



NEWSLETTER

**Specialists in Long Term
Athlete Development**

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Welcome to our February 2007 newsletter. The aim of our newsletter is to not only keep people informed of recent developments at Movement Dynamics (MD), but to continue to provide information to those individuals responsible for the 'practical' implementation of Long Term Athlete Development (LTAD).

The New Year

2007 promises to be a year of opportunity and progress in a variety of areas associated with the development of young athletes.

As many sports focus on their journey towards World Championships, World Cups and all their qualifying tournaments and contests it is wise for us all to glance away from the elite layers of performance every now and again.

Concentration solely on today's results in the international arena can lead us to a more short-term approach than we should otherwise have.

2007 will be a reflection on what has gone before in the previous two to five year period of performance development. It is safe to say that any weaknesses or limitations ignored in these developmental periods will reappear in the physical and emotional cauldron of the international contest.

A glance outside the elite layer of performance attainment will confirm that there are some sectors of the sporting community that do have an unyielding responsibility for those of our community who simply wish to participate at a recreational level. These participants, who create the base of the pyramid from which elite performers grow, also deserve of our very best.

Our community well-being is at stake here. By offering the very best practice to all along the activity continuum we will create spin-off for the good of all the community. The lack of physical activity in the young may be improved. The obesity problem may be reduced. The workplace absenteeism due to muscular-skeletal issues may be reduced. All these community 'prizes' may be at our fingertips with a concerted effort of will from us all.

Movement Dynamics, in a small way, is attempting to not only improve elite performance production but also offer solutions across the entire activity continuum. Regardless of whether your operation is a 'top-down' or 'bottom-up' environment, the concepts contained in the Movement Dynamics resource are suitable for all.

The resource can initially be used to assess the current physical competence status of those in your care. When this "where are we now?" question has been answered it is easier to assemble the infrastructures of the proposed 'journey'.

The Journey

Each organisation will implement the systems and strategies proposed in the Movement Dynamics resource in a different way. This is due to the enormous range of experience, knowledge, time, facilities and commitment brought to the table by the individual coach or organisation.

Often it is a formidable task to break the traditions handed down through the years. For example our competition structures for the young are based more on historical tradition and a misguided need to find a 'winner' than they are on the developmental needs of the participant. Certain national structures are also difficult to manipulate. For those nations who have the luxury of a National Physical Education curriculum the opportunity for change is a difficult one. For those institutions responsible for Coach Education the chance to make change is also a difficult one. The wheels of bureaucracy turn very slowly indeed – but if they are at least turning we have a chance.

Some organisations that are immersing themselves in the Movement Dynamics ideas are 'chipping away' at their needed change. We have many illustrations of teachers and coaches who have simply given over the warm-up period of the lesson or session to some physical competence development. In other cases we have a major commitment to the cause where the entire school curriculum is being re-written, from Primary to Year 12, to accommodate physical competence for all.

Other examples of the diverse application of the Movement Dynamics ideas can be seen at the elite level of sport. Talent Identification systems have embraced physical competence as the cornerstone of their program as opposed to the typical sole reliance on tests such as Vertical Jump, 10-40m Speed and Multi-Stage Fitness. There are example of senior national squad athletes being subjected to the Movement Dynamics standards for the Training to Train Stage – and failing dismally. This knowledge has assisted the national coaches to re-structure their programs in an attempt to eradicate these limitations.

Some examples of operational change

- **Warm-Up periods given over to physical competence development**
- **One lesson or session per week given over to physical competence development**
- **Early Pre-Season phases to focus on physical competence before sports specific training commences**
- **Pilot schemes with selected age groups and small squads**
- **An 'Award' scheme set up through an entire school or club - based upon scores from the Movement Dynamics screening process**
- **Talent identification systems to include sections of the Movement Dynamics screening model**
- **Tertiary education institutions creating Physical Competence modules in their Fitness Industry courses**
- **Schemes of work and assessment processes integrated into a National Physical Education curriculum through pilot schemes**
- **Senior international athletes assessed on physical competence – "It's never too late"**

As Movement Dynamics slowly influences some decision making we see the need for an operational review before any talk of 'sales' gets underway. There have been times where an enthusiastic coach or organisation purchase the product and are then left with the question of 'what do I do next?' Our suggestion is that organisations and coaches first 'question their assumptions', then look at the human, physical and financial implications for change and then carefully assemble a plan. We are willing to work on this with you.

"Decide what you want, decide what you are willing to exchange for it. Establish your priorities and go to work." H. L. Hunt

Developments for 2007

- Work continues on new components of the resource: "The Early Years", an upgraded Flexibility Stream and the updated Physical Competence Tests CD.
- The international market continues to grow with several nations examining their infrastructures to allow for a seamless transition to a functional LTAD process.
- We continue to be approached by organisations that are keen to join us in delivery of the systems and strategies outlined in the resource. Most of these approaches are commendable and offered in the spirit with which we exist as a company. The betterment of both the coach and athlete's opportunity to succeed in the long term is the underlying aim of what we do.

Who is using the Movement Dynamics LTAD Resource? Interest in the product continues to grow. Today the MD resource is being used in professional sporting organisations including ...

- Australian Rugby Union (by all the National Talent Squads at the Reds, Waratahs, Brumbies and Western Force)
- Irish Rugby Football Union, IRL
- Newcastle Knights Rugby League Club, NSW
- East's Tigers Rugby League Club, QLD
- Ashgrove Rangers Athletics Club, QLD
- Geelong Football Club, VIC
- New South Wales Cricket Association

In academies and institutes such as the...

- Queensland Academy of Sport
- New South Wales Institute of Sport – Emerging Athlete Program
- Northern Territory Institute of Sport
- Aspire Sports Academy, Qatar
- University of Queensland Rugby Academy
- Tonga Rugby Union Academy

In schools and universities including...

- The Scots College, NSW
- The King's School, NSW
- Knox Grammar School, NSW
- Sunshine Coast Grammar School, QLD
- St. Joseph's College, NSW
- Geelong Grammar School, VIC
- Melbourne High School, VIC
- Bundaberg State High School, QLD
- Kings Christian College, QLD
- Wesley College South Perth, WA
- Edith Cowan University, WA
- Stevenage Sports College, UK

And by large private S&C providers who work with professional teams and schools

- Acceleration Australia – Brisbane, Australia.