



NEWSLETTER

**Specialists in Athlete
Development**

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Welcome to our March 2009 newsletter. The aim of our newsletter is to not only keep people informed of recent developments at Movement Dynamics UK, but to continue to provide information to those individuals responsible for the 'practical' implementation of Athlete Development.

PGA Seminar – The Belfry, UK

It was an exciting visit in January to this outstanding facility on the outskirts of my home town, Birmingham. Michael Dalgleish and I presented a 2-Day seminar on 'Golf Specific Exercise – From 6 to 60+ Years'. This course was an extension of the courses offered by *The Golf Athlete* (www.thegolfathlete.com) and we were fortunate to have Coaches, Physiotherapists and Athletic Development practitioners in the audience. We were able to cover both the theory and practice of all relevant facets of the preparation of the Golfer.

There can be no doubt about the efficacy of a multi-disciplined approach to Golf development as each delegate that we interacted with was able to illustrate considerable levels of contribution to the cause.

I remember commenting (very politically incorrect, I know!) that the world of Coaching, Sports Medicine and Strength & Conditioning appears, in some cases, to be fraught with secrecy. There are practitioners who believe that they have the answer through some special program or 'spell, potion or gadget'. What we need is an interaction between practitioners where 'sharing' is the prime strategy and egos are left behind. Remember – there are no magic programs or systems; no-one 'owns' an exercise or has singular access to 'best practice'. We are all in this together on behalf of the athlete.

Phil Moreland moves on...

What is the Northern Ireland's Sports Institute's loss is ACTAS's gain. After much consideration Phil Moreland has moved to lead the Strength and Conditioning department at the Australian Capital Territory Academy of Sport in Canberra. I have known Phil since the early 1990's and have watched with interest his rise to being an exceptional practitioner and leader. ACTAS, under the direction of Emery Holmik, are committing to a development process that has at its centre Physical Competence. Phil has worked tirelessly with his team at NIIS to expand the Movement Dynamics process into a workable continuum across several sports and now ACTAS can take things further into the developmental layers at school and club level. He will continue his portfolio with UKSCA until mid-year which is a bonus to us all.

Marriotts Sports College, Stevenage – the latest

Mark Fox (Mark Fox – Director of Specialism) continues to break ground in the integration of Physical Competence into National PE Curriculum at this excellent school. The students engage with the process of measurement and are given the opportunity to create their own activity programs based upon their Physical Competence results.

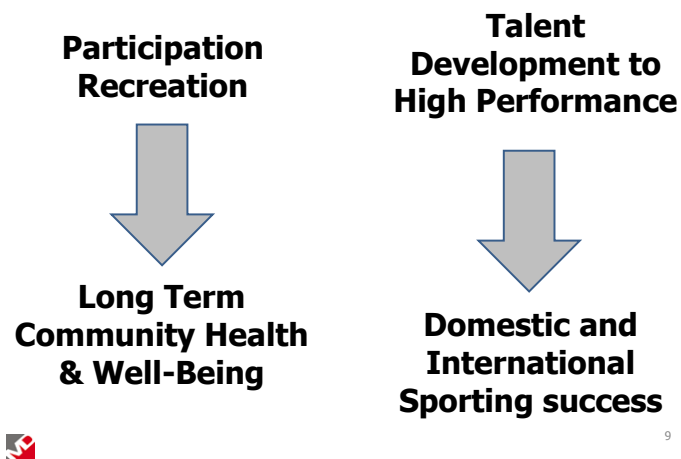


Opportunities in other subjects have arisen where the essence of Physical Competence has been woven into the curriculum e.g. ICT, Health etc.

GSA / HMC Conference for Directors of Sport – The Oxford Belfry

This conference brought together Directors of Sport from the Independent Schools across the nation. I was very pleased to be able to meet this group of fine practitioners as their job is particularly difficult. They, along with their staff, are responsible for a dual-edged delivery to the youth of today.

Dual Responsibilities

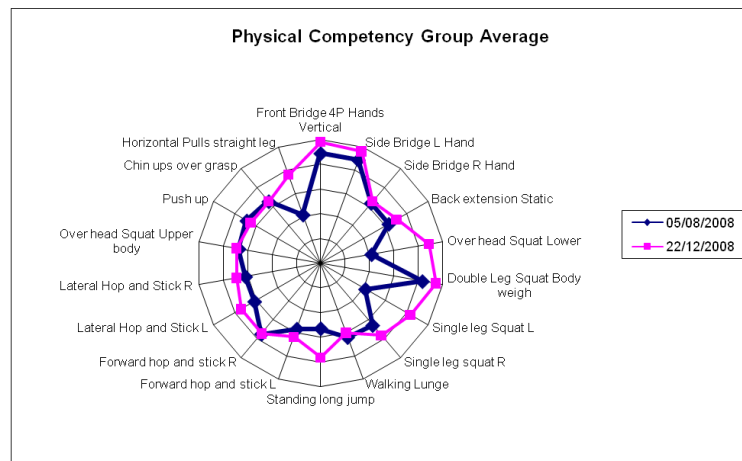


It was heartening to hear from some of the delegates that they are trying hard to get back to basics and produce movement efficiency within their programs. There seemed to be a groundswell of commitment to 'change' and I look forward to being able to work with this committed group on the detail of Physical Competence Assessment and, more importantly, 'what they do next'deliver appropriate exercise activity to their students.

Results and Interventions

The S&C department at the Northern Ireland Sports Institute continue to make inroads into eradicating movement efficiency problems with the Talent Squad. This group of athletes has been identified as being in contention for 2012 Olympic selection across several sports.

Recognising quickly that the results of their Physical Competence assessment indicated that there would be severe difficulties in progressing skill and physical qualities to the required levels, the S&C practitioners at the Institute have embarked on a concentrated period of functional development.



The improvement illustrated above is more than commendable considering the frequency of training that this group undertake. For a group with such high ambitions and a timeline that is far from extensive it is likely that the the process being undertaken places a high demand on time. For Coach and service provider this demands a prioritising of all the competing demands. No one aspect of the process can be allowed get the upper hand. Being patient and doing the things that simply **MUST** be done first is the answer. Advanced skill, tactical and physiological development must be delayed until the athlete has a depth of all-round athleticism and infrastructure protection.

It is heartening to hear the following comments from the coaches: 'there is improvement in how they move', 'the athlete has improved the technical skill due to improving the physical competence.' David Drake, who is driving this process, continues to look for ways and means of improving the content and rhythm of the program and will soon be in a position to adjust certain aspects. This is the creative part of all coaching – the ability and need to question your assumptions on a daily basis, to look for a better way, and to ensure that the changes are based upon the individual needs of the athlete.