

OUT OF SECTOR

NEWSLETTER

AUGUST 2017

THROWERS



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COMING UP

August 13	VMA Winter Throws Pentathlon Championships (12 noon start)
August 20	Training
August 27	Training plus heavy weights (56lb & 100lb)
September 3	Training
September 10	Throws Pentathlon
September 24	Weightathon / 56lb / 100lb
Sept 30 - Oct 2	22 nd AMA Winter Throws Championships - Wollongong
October 8	Throws Pentathlon
October 22	Training – Discorama
November 12	Throws Pentathlon

Only a few weeks after the last newsletter was published, the AMA National Championships were next on the agenda. Nine of our members enjoyed a break from the Melbourne winter up in Darwin and there were some scorching performances too!

Read on to find out the highlights from Darwin as well as what is coming up on the Throwers Group calendar.

VMA Winter Throws Championships

The 2017 VMA Winter Throws Pentathlon Championships will be held on Sunday 13th August. Looking forward to seeing everyone

AMA Winter Throws Championships

The next event on the calendar is the AMA Winter Throwing Championships. Best of luck to everyone who is planning to make the trip to Canberra. The event will be held over the weekend of 30th September to 2nd October.

Australian Masters Athletics Championships * Darwin *

We have some fabulous photos of our members who competed at the Nationals in Darwin.

As you can see, it was a great location for the championships, throwing amongst the palm trees in lovely, warm conditions.



Narelle Messerle and Didimo Tonelli on their way to silver in the Shot and Javelin.



More medals with our members dominating the podium! Left to right: Peter Young, Didimo Tonelli, Val Worrell, Paul Olsson and Stan Peska



New member, Peter Wrzuszczak also won a silver medal in the Shot and Stan Peska collected one in the Javelin.

More great action shots below...



Welcome New Members

In this edition we welcome back Bev who is ready to start throwing again after recovering from a shoulder injury:

Bev Hugo W75

Happy Birthday

August	Serge Fomin Dorn Jenkins Astrid Rose
September	Chris Brown Bev Learmont Peter Wrzuszczak
October	Linda Buttigieg Peter Coumaros Graeme Rose Peter Young

Christmas Hampers

We are thankful for any donations you would like to make for the Christmas hampers. The hampers will be raffled at our Christmas BBQ to be held in the function rooms at Duncan Mackinnon on Sunday 10th December after the Ilmars Mancs Trophy discus comp. Due to the expected closure of the Duncan Mackinnon track, the Ilmars Mancs competition will be held at a venue yet to be announced (as close as possible to Duncan Mackinnon). And remember to let Graeme & Astrid know your five best discus performances for the year to make sure you are eligible for the trophy. Raffle tickets will be available soon too.

In the News...

Last month with the results email, Graeme attached a newspaper article about Tom Hancock which most of you have seen already but below is another great article about Tom. It is reproduced below from the Clarence Valley Independent – the local paper from where Tom & Margaret spend the winter months each year in Maclean, NSW.



MENTOR, WINNER, ROLE MODEL

Tom Hancock, 81, is Australia's top masters' 'throws pentathlon' athlete: sweeping all before him, he won seven gold medals, and when the throws pentathlon was assessed he was 800 points clear of his nearest rivals.

Hancock was competing at the Australian Masters Athletics Championships in Darwin (June 9 to 12) where he won gold in the 80 to 85-year-old division for high jump, throws pentathlon, and the javelin, hammer, shot, discus and weight throws.

The big prize, however, was the Royce Foley Award for the highest male point score in the throws pentathlon, which is assessed across all age divisions from 30 and upwards.

"You have to do your best to get the score, you can't just win," Hancock says. "For instance, when I did the javelin throw I threw 31metres, but the nearest to me was 17metres [in his age division] ... you can't get a good score by throwing it 18metres and just winning.

"My score was 4,400; the nearest to me in any age group was 3,600 points.

"My name goes on the perpetual trophy and they gave me [the crystal Royce Foley Award]."

Hancock says this matter-of-factly; after all he has been competing since he was a boy and, as a level 5 coach, has mentored some of Australia's top throws athletes, including eight-time Australian discus champion and 1994 Commonwealth Games gold medal winner Werner Reiterer – Hancock was named Australian coach of the year as a result.

But the real Tom Hancock story is not about what he has won, it's not about the framed medals that adorn some of his Maclean home's walls – it's about what he does when he's not competing.

Last week at Wherrett Park in Maclean, Hancock was doing what really makes him tick: coaching and mentoring three young athletes: Rhiannah Woods, 14, Alyssa Luland, 15, and James Bertalli, 18.

As he focused on each athlete, the personal bonds he has with them were evident. Standing back and observing each throw, after some hands-on adjustments to their techniques, Hancock's body language was as one with his charges – willing them to improve or succeed with each effort.

Parents were there, too, busily assisting, measuring or keeping a record of the athletes' progress.

Several years ago, Hancock arrived at training and called his athletes over to his car. He opened the boot and it was full of framed medals he had won over the years. "He requested we each choose one or two to keep

as a memento," says Jaslyn Smith, who has since moved to Brisbane for work.

"He said his wall was full and he wanted us to have a special gift that would inspire us. It was cool to have a prize from our role model to keep forever."

Rhiannah Woods' mother, Richelle Staveley, says that her daughter has gained a lot of confidence under Hancock's mentoring over several years, "in all of her skills, not just the athletics, but the social side of it as well".

"I don't know, it's just fun I guess," Rhiannah says. "It's good when you achieve greater than you already have because, well, you're getting better.

"I am feeling more confident in myself that I can do it."

Jo Luland, who has two daughters training with Hancock, says, "You can tell at their carnivals that they are one up on their competition because they have correct techniques and guidance."

"Yeah totally," says Richelle. "It boosts their confidence heaps, they are able to go up to total strangers and be friendly."

"They have friends from all over the place ... they meet people in their own age divisions along the way," says Jo. "They only see each other maybe twice a year, but they make friends and socialise together."

"And without Tom they wouldn't make it to Sydney, and they make it there every year," says Richelle.

James Bertalli, 18, who has completed high school, is a para-athlete who has Paralympics aspirations.

"I found out he had coached a lot of para-athletes to the Paralympics," he says. "Before I found Tom, my form wasn't really good and I wasn't reaching my potential.

"Once I started coming to Tom, he picked up all of these little things I didn't really know I was doing ... he is correcting it and helping me to reach my potential.

"I've had cerebral palsy since I was born, all down my left side, and I've just been determined to not let that beat me.

"Athletics is one of those things where I can strive."

Alyssa Luland has made it to the state championships each of the past four years and says it's "something I would never have achieved without Tom's coaching and guidance".

"[He] sets us higher and higher goals. His belief in our ability helps us to strive [to] achieve the best we can. At the end of last season, Tom set me a massive goal to throw a discus over 30 metres.

"I did it, and now I can consistently throw that distance, the first female athlete in Tom's squad to do so – a great achievement for us both."

The beauty of what Tom Hancock does is not what his students achieve competitively, but how they improve themselves as a result of his mentoring. The reality is that when they finish school they don't usually continue competing, but they carry a legacy of sorts, one informed by the experience of working towards personal excellence, appreciating each goal achieved and putting what they have learned into practice.

"My motivation is to see them succeed at state level," Hancock says. "They go to Sydney and get a big thrill going into the Olympic stadium, where they compete against these big Sydney high schools that have pro coaches.

"They have lots of comps, which we don't, but we still do pretty well against them and, on occasion, we have won NSW titles and medals.

"That's very satisfying for me and the kids."