been a boon to the program, allowing students to have their lesson and then go back to class without two – three hours travel. The technology also allows easy participation by others such as those with specialist knowledge.

The program is new and will take three years to become properly established with adaptations being made as necessary each year. It has already been very successful and will expand to include Netball and Hockey in 2008.

Cricket and tennis may also come on board in the future.

Mark Fisher is the Active Communities Project Officer with the SA Office of Recreation & Sport and can be reached at the Port Lincoln City Council office, ph: 08 8683 1411 or email sportrec@plcc.sa.gov.au



ATHLETICS

**Port Lincoln
Little Athletics Club**
Hugh Bayly
T: 08 8685 4546

CARS

Lincoln Auto Club
Geraldine Minhard
T: 08 8682 3095
E: gminhard@internode.on.net

CRICKET

Tasman's Cricket Club
Matt Smith
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E: mattsoph@netspace.net.au

FOOTY

Tasman's Football Club
Sid
T: tba!

GYMNASTICS

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