

NEWS CLUB



May 2002

EDITORIAL

Welcome to the latest and long awaited edition of the cougars newsletter. I (Amanda Phillips) will be looking after the newsletter this year and will endeavor to keep all members up to date with Club business, important dates and any housekeeping. Please feel free to approach me with any information that you'd like to see posted and I'll do my best to accommodate it. In this edition I'll introduce the new committee for 2002 and the major roles they will be playing in the club, a few things you as a member can do to help the club run smoothly, a big congratulations to the cougars contingent at this years U16 & U18 national Championships and a few points from the recent committee meeting.

MANAGEMENT COMMITTEE for 2002 -& how they can help you



■ Mike Keelan- President

Mike will be looking after the grants government and funding. Mike's expertise in the area will ensure that we have greater opportunities to gain financial support towards the development of the club and it's members.

■ Miles Wydall- Vice President

Miles is pretty handy with his computer so he'll be doing his best to publicise the club through the Cougars website (in construction) and also in the papers.

■ Kylie Booth- Treasurer

Kylie has taken on the huge responsibility of making sure the Clubs finances continue to stay well organised. She will also be looking after the canteen

■ Jim Turner - Secretary

Jim (in addition to his secretarial duties) will be keeping members informed of any courses and self development opportunities arising at a Club and State level.

■ Melissa Nightingale -Assistant Secretary

Melissa is our Social Butterfly. She will be organising social events. A very important job as getting to know each other is one of the reasons we all join clubs. She is also coordinating the BCC schools project. This

aims to let kids have a go and boosts positive public exposure to weightlifting. If you think you would like to help with demonstrations please speak to her for details.

■ Tim McCallum- Ordinary Member

Tim will be supervising the cleaning of the gym. This is important as a clean gym reduces risks and promotes a professional image.

■ John Nightingale- Ordinary Member

John is our handy man. He's pretty tricky with tools so he'll help the club with any construction requirements. Many of you may not know, but John was instrumental in making those garden boxes and tables out the front. He also has made blocks for us and developed a cluey design for our platforms (which we sell as a fundraising avenue).

■ Amanda Phillips- Ordinary Member

As I mentioned earlier I will be publishing a monthly newsletter that will aim to keep every one informed and involved in the club's "goings on".

HOW YOU CAN HELP THE CLUB

Cheering on your club members really is appreciated, but did you know that you have other responsibilities and these are designed to help everyone have a safe and enjoyable experience within our club.

Medical

- All coaches, officials, administrators and other club users are to be fully aware of the physical and mental demands of the activities on offer and ensure that each activity is appropriate
- Participants are encouraged to drink water regularly before, during and after training and competition.
- An individuals medical condition and/or disability must be identified, as activity and coaching methods will be modified where necessary.
- Users must complete the health questionnaire

Supervision and Control

- All users engaged in physical activity will be supervised by a coach with appropriate accreditation

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- The facility and equipment provided is safe for all participants
- Activities will be modified to suit circumstance (eg. Injury rehabilitation)
- Club rules regarding general conduct and behavior must be adhered to at all times

Facility

- Facilities and equipment will be maintained to ensure safety for all users
- All users will be supervised and instructed in the correct use, transport and storage of equipment to minimise the risk of accidents to self or others
- Good hygiene should be implemented at all times as users share equipment . Users should always use their own towels, water bottles, straps, belts and gloves
- Safe access has been provided for wheelchair users
- Adequate first aid equipment is readily accessible

Emergency

- CWC coaches are able to perform first aid procedures
- Safety rules and emergency procedures have been established for CWC
- Emergency procedures include strategies for obtaining medical aid, notifying parents or guardians and registering details of all accidents
- Users have a responsibility to report all cuts and abrasions.
- All clothing, equipment and surfaces contaminated by blood should be treated as potentially infectious

Programs

- Appropriate warm up and warm down activities must be included in each session
- Activities will be modified to suit age, fitness, skill, maturity levels and special needs of all users
- Skill development is progressive and sequential and all individual differences in skills are taken into account
- Records of each individual's performances will be kept

Risk Management

- It is the responsibility of every user to support the club's risk management policy and to report and manage risk continually
- Every user has a responsibility to ensure avoidance of injury to self, others and damage to equipment and property
- Every user has a responsibility to follow the rules and regulations of the club
- All personnel taking on the various responsibilities within the day to day running of our club attend recognised training and education courses

CONGRATULATIONS!!

A big pat on the back for all the athletes (and officials) that attended the U16 & U18 National Championships in Sydney. 13 of the 27 strong Queensland team were Cougars, with Miles Wydall and Scott Robinson selected as team Coaches. The U16 women won the team shield (you go girls!!!) with U16 men and the U18 men and women just dropping out. However I heard that a lot of fun was had by all and that the main thing.

NAME	SN	JK	U16	U18
Erika Yamamsaki	45	60	2	2
Sherry Bower	45	52.5	2	3
Kristie Amardio	65	80	-	2
Tammie Bower	35	52.5	3	-
Liana Lambert	40	47.5	4	-
Rachel Trigger	62.5	82.5	2	2
Rebecca Marks	62.5	80	-	3
John Yamasaki	85	105	-	2
Anthony Salsone	67.5	85	2	4
Joel Wilson	107.5	127.5	1	1
Adon McCallum	67.5	87.5	2	-
Ben Turner	112.5	147.5	-	1
Luke Gardner	55	62.5	4	4

Well done also to Deb Lovely and Amanda Phillips who are off to Melbourne to compete at the Commonwealth Games Trials on May 4 (Good Luck), and also a big congratulations to Mike Keelan who was appointed as one of the coaches for the Games later this year.

Housekeeping

The fridge will now only be open for competitions (sorry peoples). The Club cleaning job has been taken up by Adon and Anthony, so please can we try and keep things tidy and be especially diligent in putting our weights away. A clean and tidy gym is important for hygiene and risk management.



DEEP & MEANINGFUL FOR THE MONTH
"Defeat isn't bitter if you don't swallow it"



Newsletter contributions to
 Amanda Phillips
 email: keelan@powerup.com.au
 or grab me at training