



NEWS

COMMENT

LEARNING

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**RUN TOTAL**

Sachin Tendulkar (35) nicknamed India's "Little Master" overtook West Indies batsman Brian Lara's total of 11,953 runs in Test Cricket in October. Tendulkar passed the mark in the recent second test against Australia. Lara received his test run total in 131 tests with 34 centuries while Tendulkar needed 152 tests, during which time Tendulkar achieved 39 test centuries. Tendulkar also holds the record for the one-day international runs total with 16,361 runs.

**U.C.I – UNION CYCLISTE INTERNATIONALE**

At the recent U.C.I Annual Congress three new National Federations (Gambia, Ghana and Somalia) were added to the association and four more federations had their affiliation confirmed (Grenada, Malawi, Serbia and Montenegro). UCI represents a total of 173 National Federations; 48 European, 41 African, 40 American, 40 Asian & 4 are from Oceania. The UCI is the international body representing Road, Track, Mountain Bike, Cyclo-Cross, BMX, Trials, Indoor & Para-Cycling.

**NATIONAL CROSS COUNTRY WEEK**

Annette Sergent the winner of the IAAF World Cross Country Championships in 1987 and 1989 headed the French National Cross Week in October. The event is specifically aimed at the youth of France. This year's event took place from the 15 to the 25 October and tens of thousands of students throughout the country took part. The event attracts all ages from nursery school, to university level, and is co-ordinated by the French Athletics Federation. Five years ago when the event started National Cross Week attracted 80,000 participants, in 2007, 350,000 participants took part from 650 academic establishments and this year it is estimated that half a million pupils from 1000 establishments took part.

**EISENHOWER TROPHY**

Scotland won the 2008 Eisenhower Trophy (men's World Amateur Team Golf Championships) in Australia in October. The event saw Scotland finish nine shots clear of the U.S.A in second place and a further five clear of Sweden who finished third. Scotland were playing for just the fourth time under their own flag with a previous best finish of T6 in 2006. On four other occasions (1964, 1976, 1988 & 1998) Scotland has been part of the gold medal winning Great Britain & Ireland teams. Sweden also won the ladies event with a total of 19 under.



**Annette Sergent**

**World XC Champion 87 & 89**

**ANNETTE SERGENT**

Height: 5'2" (157 cm)  
 Weight: 99 lbs (45 kg)  
 PB 3000m: 8.44.19 (1988)  
 PB 10000 m: 31.51.68 (1990)

**EISENHOWER TROPHY RESULT**

1	SCOTLAND	560
2	USA	569
3	SWEDEN	574



## CHANGE OF THE GUARD

Could it be that the 2008 tennis year has seen the change of the guard?

For 237 consecutive weeks the World's number one male player has been Roger Federer who has resolutely pursued the record set by Pete Sampras of 14 Grand Slam titles. But this year has been more difficult for Federer with only one Grand Slam win, a capitulation at Roland Garros against the player who has succeeded him as the Worlds best Rafael Nadal.

Federer has set the standard high and dominated the ATP tour and Grand Slam circuit. The "question" that he has asked his fellow competitors is if you want to win are you prepared to work harder? Nadal was the first to take up the challenge and others are also closing the gap.

Novak Djokovic after his win in Australia looked to be a real challenger but it is the rise of Andrew Murray who has had his best ever season that has created much discussion and despite his often sullen and moody appearance it is clear that it masks a steel like determination to succeed along with a ruthless streak that saw him dispense with the services of coach Brad Gilbert, replacing him with his own team of coaches and fitness trainers.

Murray said that "In terms of my coaching set-up, the people who are travelling with me, the amount of practice and the amount I'm working in the gym - everything's much more structured now," and went on to say that. "I feel much more comfortable on the court, much more relaxed, and I think that's made a huge difference to the consistency of my performance."

Murray has changed his physical condition so much this year that it is like looking at two different players when comparing the Murray that finished 2007 to one that looks set to finish 2008 comfortably positioned in the top 4 of the World rankings. He has stated that his physical condition is partly responsible for the improved performances.

The competition at the top of the mens game has a healthy look about it with the top four players all producing high level performances and expectation for the 2009 Australian Open is reaching fever pitch.

One thing for sure is that Roger Federer is a champion and he will not allow others to take his crown without a spirited defense, 2009 should be an exciting year for tennis.



Rafael Nadal

### ATP Mens World Rankings

1. Rafael Nadal (ESP)	7100pts
2. Roger Federer (SUI)	5805pts
3. Novak Djokovic (SRB)	4575pts
4. Adrew Murray (SCO)	3420pts
5. David Ferrer (ESP)	2315pts
6. N Davydenko (RUS)	2265pts
7. Andy Roddick (USA)	2045pts
8. D Nalbandian (ARG)	1750pts

### Women's Tennis WTA Rankings

1. Jelena Jankovic (SM)	4550pts
2. Dianara Safina (RUS)	3782pts
3. Serena Williams (USA)	3716pts



## PRACTICE MAKES PERFECT ?

Ben Hogan was reported to have said: "the answer is in the dirt". He was referring to his good performances coming from extended practice sessions. In more recent times, Vijay Singh & Pdraig Harrington are outstanding examples of players who have also served their time on the range. But there is more to practicing than strolling to the range and aimlessly beating a few drivers and a couple of token wedge shots. Research has identified that practice may be divided into several formats. There is 'massed' practice and 'spaced' practice.

Massed practice is when there is little or no time between trials. This is what we see on every driving range across the World. The golfer buys a basket of 50 balls and beats them away in less than 20 minutes at a rate of more than two shots per minute. The danger with this format is that the golfer becomes bored with practice and so the immediate retention rate is poor.

Spaced practice is interspersed with rest periods, breaks or change of focus. This is the way in which the vast majority of good players practice. The immediate transferability of this type of practice is greater. However, there is little evidence that the improvement is retained for longer than massed practice.

Other formats of practice may be described as 'whole' practice and 'part' practice. As the name may indicate, whole practice refers to practicing the task in its entirety. For example, it is often said that the best practice for playing golf is 'playing golf'. The task is to combine the skills of driving, iron play, short game, putting etc and so practicing in the same environment is ideal for many players, it allows you to practice playing the game and to try shots that perhaps you would not use in a tournament.

The most common form of practice however is part practice, which is taking an individual task and repeating the movement in a non game environment. For example, golfers who practice 10 two metre putts consecutively are part practicing. Likewise a player who hits a full basket of balls with the driver could be described as conducting massed and part practice. Golfers often break a movement down into individual components and just work on the swing takeaway or the top of backswing position. This type of practice is concerned with motor skills and there is a good deal of evidence that it should be performed without the interference of the golf ball.

Unfortunately many athletes have linked up that a good result equals a good movement & a bad result equals a bad movement, but this may not be the case. When adjusting habitual motor skills, there will be occasions when a good movement results in a poor shot as the body struggles to make new engrams linking the brain & the body. My recommendation is to work on individual movements without the ball. Work on parts of the game on the range and when going to the course, trust in your ability to return the club to the ball and concentrate on where you want the ball to go.



Vijay Singh

### DIFFERENT FORMS OF PRACTICE

#### Massed practice -

Repeating the same task with little or no time in between trials.

#### Spaced practice -

Constantly changes focus or has breaks built into the session.

#### Whole practice -

The purest form of whole practice is the sport itself, played in the normal conditions and the original format.

#### Part practice -

Taking an individual discipline or facet of the game, for a example taking a corner or a free kick at football and repeating the task.



## RETIREMENTS

Double Olympic gold medalists and three time World rowing champions Caroline and Georgina Evers-Swindell of New Zealand announced in October their retirement from international rowing. During a ten year period the identical twins won back to back Olympic gold medals and the World Championship in 2002, 2003 and 2005. The pairs victory at the Beijing Olympics was one of the closest in the history of the Olympic Games and followed two difficult seasons; in 2007 they won silver at the Worlds and in 2008 did not make the rowing World Cup final.

## INTERNATIONAL RUGBY

The International rugby board recently confirmed that Kenya will host the IRB Junior World Rugby Trophy in 2009. The international U20s tournament will be played next April and will be a boost to the ongoing development of the game in Africa. Africa is seen as a key region for the development of rugby with the IRB; in 2007 an agreement was made with the Association of National Olympic Committees of Africa (ANOCA) which aimed at developing the sport across Africa. The qualifying process is well underway and until now Namibia, Cayman Islands, Papua New Guinea, Romania, USA and hosts Kenya have all qualified.

## RAISING COACHING STANDARDS

In October FIVB (Federation of International VolleyBall) concluded a Level II International coaching course in Jordan; the course in Amman attracted 16 high level coaches. Level II courses are an integral part of FIVB's high level coaching education programme. The last four years has seen an increased participation of volleyball in Jordan. High level coach courses are seen as an important strategy in improving the country's future development in volleyball.

## NFL – GROWING THE GAME

In October two NFL teams; The New Orleans Saints and San Diego Chargers played at London's Wembley Stadium to help develop the sports awareness. The NFL has the highest attendance of any domestic professional league in the World and received an average of 67,000 spectators per game is now trying to gain a Worldwide audience. Last year a similar game was played between the New York Giants and the Miami Dolphins; the event was a sellout. This year's event features two smaller teams and it is expected that officials will be able to better gauge the sport's popularity.



Caroline & Georgina Evers-Swindell

### SPORTING DATES

#### NOVEMBER

30<sup>th</sup> Oct - 2<sup>nd</sup> Nov (Spain)  
Volvo Masters

31<sup>st</sup> Oct – 6<sup>th</sup> Nov (Tunisia)  
VII Arab Rowing Championship

1<sup>st</sup> Nov (Antigua)  
Stanford Superstars v England

1<sup>st</sup> - 9<sup>th</sup> Nov (Australia)  
Squash Pan Pacific Masters



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