



NEWSLETTER

**Specialists in Athlete
Development**

Email: move.dynamics@googlemail.com

or

kbgiles@gmail.com

Tel: +44 7792 307619

Welcome to our March 2010 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.

A busy start to the year with some new projects undertaken and the continuation of others.

It is always exciting to meet with new people and organisations and try to support them in what they do. There can be no doubt that most practitioners and athletes I come in contact with understand that there are fundamental processes that must be secured first before the higher performance can be attained.

For organisations this is often a difficult process particularly when their infrastructures have been around for a long time. This is also true for the individual who has been brought up with a certain philosophy and set of practices.

What unites us all is the pursuit of excellence and the knowledge that there is no 'one' answer to the quest. Just as the athlete changes and adapts so must the teacher / coach. More importantly the system / strategy must be flexible enough to cater for change.

Schools

Work continues at Campshill Primary School with class teacher Zoe pushing ahead with the '5in5'. Phil Elcock oversees this project and is a great ally to have where the schools sector is concerned. More staff are now on board and really enjoying seeing the students enjoy the challenges of movement in between academic lessons.

The recent presentation at Millfield for the Independent Schools created some interest and several schools have been in touch about implementing some of the concepts that were presented. Some have expressed the desire to create a more 'physical' journey for their students, particularly in the Elementary layers. This is the key time to give children a movement vocabulary and also a time to get them acclimatised to, and accepting of, physical work.

Others see the value of developing Physical Competence in their journey towards higher competition performance in the Secondary school layers. Discussion is underway on several fronts but no more important than 'how' to integrate Physical Competence into existing training structures. Many of the sports specific coaches I have spoken to understand that the development of Physical Competence is an investment not a distraction.

Some schools clearly see the link between the holistic development of their entire school population and the pursuit of performance. Having this common approach creates a groundswell of understanding and the sharing of resources.

High Performance

Dr. Andy Franklyn-Miller is leading an RFU project at the national U/16 level where Physical Competence is being assessed and then the players 'tracked' across a variety of parameters. This will mirror some of the excellent work that we did with Australian Rugby.

Mike Dalglish and I are presenting the Long Term Player Development Course for the PGA in early March at the Belfry. Last year saw the inaugural course and the idea is to repeat this year with a view to creating a Level 2 version where coaches and players can work more specifically on their individual needs.

With great support from Gary Phillips (FA), Graham Hawkins (Football League) and Jim Briden (Football League) we completed the regional CPD courses in February. The 2009/10 period saw Fitness practitioners; Sports Medical professionals and Academy / Centre of Excellence Managers attend a series of presentations / workshops on Athletic Development. The reaction has been excellent with many Clubs investigating how and when they can make the necessary changes to their performance strategies.

The LTA have continued their push towards 'change' with the developing player. Sample sessions and schemes of work are now under development.

The Norwegian FA has suffered a blow in the loss of practitioner Matiu Taingahue to the Aspire Academy in Qatar. Matiu was responsible for alerting the Norwegian FA to the benefits of Physical Competence across all layers of performance. His initial screening across several layers of the sport gave results that illustrate the typical problems associated with a sole emphasis on skill / tactical activity. Sigmund Apold-Aasen will continue to develop the infrastructure for the new approach.

Resources

The new Hamstring Wall Poster is now available in its flexible-plastic form. The Physical Competence Assessment Manual is undergoing its third revision.

Thought is being given to having the Progressive Exercise Syllabus available as an on-line accessed version. This may assist those organisations who operate a network to be able to have total access for all their staff.

Steve Myrland and Greg Thompson are working feverishly to finalise the '5 in 5' and '10 in 10' resources. These have been further developed to include modules with simple equipment plus a Movement Library for further session / lesson development. This should be an on-line resource and is focused on the early stages of movement development. In the near future we are hoping that practitioners will be able to access this great resource through the Movement Dynamics website.

Vale – Wilf Paish

He will never be forgotten. A master teacher, coach and mentor to so many, his legacy will live on in all who keep it simple, get the basics right, never compromise and live life with a passion.

He's just gone on ahead and will see us all later.