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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.

Subscribers to High Performance Sport News may also wish to subscribe to other alerting services.

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High Performance Planning

High Performance Planning – A Guide for NSOs - The Australian Institute of Sport (AIS) has developed a new resource to help improve the quality and effectiveness of our high performance sector in Australia. The resource is available via the Clearinghouse for Sport, accessible to NSOs funded for high performance outcomes, NIN members and Australian Sports Commission staff. If you have any questions about the use of the Guide, please contact your National Partnership Manager or AIS Sport Performance Manager.

Athletes
**Athlete Pathways** – A Resource Repository on the Clearinghouse for Sport website has been developed to provide those working in the sport sector with access to a range of resources in relation to the FTEM Framework (Foundation, Talent, Elite and Mastery). Including academic articles, websites, videos, manuals, and books, the information within the Resource Repository is categorised into various user groups (including coaches, schools, clubs NSO/SSOs) and specifically addresses all levels of the FTEM Pathway.

**Athlete health and wellbeing.**

- **Sports and your Smile** – The Canadian Sport Information Resource Centre released their monthly newsletter focusing on sport and facial injuries.
- **USA Institute of Medicine (IOM)** – The IOM has announced that a committee will conduct a study on sports-related concussions in youth, from elementary school through young adulthood, including military personnel and their dependents.

**Leadership**

- **World Class to World Best** - High performance coaches, directors, managers and support staff gathered at the Australian Institute of Sport (AIS) in November 2012 for the inaugural *World Class to World Best: Australia’s high performance sports conference*. A selection of photos, videos and presentations from the conference are now available to organisations who attended the event, via the Clearinghouse for Sport. *World Class to World Best* will be back again this year from 13-15 November 2013.

- **Independent Review into Cycling Australia** - The independent review into Cycling Australia conducted by the Hon James Wood AO QC was released on 14 January 2013. This report generated various media coverage:
  - *Cycling Australia review calls for ethics and integrity panel* Brisbane Times 14 January 2013
  - *Sports Minister releases cycling report* abc Grandstand Sport 14 January 2013 (video).
  - *Coates applauds cycling review* Australian Olympic Committee media release 14 January 2013

- **High Performance Leaders Network (WA)** – In December 2012 the Western Australian Department of Sport and Recreation (WA DSR) held a forum for their *High Performance Leaders Network* with the key theme of Looking Forward, Looking Back – Reflections on London 2012. Brian Miller, Sport Psychologist and High Performance Consultant, presented the forum and the presentation and video are available from the WA DSR website.

**Research and Innovation**

- **Australian Research Council (ARC) Open Access Policy** - The ARC, the largest funder of basic science and humanities research in Australia, has introduced a new open access policy for ARC funded research which takes effect from 1 January 2013. The new policy, which requires that articles released from all research funded by the ARC to be freely available for all to read, was analysed by *The Conversation* in “Free for all: ARC-funded research now opened to the public”.

- **National Health and Medical Research Council (NHMRC) Funding** – Applications are now open for research funding from the NHMRC including Project Grants, Research Fellowships, Practitioner Fellowships, and Career Development Fellowships. Categories that may be relevant to sports researchers include; Sports Medicine, Nutrition, Medically-related Technologies, Biochemistry and Injury.

- **Discovery Projects** – The ARC has released the Funding Rules and has opened the application process for the Discovery Projects funding scheme. This scheme provides funding for research projects that can be undertaken by individual researchers or research teams.

**Sport Research and Technology in the media**

- **10 Companies On The Cutting Edge Of Sports Data** – *Fast Company* provides a list of the top 10 companies that use real-time sports data. Included in the list is the Queensland Sports Technology Cluster (QSTC), other companies joining QSTC were Nike+ and IBM.
● CES 2013: control your bike with a smartphone – PC Pro introduces new technology that creates a smart bike that automatically shifts gears for you.

● Vantage looks to transform sports analytics for players, coaches and fans – GeekWire reports on the company Vantage and how it aims to “change the face of sports analytics forever”.

● Why the NFL Sucks at Testing for Concussions – Wired Playbook provides information about the flaws in the testing protocols that the NFL uses to determine the status of a player following head trauma.

● GoPro Cameras Help Athletes Train Smarter - Wired Playbook profiles the use of “go-anywhere” cameras to improve performance and training.

Recent Publications from AIS/SIS/SAS researchers - The following articles by AIS and SIS/SAS researchers (and their partners) have been published in academic journals or books:

● Changes in serum fast and slow skeletal troponin I concentration following maximal eccentric contractions. Chapman DW; Simpson JA; Iscoe S; Robins T; Nosaka K, Journal Of Science And Medicine In Sport, 2013 Jan; Vol. 16 (1), p82-5.

● Contoured in-shoe foot orthoses increase mid-foot plantar contact area when compared with a flat insert during cycling. Bousie JA; Blanc P; McPoil TG; Vicenzino B, Journal Of Science And Medicine In Sport, 2013 Jan; Vol. 16 (1), p60-4

● Effects of Exercise Sessions on DXA Measurements of Body Composition in Active People. Nana A; Slater GJ; Hopkins WG; Burke LM, Medicine And Science In Sports And Exercise, 2013 Jan; Vol. 45 (1), p178-85


● Rating of perceived exertion during cycling is associated with subsequent running economy in triathletes. Bonacci J; Vleck V; Saunders PU; Blanc P; Vicenzino B, Journal Of Science And Medicine In Sport, 2013 Jan; Vol. 16 (1), p49-53

To access the full articles please visit the Clearinghouse for Sport.

To view and access academic literature on a range of sport-related topics, sign up for the Sport Monthly Update alert service.

Anti-Doping

Free iPhone app for 2013 Prohibited List – The World Anti-Doping Agency (WADA) has released a free app for the 2013 List of Prohibited Substances and Methods.

Athlete whereabouts over the holidays – The Australian Anti-Doping Agency (ASADA) released a video calling all athletes within the Registered Testing Pool (RTP) to ensure that the agency is kept aware of their whereabouts.

Union Cycliste Internationale (UCI) independent commission - WADA has released a statement from President John Fahey relating to the UCI Independent Commission.

Play the Game interview with WADA Director General – Play the Game, an organisation aimed at strengthening the ethical foundation of sport, interviewed John Fahey in relation to the Lance Armstrong case. A second part of the interview addresses the new World Anti-Doping Code.

International Insights

Canadian Sport Institute - Canadian Sport Centre Pacific unveils new name and revitalised mission as the Canadian Sport Institute.

UK Sport announce new class of ECAP – UK Sport has announced a fourth intake of emerging high performance coaches into their 2012-14 Elite Coaching Apprenticeship Programme (ECAP).
Sports Medicine Australia, ACT 2013 Conference of Science & Medicine in Sport - This Conference will reflect on the beginning of Sports Medicine in Australia, the milestones, highs and lows, establishment of the AIS in 1981, the advancement of technology and the evolving nature of sports, exercise and physical activity. Presenters will be drawn from all fields, reflecting on the journey of the last five decades and discussing some of the latest treatments, strategies, and technologies available today. The Conference will be held at the Australian Institute of Sport, Canberra, 9-10 February 2013.

Our Sporting Future 2013 - The Our Sporting Future Forum will provide participants with the opportunity to learn and contribute to discussion on the future of Australia’s sporting industry, looking into both internal and external impacts on Australia, and the potential effects this may have on the numerous sporting stakeholders. The Forum will be held at the Melbourne Convention & Exhibition Centre, 10–12 April 2013.

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.

2013 World Conference on Doping in Sport - The World Anti-Doping Code review will be reaching a conclusion at the Conference and WADA’s Foundation Board will approve the next edition of the Code to come into operation in January, 2015. WADA has confirmed that the 2013 World Conference on Doping in Sport in Johannesburg, 13-15 November 2013.

Latest Information and Resources

New Resources

Sport & Recreation Spatial Project - The Sport & Recreation Spatial Project provides a national geographic information system (GIS) for presenting spatial data relevant to all levels of the sport and recreation sector. This project will provide the sport and recreation sector with increased capacity for research, strategic planning, and development of participation programs and facilities.

Sport and Leisure News, Rugby – The publisher, Taylor and Francis Group, are featuring Rugby during the month of January. For a limited time you can get free access to their collection of articles to bring yourself up-to-date with the latest rugby research ahead of the Six Nations Championship. Subject themes include sport science, leisure, tourism, management, history, politics and culture.

New Book

Coaching Excellence, F Pyke (Editor) Human Kinetics Publications, 2013 – Eighteen experts offer the best knowledge, research and insights that any coach can apply in working with athletes and teams. This comprehensive manual focuses on three key facets of coaching: (1) roles and responsibilities of a coach, (2) plans and methods that stem from the core values, and (3) applications of the sport sciences to enhance fitness and the technical, tactical and mental skills of 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
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.

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. High Performance Sports News is not available to all client groups.

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.

Clearinghouse for Sport on Social Media – Follow us on Twitter or connect with Australian sports people in the Clearinghouse for Sport LinkedIn group.