



NEWS

COMMENT

LEARNING

FROM THE SIDELINES

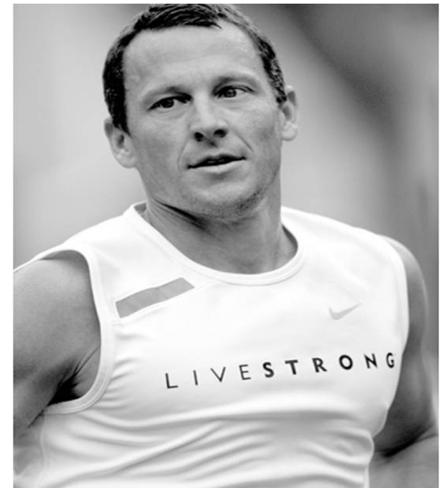


“Success doesn’t come to you...you go to it”



LANCE ARMSTRONG RETURNS

Lance Armstrong (37), who won the Tour de France seven times between 1999 and 2005, before retiring from competitive cycling has now confirmed he will return to professional cycling in 2009. Following his retirement Lance had switched his attention to marathon running, with a desire to draw attention to the fight against cancer. Since 1997 the Lance Armstrong Foundation has raised over \$250 million to support their mission to inspire and empower people affected by cancer. In 1996 Lance Armstrong was diagnosed with testicular cancer and underwent two operations. When asked by CNN reporter Kiren Chety about his return to cycling at 37 years of age and the difficulties that he might face, Armstrong stated "ultimately, I believe that the mind powers the body, and once the mind says we want to do it, then the body will follow". Perhaps this is an insight into the mind of a winner?



www.livestrong.org

RYDER CUP – VICTORY FOR THE USA

The United States of America took sweet revenge on a strong European team at the 2008 Ryder Cup held in Valhala, under the captaincy of Paul Azinger. Azinger has long been defined by his feistiness, both on and off the course. He won 12 times on the PGA Tour, but he's known more profoundly for conquering cancer, non-Hodgkin's lymphoma was diagnosed at age 33 while in the prime of his career, soon after his one major triumph (the 1993 PGA Championship). The captain brought to an end the three time winning streak that the European team had brought with them by instilling a confidence in the players, encouraging them to enjoy the event, and engaging the crowd as he put it as "their thirteenth man".

PAUL NEWMAN (1925-2008)

Actor and Indy car team owner Paul Newman who recently passed away was a passionate motor sports enthusiast. His interest in motor sport started in the late 60's with his first race taking place in 1972. His victory in the Rolex Daytona 24Hour on February 5, 1995 was a highlight, where he and his co-drivers won the International Motor Sports Association (IMSA) GTS-class. He was 70 years and 10 days old when he scored this grueling and historic victory. He was also something of a philanthropist and it is estimated that he has given away more than \$240 million.

SPORT & CHARITY

Sport has a long distinguished record of supporting cancer related programmes.

The stories on this months front cover are just three examples of hundreds of athletes who have faced cancer.

The PGA Tour has raised millions of dollars for a wide variety of cancer charities over the last twenty years.

For more information on Livestrong visit : www.livestrong.org

**LOU HOLTZ**

Lou Holtz, American football coach is perhaps best known for his successful time at Notre Damme but there is more to coach Holtz than his 11 years leading the Fighting Irish. Between 1988-1993 his team had a record of 64 wins 9 draws and 1 loss.

Coach Holtz has been a builder of programmes throughout his 29 years as a collegiate head coach. He has been the lead at six different universities and Holtz has regularly produced winning teams that also record superlative graduation rates.

Coach Holtz recently addressed the American Ryder Cup Team and told the players of his acronym for WIN - "What's Important Now" and it quickly became their mantra. Holtz has been quoted on many occasions and some of the following may give an insight into the man and his philosophy.

"I can't believe that God put us on this earth to be ordinary".

"I never learn anything talking. I only learn things when I ask questions".

"If what you did yesterday seems big, you haven't done anything today".

"It is a fine thing to have ability, but the ability to discover ability in others is the true test".

"It's not the load that breaks you down, it's the way you carry it".

"Life is ten percent what happens to you and ninety percent how you respond to it".

"Motivation is simple. You eliminate those who are not motivated".

"You'll never get ahead of anyone as long as you try to get even with him".

"You're never as good as everyone tells you when you win, and you're never as bad as they say when you lose".

Lou Holtz



American Football Coach: Lou Holtz

LOU HOLTZ: COACH DETAILS

D.O.B: 06.01.1937

PLACE: West Virginia

AWARDS:

1972 ACC Coach of the Year

1977 National Coach of the Year

1988 Paul "Bear" Bryant Award

2000 SEC Coach of the Year

JUST FOR COACHES:

"Coaching is nothing more than eliminating mistakes before you get fired".

"On this team, we're all united in a common goal: to keep my job".

**TOP PERFORMANCE STARTS FROM PERSONAL LEADERSHIP**

Top performance with a team can only be accomplished if the personal leadership factor is correct. This has more to do with attitude, energy, intuition and authenticity than pure skills and technique. Personal leadership factors of the Dutch women water polo team that won the 2008 Olympic title last month are discussed here. It seemed to be a victory out of the blue. Let's have a look at their personal leadership. We will do so by asking 6 questions. You might even think about the answers for yourself as a coach, athlete, sponsor, trainer, teacher, manager or CEO. They could inspire you and stimulate your personal leadership...

1) DO YOU HAVE A (DREAM) GOAL?

Do you have an ambitious dream (goal) for yourself? Is it leading with everything you do? So you always can ask yourself the question: does this lead towards my dream goal yes or no? The goal of the Dutch water polo team was to reach the semi-finals in the Olympics 2008, that was their mission. It is almost spiritual but in a very concrete and guiding way. It makes making choices easier and helps you stay on the right path, even if sometimes you experience setbacks (in the long 3 years of preparation as well as the tournament itself: the Dutch team lost to Hungary in the first game). Ambition is very important here, look where the Dutch team came from: they did not even qualify for the 2004 Olympics and now their ambition was huge, a dream goal to be proud of.

2) DO YOU HAVE A PLAN (AND DO YOU STICK TO IT)?

If the goal is clear the question is how to get there, so you make the plan and you stick to it. The plan in this case was very clear: bring the best talents together and create a team by keeping them together (literally) for 3 years in the same location and train 5-6 hours every day. There might be contingencies that you have to deal with, this was the case when some very talented top players (3 years ago) chose not to join the plan. So the team that started preparations at that time was not the best team that they could bring together. By now we know that this team is even better, this works macro and micro, with respect to your dream goal as well as the tactics for the match and the adversary of that day. The Dutch water polo team lost their first game to Hungary and lots of pressure was put on the team from the outside to change tactics but coach Robin van Galen resisted and did not change anything, he knew what he was doing. They had been preparing and working on the plan for 3 years... and he stuck to it.

Extract from "Top performance starts with personal leadership" available at www.bmycoach.org . Article written by Geo van Dam (EFFEQT)



Gillian van den Berg
of the Netherlands

SIX QUESTIONS.

1. Do you have a dream?
2. Do you have a plan?
3. Do you use authentic power?
4. Do you give trust?
5. Do you follow your gut feeling?
6. Are you inspiring others?

Geo van Dam (EFFEQT)
www.effeqt.com



F1 PITSTOP CHOAS AS FERRARI SLIP UP

How often is it the pit stop strategy that decides the eventual winner of an F1 Grand Prix? Last week's events in Singapore certainly brought the team work necessary for a successful pit stop to the forefront.

First the driver is shown a red lollipop and should stop exactly on the marks so that mechanics do not have to reposition themselves. The car is then lifted onto jacks for tyre change and at the same time the fuel hose is attached. Once the new wheels are attached the mechanics (one per tyre) lift their arms to signal completion. The car is then lowered and the driver is shown a green lollipop that signals engage first gear. The fuel hose is disconnected and the mechanic at the front waves the car away.

THE GREAT NORTH RUN

The great North Run is one of the most prestigious half marathons in sport. The 2007 event which includes the Great North Mile was contested by more than 50,000 runners, which in total raised more than £8million for registered charities. The event has grown in stature since the first running in 1981 when the winning time was 1:03:23 posted by M McLeaod, last years winner Martin Lel from Kenya won in a time of 1:00:10.

NICOLE COOKE BACK IN THE SADDLE

Olympic and now World road racing champion Nicole Cooke will end the 2008 season as the first ever woman to win both titles in one year. After her exciting win in the Bejiing Olympics it would have been easy for the woman from Wales to rest on her laurels but that is not the nature of Nicole or the team that she has been quick to give credit to. Cooke could not have been in contention in the final few kilometres of the Worlds or the Olympics had it not been for the work of her teammates Emma Pooley, Sharon Laws, Lizzie Armitstead and Jess Allen, who make up what is perhaps the strongest British women's team ever.

YOU COUL'NT MAKE IT UP

Overheard in the the commentary booth at a premier league football match where Cristiano Ronaldo had scored with a spectaclar first half free kick. "The boys a genius" said one pundit who was then taken to task by his co-presenter who replied "no one in football can be called a genius: but Adam Einstein now he was a real genius". Surely he meant Albert!



OCTOBER SPORTING DATES

- 5th October
The Great North Run - Newcastle
- 12th October
Japanese F1 Grand Prix
- 11th - 19th October
Squash World Open - Manchester
- 16th -19th October
European Tour – Algarve Masters
- 19th October
Chinese F1 Grand Prix



MELIÀ
Aldeia dos Capuchos
Hotel Apartamento
★★★★
Almada — Caparica — Lisboa
Portugal

MELIÀ
ALDEIA DOS CAPUCHOS
★★★★

www.solmelia.com



www.optimus.pt

Titleist
"1 ball in golf."

www.titleist.com



www.quintic.com

PING®

www.pinggolf.com



www.zenoracle.co.uk

GLENMUIR
1891

www.glenmuir.com



www.tazam.com



www.f32.pt



www.europeangolf.co.uk