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High Performance Sport News aims to promote greater awareness of key high performance sport activities and topics across the Australian sport sector.

High Performance Sport News is produced by the Clearinghouse for Sport and disseminated monthly. All contributions are welcome. Contact Dr Nicole Vlahovich if you would like to share your news.

Please note that some of the web links presented in this edition will require you to log into the Clearinghouse for Sport website. If you are not already a member, please join today.

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The Future of Australian Sport

The Future of Australian Sport: megatrends shaping the sports sector over coming decades (Hajkowicz S, Cook H, Wilhelmseder L and Boughen N, Consultancy Report for the Australian Sports Commission by the CSIRO, Australia, April 2013) – This report conducted by the CSIRO for the Australian Sports Commission identifies six megatrends likely to shape the Australian sports sector over the next 30 years. A megatrend represents an important pattern of social, economic or environmental change. Megatrends occur at the intersection of multiple trends and hold potential implications for policy and investment choices being made.
by community groups, industry and government. The six megatrends are:

1. **A Perfect fit** – Individualised sport and fitness activities are on the rise. People are fitting sport into their increasingly busy and time-fragmented lifestyles to achieve personal health objectives.

2. **From extreme to mainstream** – This megatrend captures the rise of lifestyle, adventure and alternative sports which are particularly popular with younger generations. These sports typically involve complex, advanced skills and have some element of inherent danger and/or thrill-seeking.

3. **More than Sport** – The broader benefits of sport are being increasingly recognised by governments, business and communities. Sport can help achieve mental and physical health, crime prevention, social development and international cooperation objectives.

4. **Everybody's Game** – Australia and other countries of the Organisation for Economic Cooperation and Development (OECD) face an ageing population. This will change the types of sports we play and how we play them.

5. **New Wealth, New Talent** – Population and income growth throughout Asia will create tougher competition and new opportunities for Australia both on the sports field and in the sports business environment.

6. **Tracksuits to Business Suits** – Market forces are likely to exert greater pressure on sport in the future. Loosely organised community sports associations are likely to be replaced by organisations with corporate structures and more formal governance systems in light of market pressures. The cost of participating in sport is also rising and this is a participation barrier for many people.

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**Athletes**

**Anti-Doping**

News in anti-doping:

- **WADA to offer smartphone App for athlete “whereabouts” reporting** - In an ongoing effort to support athletes and doping-free sport, WADA will introduce a free whereabouts App for smartphones in the third quarter of 2013.

- **WADA issues alert on GW501516** - GW501516 was a developmental drug that was withdrawn from research by the pharmaceutical company and terminated when serious toxicities were discovered in pre-clinical studies. It is not clinically approved for use.

- **Review of Science Behind the Headlines – Drugs in Sport** – Royal Institute Australia covered the topical issue of drugs in sport with an online event and article.

**Athlete Pathways**

Parents who can afford it scramble to get kids into elite hockey programs – Sport IQ details the elite junior ice hockey system in Canada and the lengths that parents will go through to have their children playing at that level.

**Daily Training Environment**

**Media relating to sports injuries**

- **Computer helps identify conditions for brain injuries** – Johns Hopkins Hub Gazette reports on a computer-based process that helps identify the dangerous conditions that lead to concussion-related brain injuries.

- **Headgear for amateur boxers to be banned in a bid to reduce head injuries** – The Daily Mail details a decision by the International Boxing Association to ban amateur boxers from wearing headgear when competing internationally.

- **Study: Even Light Soccer Headers Can Harm Cognitive Function** – Wired Playbook highlights a recent report in PLOS One demonstrating the impact of ball-heading among high school female soccer players.

- **Eagles star in game load injury risk assessment research** – Science Network Western Australia reports on the inclusion of elite footballers in a study into sports injuries being undertaken at the University of Western Australia.
Updated Sports Concussion Guideline: Athletes with suspected concussion should be removed from play – The American Academy of Neurology (AAN) has released an evidence-based guideline for evaluating and managing athletes with concussion. Science Daily provides a summary of the guidelines.

Leadership

Three great Australian women to join AOC Board - Minister for Sport Kate Lundy welcomed the announcement that three outstanding sports women will soon join the board of the Australian Olympic Committee (AOC).

Three Olympians named State Olympic Council Presidents – The Australian Olympic Committee reports on new appointments to the State Olympic Councils.

Master Chef Moneghetti returns to lead Australian Team at Glasgow 2014 Commonwealth Games - The Australian Commonwealth Games Association announced that marathon legend Steve Moneghetti has been appointed Chef de Mission for the Australian Team for the 2014 Commonwealth Games in Glasgow, Scotland.

Research and Innovation

WADA Announces 2014 Social Science Research Grant Program - WADA invites applications for its 2014 Social Science Research Grant Program. This program encourages research in social science in order to obtain information that will enable more efficient doping prevention strategies.

Public Consultation on a Draft Supplement to Chapter 7 of the Australian Code for the Responsible Conduct of Research - The National Health and Medical Research Council (NHMRC), in partnership with the Australian Research Council (ARC) and Universities Australia (UA), and through extensive public consultation, developed the Australian Code for the Responsible Conduct of Research. The Code advocates and describes best practice in research for researchers and institutions. Chapter seven, which deals specifically with conflicts of interest and the responsibilities of institutions and of researchers in ensuring the responsible conduct of research, is currently under review. You are invited to make a submission to the NHMRC about the draft document.

ARC Centres of Excellence - The ARC Centres of Excellence Funding Rules for funding commencing in 2014 have been released.

Media relating to Sport Science, Research and Innovation

- Inside the world of AFL sport science – afl.com.au reviews the important role of sport scientists in AFL and how it has improved the game.
- The motivation for people to play sport is changing – The Australian reports on the need for sport to learn from the fitness industry in the use of social media and smartphone technology to increase participation in organised sport.
- FIFA chooses GoalControl's goal-line technology – The Herald Sun reports on FIFA’s decision to engage GoalControl as its provider for goal line technology at the World Cup in Brazil.

Recent Publications from National Institute Network (NIN) researchers - The following articles by NIN researchers (and their partners) have been published in academic journals or books:

- Effect of training surface on acute physiological responses after interval training. Binnie MJ;

Running in a minimalist and lightweight shoe is not the same as running barefoot: a biomechanical study. Bonacci, Jason; Saunders, Philo U.; Hicks, Amy; Rantalainen, Timo; Vicenzino, Bill T.; Spratford, Wayne, *British Journal of Sports Medicine* (Apr 2013), Vol. 47 Issue 6, p772-7

The acute transverse strain response of the patellar tendon to quadriceps exercise. Wearing SC; Hooper SL; Purdam C; Cook J; Grigg N; Locke S; Smeathers JE, *Medicine And Science In Sports And Exercise* (Apr 2013) Vol. 45 Issue 4, p772-7

The distribution of pace adopted by cyclists during a cross-country mountain bike World Championships. Abbiss, Chris R.; Ross, Megan L. R.; Garvican, Laura A.; Ross, Neil; Pottgiesser, Torben; Gregory, John; Martin, David T., *Journal of Sports Sciences* (Apr 2013), Vol. 31 Issue 7, p787


To access the full articles please visit the [Clearinghouse for Sport](http://www.clearinghouseforsport.com).

To view and access academic literature on a range of sport-related topics, sign up for the [Sport Monthly Update](http://www.sportmonthlyupdate.com) alert service.

### International Insights

**Fiji's High Performance Unit raises the rugby bar** – *Radio Australia* reports on an initiative, funded by the International Rugby Board that supports High Performance Rugby in Fiji.

**Massive funding boost for Paralympics Ireland as begin preparations for Rio 2016** - Ireland's preparations for the 2016 Paralympics in Rio de Janeiro have received a significant boost after they were awarded €910,000 (£774,000/$1.2 million) in new funding from the Government.

**Big boost for Singapore's potential sports stars** – *Asia One* highlights funding arrangements that will ensure that future elite Singapore athletes will be able to enjoy an unprecedented level of support from the Singapore Sports Council.

**IRFU announce €1.1m funding for women's Sevens rugby** – The Irish Sports Council will fund women's sevens rugby which will create a high performance unit of 20 players, with four full-time management, with the stated intention of qualifying for the Rio de Janeiro Olympic Games in 2016.

### Conferences

**Australian Swimming Coaches and Teachers Association (ASCTA) Convention** - More than 700 swimming coaches and teachers attend this event annually. Held over eight days, the convention will consist of over 80 presenters and 25 exhibitors. This convention will be held on the Gold Coast, Australia, 7–12 May 2013.

**American College of Sports Medicine 60th Annual Meeting and 4th World Congress on Exercise is Medicine** - With 12 topical tracks, including Exercise is Medicine, attendees of more than 70 disciplines come together from around the globe to share new clinical techniques, scientific advancements and cutting-edge research in sports medicine, exercise science, physical activity and public health. This conference will be held in Indianapolis, USA, 28 May - 1 June 2013.

**Ninth International Symposium on Computer Science in Sport** - The symposium will be presented as a forum for mutual exchange between researchers, coaches, physical education teachers, graduates, fitness instructors, engineers, mathematicians and other sports-related and technical experts, dealing with interdisciplinary topics on sports and computer science. The symposium will be held in Istanbul, Turkey, 19–22 June 2013.
The Asics Conference of Science and Medicine in Sport - This conference multi-disciplinary meeting held annually for professionals with an interest or involvement in sports medicine, sports science, physical activity promotion and sports injury prevention. The conference will be held in Phuket, Thailand, 22–25 October 2013.

2013 World Conference on Doping in Sport - The World Anti-Doping Code review will be finalised at the conclusion of this Conference and WADA’s Foundation Board will approve the next edition of the Code to come into operation in January 2015. Registrations are now open for the 2013 World Conference on Doping in Sport in Johannesburg, 13–15 November 2013.

Science of Sport, Exercise and Physical Activity in the Tropics Conference - This conference is aimed at both academic and practitioner audiences who will address the physiological and psychological mechanisms, interventions and responses to sport, exercise and physical activities performed in hot, humid tropical conditions. The event will be held in Cairns, Australia, 28–30 November 2013

Online resources

ISEAL Newsletter – The Institute of Sport, Exercise and Active Living at Victoria University has released a newsletter updating stakeholders on recent research developments


Participation in Sport and Physical Recreation, Australia, 2011-12 – The Australian Bureau of Statistics has released the results from the National Participation in Sport and Physical Recreation Survey, conducted from July 2011 to June 2012


New Book

Physical Activity Epidemiology 2nd Edition - Rod Dishman, Gregory Heath, I-Min Lee - 2013 - Physical Activity Epidemiology, Second Edition, offers students, sport and exercise scientists, health and fitness professionals and public health administrators a comprehensive presentation of significant studies, how these studies contribute to understanding the relationship between activity and disease prevention and how this information can be used in leading individuals, communities and global society toward increased health and longevity.

From the Clearinghouse for Sport

New evaluated information portfolios

The following portfolios were evaluated by subject matter experts:

- Athlete Pathways
- Athlete Career & Education (ACE)
- Sudden Cardiac Death in Athletes

From the National Sport Information Centre

Please note that access to some Clearinghouse for Sport information services and resources may be limited due to licensing restrictions. Please contact the NSIC if you have questions regarding access to databases or other...
New SMART Talks

A brief encounter with Kenyan running (Associate Professor Philo Saunders, AIS Senior Physiologist, 8 April 2013) - The success of the East African nations in distance running on the world stage has been well documented. For more than twenty years, major middle and long distance races on the track, cross country and road have been dominated by East African nations and more specifically by runners from Kenya and Ethiopia. Dr Philo Saunders, made the trip to Iten to soak up the atmosphere and participate in some of the training.

World Health Organization, Healthy People through Sport (Dr Douglas Bettcher, World Health Organization, WHO, Department for Prevention of Non-communicable Diseases, and Dr Godfrey Xuereb, WHO, Department of Population-based Prevention of Non-communicable Diseases, 2 April 2013) - Sport and physical activity can play a powerful role in addressing the risk factors causing non-communicable diseases; including physical inactivity, unhealthy diets, and harmful tobacco and alcohol use. Sport programs within a community act as a platform for physical activity and also act as a mechanism whereby people have an opportunity to share broader health messages.

Current Awareness Services

Sport Monthly Update – This Clearinghouse for Sport current awareness service is provided by the Australian Sport Sector partners listed below. Sport Monthly Updates highlight the latest content on selected topic(s) of interest from the SPORTDiscus database, a comprehensive research database of sport and sport science literature.

Electronic Tables of Contents - This Clearinghouse for Sport current awareness service allows members to receive an electronic copy of the ‘table of contents’ for many journals of interest. A list of the journals offering this service can be found in the Clearinghouse.

High Performance Sport News and Community Sport News – These news services will alert members to the latest information in their respective area of interest.

Daily Sports News – This news service is published monday through friday and provides a summary of the latest sports news stories, government announcements and international insights.

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