High Performance Sport News

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

High Performance Sport News is produced by the Clearinghouse for Sport and disseminated monthly. All contributions are welcome. Contact Dr Nicole Vlahovich (nicole.vlahovich@ausport.gov.au) if you would like to share your news with the Australian high performance sport sector.

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: Clearinghouse Registration.

Subscribers to “High Performance Sport News” may also wish to subscribe to “Community Sport News”.

In this Issue

- **Performance Research** - Increased support to performance research, research relating to football injuries and cognitive ability, featured research on the Clearinghouse for Sport and latest published research.
- **Performance Partners** - Victorian Institute of Sport Strategic Plan and Institute for Sport and Active Living Professor appointment.
- **Athletes** - Jim Stynes achievement scholarships for young Australians.
- **Coaching** - Strength and Conditioning - International Study Tour.
- **Sport Science, Medicine and Technology** - Genetic research and sport, Brain Injury Australia consultation and recent issues facing sport scientists in the field.
- **Anti-doping** - WADA annual symposium.
- **International Insights** - Latest news from other competing nations.
- **Conferences** - Upcoming conferences in the area of high performance sport.
- **Latest Sport Information Resources** - Updates to current awareness services, the Knowledge Base and new videos available on the Clearinghouse.
London 2012

London 2012 Secure Web Portal - The London 2012 Portal has been established to enhance information sharing between Australian high performance sport management and technical staff attending and/or directly involved in preparations for the 2012 Olympic and Paralympic Games. If this is you, and you would like access to this type of information, please contact nicole.vlahovich@ausport.gov.au

Latest additions to the Portal include:

- Australian Olympic Team Medical Bulletin
- 2012 AOT Officials Healthcare Review Summary
- 2012 AOT Pre Games Healthcare Review for Officials
- 2012 AOT Pre Games Healthcare review letter to doctors
- AOC Social Media Policy
- 2012 Medal Tally predictions

Performance Research

Support for high performance sport research - On April 2nd the Australian Government Minister for Sport, Kate Lundy, welcomed the new Director of the Australian Institute of Sport (AIS), Matt Favier, by announcing $1 million in funding for research into high performance sport.

60 second science from Scientific American - Recent research into the biological benefit associated with running, also known as the ‘Runner’s High’, has been studied in Arizona, USA and presented as a 1 minute podcast titled: Researchers Ferret Out Reasons for Runner’s High

Sport science featured on SBS television - SBS recently featured AIS Sports Scientist Dave Martin who talks about the technical nature of track cycling.

Studies reveal why some football players dive - A study by University of Queensland researchers shows soccer players are more likely to “take a dive” when a game is drawn and they are near the attacking end, in the hope of securing a penalty. The full text article is available from PLoS ONE.

Elite soccer players are smarter than you are - Football was also the focus of an article recently published in PLoS ONE, reporting on the cognitive abilities of football players. This research indicates that top-tier players think more clearly, quickly and flexibly than non-players, and there is a correlation between cognitive ability and the number of goals and assists a soccer player scores.

Featured research on the Clearinghouse for Sport - Ian McKeown, a PhD scholar in Strength and Conditioning, speaks here about his project, the challenges he has experienced, the impact of his research for coaches and athletes, and where he sees himself and the field in the future. This page also features a Nathan Versey, a PhD scholar in fatigue and recovery, who has recently submitted his doctoral thesis. ARC Linkage Project: Improving determinants of Australian sports talent identification and development: a multidisciplinary approach is the featured research project this month. Recent publications and new developments stemming from the project are highlighted.

Would you like to contribute to the ‘Featured Research’ and highlight a recent project achievement or a new project under development? If so, please contact Nicole.vlahovich@ausport.gov.au

Latest published research

The following articles by AIS and SIS/SAS Researchers, and their partners, have been published in academic journals:


• But I can’t pass that far! The influence of motor skill on decision making. Bruce, Lyndell Farrow, Damian Raynor, Annette Mann, David *Psychology of Sport & Exercise* March 2012, Vol. 13 Issue 2, p152 10p.


• Within-subject variation in hemoglobin mass in elite athletes. Eastwood A; Sharpe K; Bourdon PC; Woolford SM; Saunders PU; Robertson EY; Clark SA; Gore CJ. *Medicine and Science In Sports And Exercise* [Med Sci Sports Exerc] April 2012; Vol. 44 (4), pp. 725-32.


These articles can be accessed using the search function on the NSIC Library Databases. If you encounter problems downloading any of these articles, please request a copy from the NSIC.

Performance Partners

**Victorian Institute of Sport** - The Victorian Institute of Sport (VIS) has released its Strategic Plan 2011-2016

**Institute of Sport Exercise Science and Active Living (ISEAL) Professor in Sport Partnerships** - The Institute of Sport Exercise Science and Active Living has announced that Professor Allan Hahn has joined Victoria University in a new role as Professor in Sport Partnerships. Professor Hahn is the former Chief Scientist of the Australian Institute of Sport and an eminent and internationally regarded sport scientist.

Athletes

**Australian Olympic athletes to benefit from AIS recovery expertise** - A replica of the Australian Institute of Sport’s (AIS) state of the art recovery centre will be set up in an East London school during the coming Olympic Games to give Australia’s athletes access to world’s best practice recovery strategies and techniques.

**Jim Stynes achievement scholarships for young Australians** - The Australian Government has committed $3 million to establish the Jim Stynes achievement scholarships for disadvantaged youth. Prime Minister Gillard said that the scholarships in Stynes’ memory would be administered by the Reach Foundation and the AFL in partnership with the Government. The AFL will provide an annual contribution of $150,000 a year for the next five years.

Coaching

**Strength and Conditioning - International study tour** - Through its high performance leadership role, the AIS led a study tour on behalf of National Institutes Network (NIN) focussing on the key area of strength and conditioning. The tour travelled to The Netherlands, Spain, France and the US and enabled Strength and Conditioning professionals throughout NIN to benchmark current coaching and management practice and bring new information back to share with the network. Julian Jones and Jan Legg presented the main take home messages in a SMART Talk in March.

Sport Science, Medicine and Technology
Athletic talent in the genes

A new project at the Institute of Sport, Exercise and Active Living at Victoria University, investigates the influence of genetic markers on the likelihood of becoming an elite athlete and builds upon a recent collaboration between Dr. Nir Eynon and Professor David Bishop from ISEAL, and Professor Kathryn North and Dr. Peter Houweling from the University of Sydney.

Cosmos Magazine, a literary science magazine, recently published an article on this topic in Issue 43 entitled “Bred to Win”. This article explains some of the research that has investigated the role of genetic factors in high performance sport. Featuring commentary from Jason Gulbin, AIS Talent Identification program, and geneticist Professor Kathryn North, Head, Institute for Neuroscience and Muscle Research, this article is available through the Clearinghouse for Sport.

The British Association of Sport and Exercise Sciences has released The BASES Expert Statement on Genetic Research and Testing in Sport and Exercise Science.

Brain Injury Australia - Request for input to Policy Paper on Sports-Related Concussion

As part of its funding agreement with the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA), Brain Injury Australia produces a policy paper annually on a mutually agreed topic. The 2011-2012 paper will examine the management of sports-related concussion and "mild" traumatic brain injury in the light of national and international best practice

Further details are available on the Clearinghouse for Sport or please contact Nick Rushworth:
nick.rushworth@braininjuryaustralia.org.au

Sport scientists in the field

Recently, there has been a range of media articles into the use of sport scientists in the development and care of athletes in place of team doctors including; Battle of science rages on as Dees "gap" bid revealed (Brisbane Times) AFL's war with sports scientists (The Age).

Exercise and Sports Science Australia (ESSA) released a statement addressing the media commentary and Dr Craig Duncan, head of human performance at Sydney FC, recently blogged about this issue.

In related news, a publication in the Journal of Sport and Social Issues; Integrating Scientists into the Sports Environment, investigates the role of scientists using a case study of gymnastics in New Zealand.

Anti-Doping

WADA statement on Court of Arbitration for Sport decision for British Olympic Association by-law - WADA President, the Hon. John Fahey, has made a statement following the decision of the Court of Arbitration for Sport (CAS) to reject the British Olympic Association’s (BOA) appeal against its non-compliance to the World Anti-Doping Code. He makes note that BOA has the right to make submissions to amend the Code through the Code Review Process that is currently ongoing.

International Insights

Predicted Medal Tables - A range of predictions have been made in relation to medal tallies at the London Games. This article provides insight into five of these models.

Economic model shows USA first, Britain fourth in 2012 London Olympic Games - An economic model that ignores sporting ability predicts U.S. athletes will win the most gold medals at this year’s Olympic Games in London.

Olympic medals expert makes his 2012 London Games predictions - Daniel K.N. Johnson, a professor of economics at Colorado College, predicts that the U.S. will top the podium most often, followed by China, second, and Russia, third, with the host country, Great Britain, placing fourth.

Economist predicts 15th-place finish for Canada in London - A Canadian economics professor has released his
medal predictions for the London Games, and he sees Canada staying well back of the leader board.

**Sports grants untouched in federal budget** - The Canadian Federal Budget was praised by the Canadian Olympic Committee and sport administrators for leaving high-performance sport unscathed and affirming a $450-million federal grant for sport facilities at the Toronto-centred Pan American Games in 2015

**The IOC’s ‘Olympic Athletes Hub’** - The International Olympic Committee has launched the Olympic Athletes Hub which integrates Facebook and Twitter, encouraging users to follow any of the 1000+ athletes that are on there.

### Conferences

- **Conference of Science, Medicine & Coaching in Cricket**, 7 and 8 June 2012, Canberra.

### Latest Sport Information Resources

#### Current Literature Scan

**Sport Monthly Update** - This Clearinghouse for Sport current awareness service is provided by the following Australian Sport Sector partners. 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.

#### Current awareness service

**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.

#### Current news services

- **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.

### Recent Smart Talks

Seminars given by experts from various sections of the sporting community have been presented at the Australian Sports Commission as “SMART Talks”. Videos of these presentations are available to be viewed on the Clearinghouse for Sport.

- **Women in Sport - The female athlete triad**, Melinda Manore, Oregon State University
- **Sport for Development — A Voice from the Frontline in Africa**, James George Nange Otieno, Kicking Aids Out! Network Secretariat
- **Strength and Conditioning - International Study Tour**, Julian Jones and Jan Legg, AIS Strength and Conditioning
- **Smart, connected monitoring devices**, Tim Gresham, Managing director of Temple Healthcare

### New Books

Books may be borrowed by members, using the Information Resource Request form in the Clearinghouse for Sport. A sample of new book titles includes:
