

IPSWICH & DISTRICT ATHLETIC CLUB INC.



APRIL NEWS

IPSWICH & DISTRICT ATHLETIC CLUB INC.

P O Box 220, Booval Old 4304

Ph: 0409 754 884

Website: <http://www.ipswichathletics.org.au>

18th April 2010

CLUB BREAKUP

Club Breakup for 2009/2010 Season

Where: Clubhouse

When: Sunday 2nd May 2010 at 11am.

Trophy presentations will be done whilst we have lunch. It should be a great day. **Be there!!**

Club Champion, Achiever, Encouragement, U20yrs and many more awards!

There will be a guest speaker on Strength and Conditioning. This will be an opportunity to learn on how we can be stronger and become faster in everything we do.

RSVP by Monday 19th April 2010 for catering purposes, please phone our Secretary on **0416 046 099.**

The calendar of events for the 2010 Winter Season is now available. Competition details and programs are available at the Queensland Athletics website. www.qldathletics.org.au

One Mile Gift Race Day Ipswich Turf Club, Bundamba

Date of event: 08-05-2010

Gates Open: 11.00am

Time: 2.45pm Junior Mile Gift

3.15pm Open Mile Gift

Prizes: Junior Mile Gift \$500 Prize Pool
Open Mile Gift \$5000 Prize Pool

Entries Close 23-04-2010

Online registration is available at

www.ipswichmilegift.com.au



Committee Notes

Our next Monthly meeting is Tuesday 27th April 2010 at 7pm. All welcome.

The **Annual General Meeting** to elect a new committee is on Sunday 30th May 2010 at 10am.

All positions have been declared vacant. This is your opportunity to offer support to your Club.

Nomination forms are available on training nights and at the Club breakup.

Happy April Birthdays

Dylan Glavas

Jacqueline Griffin

Daniel Harbort

Jay Pavitt

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Consider This:

Believe in yourself
and your ability to
succeed.

Answer to the Question

The winner of the
March question was
Scott Touhy.

The correct answer was
“\$1.50”.

John \$1.50
Phil \$3.00
Steve \$2.00
Thomas \$1.00

A new question is
as follows:

“I’m making waffles”
In which movie does a
character say this line, and
who is it?

Think carefully!!!

The **first** person to reply with the
correct answer wins a prize.

at
vgpascoe1@bigpond.com.au

The Club uniform must be worn for all meets.

Registration of Club Members for 2010/2011

All athletes have to register for the new season commencing 1st April 2010. This will allow them to compete at all Cross Country meets and also any Track & Field meets held during the winter.

Fee Schedule

New registration format – Winter Registration: 01/04/2010 – 30/09/2010.

		Club Fee	QA Fee	Total Fees
X	Winter athlete	\$27.50	\$40.00	\$67.50
Xx	Dual Registration	\$27.50	\$20.00	\$47.50
Xxx	Club athlete	\$27.50	\$20.00	\$47.50
Xxxx	Coaches	\$6.00	\$10.00	\$16.00

Officials & Volunteers

X Includes those who compete in both the Cross Country and Winter Track & Field.

Xx Dual Registration U13 to U15 only (QLAA & QA) Club events only. (Cannot compete in QA events or Queensland Championships).

Xxxx No Club fee applicable to committee members.

Family Discounts

1st family member pays \$27.50

2nd family member pays \$22.50

3rd family member pays \$17.50

Family registrations do not need to happen at the same time for this family discount to apply.

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Proof of Age

Photocopy of birth certificate must be provided for all first time members of the Club, except for athletes 20 years and over and Officials, Coaches and Volunteers.

Registration Numbers

New numbers will be issued and posted direct from QA. If you are competing in the meantime, wear your existing numbers but take your receipt from the Club as proof that you have paid the new season registration fees.

Athletes may sign up now.



HEALTH TIP

Osgood-Schlatters Disease

Osgood-Schlatter is defined by a characteristic soreness and swelling at the tibial tuberosity. It usually originates in those between the ages of 9 and 16 who are both physically active and in a "growth spurt". If unresolved it can be painful, of long duration, and have permanent detrimental effects both on the bone, as well as on a young athlete's potential for both immediate performance and future college scholarships.

The initial injury is probably caused by the powerful quadriceps muscle pulling on the attachment point of the patellar tendon during activities such as soccer, basketball, track and other sports. The subsequent inflammation makes it stubbornly persistent. Once found mainly in boys, it now happens almost as frequently in girls.

However, based upon years of experience with OSD in young athletes in various sports and pursuits, there is a novel new product called **Oscon**. It appears to work on a variety of levels to help treat the painful condition. The method of action appears to be in at least three areas. First is the proven biological effect of certain vitamin E isomers on inflammatory free radicals. The most biologically active of these is RRR- α -tocopherol. Antioxidants such as vitamin E act to protect cells against the effects of free radicals, which are potentially damaging by-products of the body's metabolism. Second is an increase in glutathione peroxidase due to the increased presence of selenium. This enzyme is the general name of an enzyme family with peroxidase activity whose main biological role is to protect the organism from oxidative damage. The biochemical function of glutathione peroxidase is to reduce lipid hydroperoxides to their corresponding alcohols and to reduce free hydrogen peroxide to water. Thirdly, these two micronutrients seem act synergistically to reduce inflammation and pain due to free-radical activity at an injury site. Vitamin E has long been recommended as a topical wound healer, and it appears that certain forms have that effect when taken internally. More research is continuing on just why this combination is so remarkably effective in cases of Osgood-Schlatter. Improvement is almost always seen in less than a week! Please contact us about your own experiences with **Oscon**. We are confident that you will be as pleased as we were when we first employed this formula.

**This information is not meant as an aid in the diagnosis of any disease or health condition.
Consult your physician before starting any treatment.**

Go to

<http://www.sportsinjuryclinic.net/cybertherapist/front/knee/osgood.htm>



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This is an example of
taping and structure
of a knee.

