

NEWSLETTER

August, 2008

NAME CHANGE FOR INSTITUTE

In 2007 the Institute got a new identity with a name change. We are now known as the Otago Institute of Sport and Adventure (OISA). This name now clearly represents what we do, and is inclusive of both sport and outdoor adventure education.

NEW RECRUIT



TIM BRAZIER

After six years of study (BPhEd, MPhEd) at the University of Otago, Tim has graduated to become a lecturer at the OISA, whilst maintaining his carded coach and swimming adviser status with Triathlon New Zealand. Tim's speciality is in exercise prescription for athletes, predominately in the area of swimming; as a coach, strength and conditioner and biomechanist.

Over the past three years Tim has trained (and still is training) a variety of elite athletes. With training applications ranging from strength and conditioning work with elite New Zealand swimming representatives in the Otago/Southland area, to a strong passion for coaching swimming to triathletes.

Such triathletes include Nicky Samuels: Olympic reserve 2008, 3rd U23 World Champs 2006, 3rd Madrid World Cup 2008, Tony Dodds: 10th U23 World Champs 2008 and many more including current OISA student Shane Patience: N.Z. 17-18 year old short course 1500m Freestyle record holder.

It is Tim's goal to further enhance best practice from elite athletes, and his personal training students, through smart and effective training and education.

NEW STUDY OPTION FOR 2009

Bachelor of Applied Management (Sport Management)*

This degree is being offered at Otago Polytechnic for the first time in 2009. This programme initially focuses on the development of a wide range of core business skills and competencies as required of leaders in the business world. As you progress you will undertake intense, specialised study focusing on sport event and facility management.

If you wish to find out more please contact us or check out the website.

* Subject to Final Approval.

2007 AWARDS CEREMONY

2007 was a successful year for many students in their chosen fields of sporting activities. These students were acknowledged at our end of year awards ceremony. Two of those outstanding students to receive awards were:



Rochelle Croucher - OISA Ambassador
Diploma in Personal Training and Exercise Prescription (Level 5)

Outstanding performance as a personal trainer.



Hannah Blair - Sportsperson of the Year
Diploma in Sporting Performance (Level 5)

Second ranked female javelin thrower in New Zealand.



Callum Bruce - OISA Graduate and Guest Speaker

Callum was a graduate of the Diploma in Sporting Performance (Level 5) programme in 2003. He then went on to play for the New Zealand Maori Rugby team, the Otago Highlanders, and most recently the Waikato Chiefs. Callum was guest speaker at the 2007 OISA Awards Ceremony and kindly presented one of his New Zealand Maori rugby jerseys to the Institute.

DIPLOMA IN PERSONAL TRAINING AND EXERCISE PRESCRIPTION (LEVEL 5)

The year two students in the Diploma in Personal Training and Exercise Prescription (Level 5) programme, semester two class elective trip will involve venturing into Central Otago, and completing various activities - including skydiving. Meanwhile, the year one students are busy preparing themselves for their first personal training clients.

GRADUATE DIPLOMA IN PHYSICAL CONDITIONING (LEVEL 7)

A large proportion of the Diploma in Personal Training and Exercise Prescription (Level 5) and Graduate Diploma in Physical Conditioning (Level 7) year two students have chosen Adventure Based Physical Conditioning (ABPC) as one of their elective courses. The ABPC elective culminates at the end of term three with the OISA Adventure Race. While the media interest in the event is expected to be significant, for those competing, the goal is to test their individual and group physical and mental stamina, and of course finish! The OISA Diploma in Outdoor Leadership and Management (Level 5) year two students will again be organising and managing the race. This day gives students from all OISA programmes the opportunity to be together in the same learning environment – AWESOME!



DIPLOMA IN SPORT MANAGEMENT AND COACHING (LEVEL 5)

The first semester has involved the Diploma in Sport Management and Coaching (Level 5) second-year students being involved with helping run a number of events. With Des Smith, the Regional Sports Director for the Otago Secondary Schools Sports Association, the opportunities to have hands-on experience, and sometimes getting paid for it as well, occurs many times.

Assistance has been provided at the Otago and the Otago-Southland Secondary School athletic events with the students having tasks including inputting data into the *Meet Manager* software program, judging that relay baton changes are performed correctly, marshalling the athletes, returning the field implements, raking the sand pit, and even distributing the drinks and food to officials.

The Special Olympics for swimming was another event in which the students learnt why the meeting was structured in certain ways, and what factors had to be taken into consideration. The students will also be involved in running activities in primary schools (mainly at lunchtimes) - the feedback from the first group has been very positive.

The philosophy concerning event management is it is like driving a car:

You can have all the theory mastered, but in the end you have to do it, and our students are!

CONGRATULATIONS TO THE 2008 OISA NEW ZEALAND REPRESENTATIVES

Liam Little—Soccer

New Zealand U23 Team
New Zealand Team - Beijing Olympics 2008

Shane Patience—Swimming

New Zealand World Youth Team

Mark Watt—Bowls

New Zealand Development Team

Kelly Brazier—Rugby

New Zealand 7s Team

Touch

New Zealand U19 Mixed Touch Team

Jason Te Huia—Touch

New Zealand U19 Mixed Touch Team



SOUTHERN TRIATHLETE ACADEMY

The OISA in partnership with the Dunedin Triathlon Club are proud to announce the development of the first regional Triathlon Academy in New Zealand; The Southern Triathlon Academy.

The Southern Triathlon Academy will be based in Dunedin and lead by Triathlon New Zealand carded coach Tim Brazier, and Ironman Chris Bisley (BPhEd). Tim and Chris are both very highly regarded in the triathlon community.

Athletes working under their coaching programme will have access to the latest knowledge, advice and technology. Mentorship will be provided by longstanding Triathlon New Zealand carded coach and ex High Performance Director, Dr John Hellemans (Coach of Multiple Olympians and World Champions).

The aim of the Southern Triathlon Academy is to provide a high performance environment for the development of talented individuals who are willing to work hard to become high performance athletes. Athletes will be exposed to sport science and advanced training methods. All academy athletes will be enrolled in a Level 5 Certificate in High Performance (Triathlon) at the OISA. Athletes can work or undertake tertiary study, while completing year 13.

Being part of the Southern Triathlon Academy will be an opportunity for a number of athletes to be exposed to a unique training environment conducive to quality training. For further information or application details please contact Tim Brazier:

WHAT ARE OUR GRADUATES DOING?



Adam Gordon

Graduate: Diploma in Sporting Performance (Level 5) - 2002

Thank you for the opportunity your performance programme gave me, and for how it gave me a foot in the door to the most amazing life I live to this day.

After first entering the programme as a young enthusiastic hockey boy, I left Dunedin in search of bigger and better, and managed to stumble into a gym floor/Personal Trainer role with Les Mills. Shortly after networking myself through friends and clients, I managed to come across a dream start with P&O Cruises where I became the Sports Director on board the mighty Pacific Sky, and before I could blink I was based on the ship and sailing through Sydney, Brisbane, Fiji, Suva, New Caledonia and Singapore all in the space of a year of leaving the Institute.

It was the most amazing job - and after 18 months working on the cruise ship I soon retired to yet another opportunity. This time working for some amazing state-of-the-art health clubs on the beautiful Gold Coast!! I have found myself working as the Head Trainer specialising in strength and conditioning, the Gym Floor Manager and the Head of RPM and Pump.

As for the competing side of the things, I am competing in triathlons, marathons and I am about to compete in my first full Ironman. Success so far has been great.

So to sum things up I have embraced and found my feet, in what we all must admit is the best industry in the world. Health and general wellbeing is the best feeling in the world, and with the right guidance and realisation we will all agree there is no better feeling than feeling good about yourself.

Once again thank you so much to the team at OISA, I will never forget who gave me the opportunity to develop and become a better person.