

Touch-e-Talk



WELCOME TO THE JUNE EDITION!

Along with the frosty winter mornings comes Winter Touch around Australia.

Luckily for Touchies, hibernation is not an option, although for those in Canberra it is sometimes very tempting!

This winter is set to be a busy one with preparations for the All Nations high on

the priority list.

This edition of Touch-e-Talk has several feature articles on our All Nations players and coaches, with these set to be regular items in the lead up to the tournament.

The 'Volunteer of the Month' is a new concept to the newsletter and the first winner is cer-

tainly worthy of more than just a mention!

Once again, we hope the June edition is an improvement and keep the suggestions and ideas flowing.

Enjoy the read!

Lisa

Rachel

In honour of two great friends...

The ATA would like to send it's most heartfelt condolences to the family and friends of Sally Urquhart and Michael Jonson.

Both of these much-loved Touch legends recently passed away and the ATA would like to honour them for their passion and commitment to Touch and to their friends, families and lives in general.

For full stories on these two wonderful people, please visit the ATA website.



Special points of interest

- > In honour of two Touch legends
- > The training regime of one of our best
- > Volunteer of the Month
- > All Nations 2005- Feature stories

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The ATA would like to thank all of our sponsors and partners for their generous support.



The work ethic of one of Australia's best...

Amanda Judd is one of the greatest all-time Australian Womens representatives. She has represented Australia 40 times, with 28 of those matches being World Cups.

She represented Australia in the 1995, 1999 and 2003 World Cup.

AJ (Amanda) has kindly put together her weekly training session leading up to an event such as the 2005 NTL...

AJ's Weekly Training Schedule:

"This is my typical weekly session leading up to the recent NTL tournament. I would be approximately 6 weeks out from the four days of competition.

Prior to these kind of sessions I would have just been concentrating on building a good aerobic base first, which would have just consisted of a about 4 – 5 longer type runs a week, for around 25 mins – 30 mins.

Leading up to the tournament I would taper off significantly to doing almost nothing 5 days before we play."

Monday –

- 5 min warm up and stretching
- 26 min run- In this run I would approximately 4 sets of 4 sprints throughout (2 different hills & 2 different sets of stairs)
- I would always be running in between the sets (even if its slow, my recovery would be done whilst I was moving)
- 5 min warm down and stretching

Tuesday –

- Touch Team Training 2 hrs
- Includes: ½ hr agility (sprints, up and back drills etc) Ball skills and drills, a lot of 4 min games against each other without subs

Wednesday –

- 5 min warm up and stretching
- 26 min run (treadmill) - approximately. Doing interval training—1 min hard @ speed 14.8 then 1 min easy @ speed 11.8, repeat this 10 times
- 10 min warm down and stretching
- 1 x Local Park Comp Game of Touch

Thursday –

REST DAY

Friday –

- Touch Team Training 2 hrs, includes: ½ hr agility (sprints, up and back drills etc), Ball skills and drills, a lot of 4 min games against each other without subs

Saturday –

- 1 hr fitness session with friends, includes Boxing Drills, Lactic Acid Threshold Drills, Longer Sprints approx 30 metres

Sunday –

REST DAY

AJ (Amanda Judd)



"After a few hard weeks of this training at this intensity, I find that my muscles start to fatigue and my body needs a bit of a break so I will try and get a massage, followed by a few rest days."
AJ

'INAUGURAL' TOUCH-e-TALK VOLUNTEER OF THE MONTH- STEWART FREEMAN

Stewart Freeman didn't always like referees. Many years ago, Stew was sent off for back chatting ordered to undergo a referees course and referee five games...the rest is history!

He moved quickly up through the ranks, involving himself not only in the on-field aspects of refereeing but also doing presenters and referee coaches courses. So when it came time for Stew to hang up his refereeing boots, he still stayed very involved in the game.

"When it was clear my tired old legs couldn't keep up anymore at national level, I had the skill set to move into the referee coaching role," said Stew.

He was the Director of Referees in both Victoria and South Australia, doing referee coaching at state level.

Then in 1997, Stew was invited by the National Referees Panel to work with them at NTL and the Under 18 Nationals, where he has continued to work.

"I must have impressed someone because I was then asked to nominate for a position on the panel, which I became a full member of in 1998," said Stew.

Stew says that many people can take credit for his development and involvement, both

in the early days and to the present.

"In my early days as a referee, there were three people- Barry Ruttel, Ken Golden and my great mate Andrew Barnett," said Stew.

"Later, I based my coaching style on a mix three of the best referee coaches and people I know -lan Matthew, Lou Tompkins and Ken Golden."

Stew loves to see the referees improve, develop and move up the ranks. This is a lot of the reason he continues to be involved after so many years.

"I do enjoy the game and the people in it. My role is a rewarding one - seeing a referee develop from Level One all the way to Level Six and appointments in finals at the NTL and knowing you had a bit to do with their success is a great buzz," said Stew.

And the downside of Stew's role?

"Seeing the reaction of referees who miss out on their goal. Many people outside the refereeing arm don't understand the importance placed on levels and appointments by referees. These are things that are not just handed out in the Wheetbix pack; they have to work bloody hard to achieve them. So to work so hard and to miss out is one of life's hard lessons."

Stew has some worthy advice

for people looking to volunteer in Touch.

"First, it is easy to put your heart and soul into it. The trouble with this is that you start to take ownership of you portfolio or part and this leads to problems when other have differing views. Always remember the old saying 'The game is bigger than any one person'. Second, at the end of the day, it is a game and it not worth dying in a ditch over. Third, there is so much experience and talent out there - watch, listen and learn."

Stewart was nominated by Touch SA for his work in refereeing and we would like to take this opportunity to congratulate him on being named 'Volunteer of the Month' and also thank him for his hard work and dedication.



To nominate someone from your local area, region or permit, simply send an email to ata_newletter@hotmail.com with a short description of why they could be the next 'Volunteer of the Month' for Touch-e-Talk and some way to contact the nominee, either email or phone number.

Odds and Ends

DOPING IN SPORT

Doping is a big issue in sport and Touch is far from immune.

If you've ever wondered about the ATA's anti-doping policy, make sure you check out www.myclubtouch.com.au and then click on Down Loads. Follow the links you'll find all the info you need for yourself, your affiliate and more.

Wallsend Touch, NSW has tailored their competitions to suit most of us who don't like playing Touch in those cold winter months. They've ditched the Summer and Winter season format and moved to Autumn and Spring seasons.

Registration for the Spring competition is on July 23 from 11am-2pm at the Wallsend Touch Clubhouse, Lewis Street Wallsend. There are divisions for all ages and abilities.

For more info visit www.wallsend.touch.asn.au

Pictures of the month:



ACT High School Champs: McKillop High School, year 7/8 boys. *Photo: supplied by ACT Touch*



Wayne Gleeson at the 2005 NTL, he has been selected in the Aussie Mixed 30's side for the All Nations. *Photo: Sporting Images*

NTL DATES:

After much discussion and debate the NTL dates for 2006 are as follows:

Opens & 20's: March 10-13

Seniors: March 15-18

Managers meetings will be on March 9 for Opens & 20's and March 14 for Seniors

Sporting Images are the ATA's official photographer, shooting all ATA events and many State and Regional events also. All photographs appearing online or in this newsletter are provided by them.

Photographs can be purchased at www.sportingimages.com.au

SPORTING IMAGES- PHOTOGRAPHS



Odds and Ends- for coaches, referees and sports administrators

Mini Touch:

PLAYERS: 6 to 10 depending on size of grid

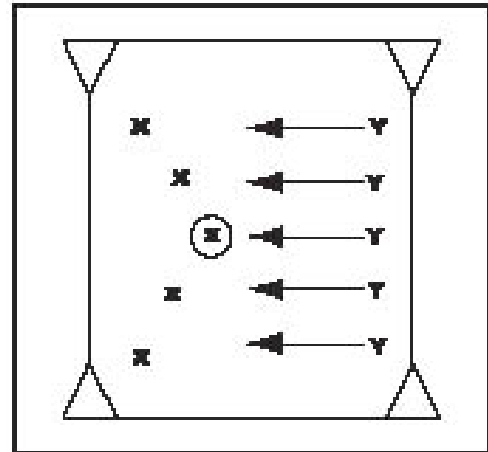
DESCRIPTION: Players are divided into two even groups, the object is to score touchdowns in a confined space. Vary the rules as necessary however, suggested modifications are:

- No rollball, just touch the ball to the ground;
- Defenders retire three metres;
- No penalties, only changes of possession;
- Alternate players and referee; and
- Three touches to change possession.

COACHING POINTS:

Creation of gaps through penetration/deception
 Creation of overlaps through support
 Use of wraps and switches
 All defensive sub-unit and team skills

EQUIPMENT: One ball per grid. Grid markers



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REFEREE SIGNAL OF THE MONTH:



Fifth Touch

One arm is raised high in air with the palm facing and the front and the fingers and thumb outstretched.

The call "Fifth Touch or Five" is called.

For more info on SportingPulse or how it can be used for your Touch Association, contact Jon Pratt at ATA on (02) 6285 2703 or jon@austouch.com.au

2003 World Cup flag bearer set to represent Australia again- All Nations 2005

With the All Nations 2005 tournament rapidly approaching here is the next feature story in the lead-up to the event...

In October, Tim Kitchingham will live out his childhood dream of representing his country in his chosen sport...for the sixth time.

Kitchingham will be an integral member of the Men's 40's team at the All Nations tournament in New Zealand on October 26-29.

"Representing Australia at any tournament is the greatest honor one can achieve in their chosen sport...it means the world to me, every childhood boy's dream," he said.

In Touch, Kitchingham has had a career that most players only dream about. He has represented NSW 10 times, played for the Australian Mens 35's team in 1997, 1999 and in 2003 when he was appointed captain.

He played on the Australian Men's Seniors tours in 2000 and 2002, captaining both tours. But his highlight came at the last World Cup in Japan when Kitchingham was named flag-bearer.

Kitchingham started playing Touch the way most players do. He mucked around with his mates at lunchtime at school and then 25 years ago found out about his local Touch competition.

"A few mates let me know that it (Touch) was played in organised competitions. I started playing probably more for the drink afterwards than the game. It quickly became a replacement for the pub night."

Between then and now, Kitchingham has seen the game change and develop...for the better!

"When I first started we had eight players on the field, you had to kick off and the balls were bright orange. The game has become a lot quicker with some of the old football skills dis-

appearing for speed of feet skills...a mix of both would create a great Touch player," said Kitchingham.

He lists many players who have influenced his career over the years, both teammates and opposition, including Darren Currie, David Cheung and Mark Springfield and playing against legends like Mark Boland and many others.

"I have also played under some good coaches like Ian Stanley, DC (Dennis Coffey) and Mark "Choco" Edwards, but my favorite would have to be John Singh. He lets you play your own game and allows all players to 'play what's in front of you!" Said Kitchingham.

Touch is becoming a family affair for Kitchingham, with his youngest son Tyler taking up the sport.



"My youngest, Tyler has only just started playing in the juniors at Blacktown in the under 11's. The rest of the family, wife Tracey, daughter Jessica and other son Brady aren't involved but come and watch at major games. Their support in allowing me to play has been immeasurable."

He is happy for his son to be involved in a sport which has a positive future, as he believes Touch does.

"I think the future for Touch holds great growth through what the sport offers to all genders, ethnic backgrounds and ages. The social side of the game is second to none, it's also a great family sport," said Kitchingham.

Player profile: JAMIE STOWE- Mens Open National Training Squad

As part of being in the ATA National Training Squad each member has their personal profile loaded onto the ATA website.

These profiles are not just informative but are also entertaining and can be read by clicking on 'Team Profiles' on the ATA homepage.

Simply follow the links there!

It's a great way to get to know our Aussie representatives a little better.

Here is an example of a player profile, Jamie Stowe from the Mens Open squad.

Name: Jamie Stowe

Date of Birth: 4/12/74

Nickname: Stowie

Occupation: Electrician

Local club/affiliate: Parramatta

State: NSW

Representative honours: 1994-2004 NSW Mens, 2000-2005 Australian Mens, 1997-2004 Scorpions



Best moment in Touch: World Cup 2003, various State and Sydney Cups

Most embarrassing moment in Touch: Too many to mention

My favourite:

Food: Home cooked

Drink: Orange powerade

Movie: Forrest Gump

TV Show: Jack Ass

Piece of clothing: Vintage shirts

Touch players: Mark 'Busa' Boland

The sports personality I admire most (and why) is: Carl Lewis, his diversity and attitude

The CD currently in my CD player is: Collective Soul, 7 Year Itch

The most recent book I have read is: Men who stare at goats

Person I would love to sit next to on an overseas flight: The actor from 'Lost'

Describe my perfect day: Early morning breakfast, fresh tracks in fresh snow, spa and a couple of quiet drinks

Pet hate: Incompetent drivers

Likes: Fridays

Dislikes: Mondays



Youngster set to make his mark on the International Scene- All Nations 2005

With the All Nations 2005 tournament rapidly approaching here is the next feature story in the lead-up to the event...

David Collins has only been coaching Touch for six years, but in October he will lead the Australian Mens 30s team at the All Nations tournament in New Zealand.

Representing your country is a remarkable achievement for any Touch coach, but especially for Collins who is just 32 years old.

He had a promising start to Touch as a player, representing Penrith in the Men's 20s and Men's Open divisions before injury forced his retirement from playing.

Coaching was a way that Collins could stay involved in the game that he loves and maintain the strong friendships he's developed over the years.

He began coaching lower levels at Penrith, before being appointed Penrith Mens Open Coach in 2000 and Sydney Mets Men's Open Coach in 2001.

It is with the Sydney Mets at the annual NTL's that Collins was most successful. He took the Mets Mens side to four consecutive grand finals, winning in 2002 and 2004.

It was here that Collins began

to realise he could achieve State and National representation as a coach and after leading the City Mens Open to victory in the 2003 City and Country Touch Football match, he was appointed as coach for the NSW Mens 30's side to play State of Origin against Queensland.

The 2-1 series win over a strong Queensland side further ignited Collins's passion for coaching at an elite level and now he has been selected as the coach for the Australian Mens 30's side to tour New Zealand.

"To go overseas and represent my country in my chosen field will be awesome. The best thrill you can get as a coach is watching your team become better players on the field and better people off the field through your guidance & coaching," said Collins.

Collins is thankful to his family for the encouragement they give him when it comes to his Touch coaching career.

"I have so many people involved in Touch Football to thank for all the assistance they have given me but most importantly the 100% support from my family and the look on my 3 year old sons face (Jack) when I bring home a medal from a tournament makes it all worthwhile along with the lifetime friendships formed along the way."

WHO AM I?

Born on August 11, 1955 I am an accomplished Touch player and coach.

I have won several titles at the Sydney Championships, State Cup and NTL.

I represented Australia between 1985-1999 and was a member of the inaugural Mens Open side.

I have represented Australia in every age division from Mens Open to Mens 40's.

The answer can be found on the ATA Hall of Fame page. Simply hold your mouse over 'The ATA' on www.austouch.com.au and Hall of Fame will come up in the list of options.



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