



IPSWICH & DISTRICT ATHLETIC CLUB INC.

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Newsletter

20th June 2010

Canteen Roster Days

We need helpers to run the canteen on the **Saturday 31st July and & Saturday 7th August 2010** for the AIC and GPS Cross Country events. Please give your support as this helps raise funds for the Club. **Please** advise our Secretary Sam Samuels on training nights so a roster can be made up.
Even as little as a 2 hour stint would be great help.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 22nd June 2010** at 7pm. All welcome.

At the **AGM** a new committee was elected on Sunday 30th May 2010 and is as follows:

President	Vic Pascoe
Vice President	Brad Robinson
Secretary	Sam Samuels
Treasurer	Joanne Harbort
Registrar	Jullianne Gneiding



Brad, Joanne, Toni, Jullianne, Sam, Vic, Bailey, Brad D

Committee Members Toni Jesberg (Canteen Convener), Bailey Pashley and Brad Duxbury

Head Coach Brad Robinson

Just a Thought'

*Remember the tea kettle:
Though up to its neck in hot
water, it continues to sing.*

Track & Field

All Track and Field events are now scheduled on the Queensland Athletics website

www.qldathletics.org.au

QAL now has several events scheduled on their website www.qal.org.au

Rail Trail Fun Run



Date of event: 11/07/10

Somerset Regional Council invites you to take part in the 8th annual Rail Trail Fun Run on Sunday 11 July 2009.

Registration for the Rail Trail Fun Run are available at www.railtrailfunrun.com.au

Park2Park Fun Run.

Date of Event: 25/07/10

Registrations is now open at www.park2park.com.au



Happy June Birthdays

Megan Phipps

Kara-Lyn Hodges

Scott Tuohy

Joanne Harbort

Club Uniform

The Club uniform must be worn at all interclub meets, e.g. All comers at St. Lucia and Gold Coast etc.

The cost of the uniform is \$40-00.

Club Training Nights

Wednesday training nights recommence on the 14th July 2010. This allows athletes to get some extra coaching before the Annual Winter Carnival with highlights being the **110m Lightning Gift** of \$3,000-00 prize money & **100m Ladies Gift** of \$2,000 etc.

Winter Carnival entry forms will be available next week.

Answer to the Question

The winner of the **May** question was **Alexis Berlin**.

The correct answer was: **"A Louse"**

A new question is as follows:

Old Mother Hubbard went to her cupboard to get her poor dog a bone. When she got there, the cupboard was bare, so she cried "OICURMT!" What does this mean?

Think Carefully!

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

Email: - vgpascoe1@bigpond.com.au

Your Health

What is jumpers' knee / patellar tendinopathy?

The patella tendon / ligament joins the kneecap (patella) to the shin bone or tibia. This tendon is extremely strong and allows the quadriceps muscle group to straighten the leg. The quadriceps actively straightens the knee in jumping to propel the individual off the ground as well as functioning in stabilizing their landing.

As such this tendon comes under a large amount of stress especially in individuals who actively put extra strain on the knee joint such as those who regularly perform sports that involve direction changing and jumping movements. With repeated strain, micro-tears as well as collagen degeneration may occur as a result in the tendon.

This is known as patellar tendinopathy or Jumpers Knee. It should be distinguished from patella tendonitis (tendinitis) as this condition indicates an inflammation of the tendon whereas tendinopathy is more about degeneration of the tendon.

What are the symptoms of jumpers knee?

Pain at the bottom and front of the kneecap especially when pressing in or palpating.

Aching and stiffness after exertion.

Pain when you contract the quadriceps muscles.

The affected tendon may appear larger than the unaffected side.

May be associated with poor **Vastus medialis obliquus** (VMO) function

Calf weakness may be present

Jumpers knee can be categorized into four grades of injury:

Grade 1: Pain only after training

Grade 2: Pain before and after training but pain eases once warmed-up

Grade 3: Pain during training which limits your performance

Grade 4: Pain during every day activities



The patella tendon just below the knee cap

Warning!! - This injury may seem like a niggling injury that is not that bad. Many athletes continue to train and compete on it as it may not be a debilitating injury and recovers after a short period of rest. However, neglect jumpers knee at your peril! If left to become chronic it can be very difficult to treat and may require surgery.

For further info go to

<http://www.sportsinjuryclinic.net>

Congratulations

At the recent Queensland Cross Country Championships held on 12th June at Yeronga Park demonstrated we have some potential stars. These are as follows:

Glen Yarham	1 st	U/20yrs	8klm	25mins 21secs
Connor O'leary	3 rd	U/16yrs	4klm	13mins 41secs
Madeline McGuire	12 th	U/14yrs	3klm	11mins 54secs

What is interesting, Cross Country are not their pet events. The next Track & Field season will be a ripper for these athletes.

Well done, keep up the good work.
