



Alumni Newsletter

School of Physical Education, Sport and Exercise Sciences
Te Kura Para-Whakawai



Issue 2 Semester 2 2013

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Kia Ora Alumni

Once again the year has flown and we find ourselves on the eve of another festive season.

As highlighted in this newsletter, the School has had another successful year with high research productivity and excellent teaching results. Our students continue to thrive and demonstrate outstanding achievements winning accolades, scholarships and recognition nationally and internationally.

I wish you all a safe and enjoyable festive season and every success in 2014.

Professor Doug Booth, Dean

Kia ora rā, koutou katoa. *Good health to you all.*

Kia Ora Alumni:

- ⇒ You may find long lost friends' contact details and update your contact details:
<https://www.alumni.otago.ac.nz/contactalumni>
- ⇒ View previous newsletters: <http://physed.otago.ac.nz/alumni/newsletters.html>
- ⇒ Riveting news/gossip, where you are now, events, functions, campaigns, reunions, PE/health related stories, graduate courses/PE job websites can be sent to pe.alumni@otago.ac.nz
Submissions may be edited to suit the style. Editor does not take responsibility for alumni memory lapses!
Happy Christmas and enjoy a relaxing time with family and friends – Beverley Lawrence, Editor

A Trustworthy Chap

Simon Wickham BPhEd 1993, BSc 1994



giving back

www.thetrusts.co.nz

Simon gives us the "lowdown" on his career path to date.

"Having worked in various sport management roles since leaving the School of PE, I took on my first CEO role in 2000 as head of Yachting NZ. In 2004, I shifted from sport management to facility management as CEO of the newly opened Trusts Stadium in West Auckland. I was appointed to the board of the New Zealand Olympic Committee (NZOC) in 2005 and have formerly chaired the Gymsports New Zealand board for a time," says Simon.

Under Simon's leadership, The Trusts Stadium became recognised as one of New Zealand's most successful multiuse venues being named top Tourism and Leisure operation in the 2008 Waitakere Business Excellence Awards.



Simon and Jake on a recent driving trip at Tairua, Coromandel Peninsula

The Trusts Stadium is now a \$40 million sports and entertainment complex and the largest indoor arena in New Zealand. During Simon's tenure, the Stadium hosted several international sporting events including the World Netball Championships and attracted several international tours and concerts.

"Without doubt the aspect I was most proud of was these events happened alongside daily use of the venue by the local community, proving it's possible to blend a commercial venue and community interests," he says.

"In February 2011 I moved to CEO of The Trusts and our business manages 43 bars, hospitality, retail and hotel operations of the two licensing trusts in West Auckland. Whilst a long way from my studies at Phys Ed School, my time spent as a consumer in Dunedin's bars surely counted for something! I was delighted to win the role for The Trusts and work for another great organisation focused on developing commercial returns to support the community," says Simon.



Simon, Helen and Jake – recent trip to St Clair Beach, Dunedin

"My involvement in sport continues through NZOC board and selector roles for previous and upcoming 2014 Sochi Winter and 2016 Rio Olympic games and 2014 Glasgow Commonwealth Games and a position on the Board of High Performance Sport New Zealand," says Simon.

"My advice to phys edders starting out in a career in sport would be to immerse yourself in many project opportunities. The sports industry has a large network and is a great industry for giving people opportunities to grow your experience both commercially and personally. You have to be ready to volunteer discretionary effort and join teams on projects where you can make a difference to your community," says Simon.

"In my spare time I'm a very slow trail runner round the Waitakere Ranges and the Coromandel, a great excuse for grown-ups to play in the mud! I regularly enjoy scuba diving which I learnt many years back on a phys ed school practicum held in the Bay of Islands. I live in Point Chev with Helen and a budding young phys edder, Jake, 2½ years."



'Refirement' not retirement

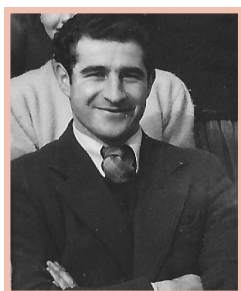
Professor Raymond Morland DipPhEd 1953

Ray's perseverance to complete his DipPhEd took place over several war interrupted years. Before he started the Diploma in 1949 he was a boiler maker, had been drafted into ship repair gangs during World War Two (1939 – 1945) and had been a trade union representative to improve working conditions on the ships. Ray later completed his DipPhEd with the assistance of an army rehabilitation bursary after his return from Korea where he had been drafted in the army artillery regiment.

Ray says: "All ex-service men and women were granted mature age University entry. The problem was to be accepted into the School of

to the probation service. Ray says "Through hard work I got accelerated promotion and returned to Invercargill as the district probation officer. I felt I needed overseas experience and to upgrade my qualifications. I took leave without pay and set off to the Americas visiting prisons and welfare agencies across various states and ended up in Vancouver, BC."

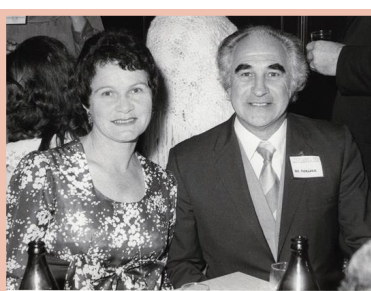
"I got accepted into the masters' programme at Western Washington University and offered a bursary to coach the College rugby team. I did a practicum with drug addicts up in Vancouver. In the meantime, I decided to marry Lynn. My best man was [Stan Brown DipPhEd 1951](#) who had ar-



Ray's Physed class photo, 1950



Ray, District Probation Officer, Invercargill, 1959



L to r: wife Lynn and Ray, 1975



Ray, 2013



L to r: Ray, Lynn, stepson Paul, grandsons Sean 6 yrs and Jason 3 yrs, 2013

Physical Education. I made an appointment to meet with Philip Smithells (PAS). I was rather apprehensive about meeting with this polished, well-educated gentleman. PAS put me at ease. He thought my work in the trade union movement and my experience as an 'artisan' (tradesman) was more than acceptable for entry into the DipPhEd course. With PAS making the right connections for me, I was the first university graduate to join the prison service at Invercargill Borstal Prison. I introduced fitness classes and trained the athletic group."

The prison service sent Ray to Victoria University of Wellington and, after graduating with the Diploma in Social Science in 1956, he transferred

to take up an appointment at the University of British Columbia."

"After graduating in 1963, I returned to New Zealand. I mistakenly thought I had something to offer now that I had upgraded my qualifications and had experience with drug addicts and tough criminals. But, apart from the chief psychologist, I was not really welcomed back to the probation service."

"I transferred to the State Services Commission as a staff training officer from 1964 to 1968 which gave me experience in administration. I saw a vacancy in Western Australia for a lecturer in social work at the Western Australian Institute of Technology and started there in January 1968."

"I found that there were no aboriginal students/staff on the campus and I asked why. I got: 'The 'Bongs' are a waste of time. Don't worry about them.' However I did. The head of department was interested and we established a special short course to train aboriginal liaison officers."

"As well as developing the social work course, I ran a number of one day conferences. One of my special courses for aboriginal alcoholics earned recognition by the World Health Organisation (WHO) and I was invited to participate in a special workshop in Edinburgh. About this time I started to find that my work with the aboriginal students was not always appreciated by all community sectors. I decided to resign and accept a position at the University of Newcastle, New South Wales in 1981 where I got involved with overseas students."

"When I retired from Newcastle University in 1990, I later became a Consultant to the Council with Warnborough College, England, which is well established throughout Asia with over 40 years' experience, and a pioneer in distance learning for many students in Asia. I'm now Secretary to the Council at Warnborough."

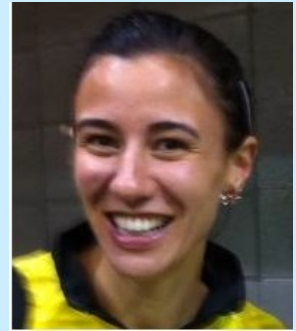
"I've just recently been to Warnborough to attend our graduation celebrations and presented one of my former aboriginal students to receive an honorary PhD."

In some ways, I've retired from full time work, but I don't believe in retirement. I believe in 'refirement'. It's so easy to dry up and fall off the limb! Apart from my interest with Warnborough, I'm heavily involved in local politics. I'm now a life member of the Australian Labour Party – true to my trade union roots. My physical activity these days is walking."

NOTE: Ray is trying to contact old friends [Guy McGregor DipPhEd 1953](#), [John Sandos DipPhEd 1951](#), [Doug Monds DipPhEd 1951](#), [Brian Kelly DipPhEd 1951](#) and [Stan Brown DipPhEd 1951](#).
Email Alumni Office : friend.alumni@otago.ac.nz
or go to: <http://alumni.otago.ac.nz/>

A degree hat trick!

Marise Kerehi Stuart.
BSc 2006, BPhEd 2009
and ... MBChB Medicine 5th year



"Hi, whilst undertaking the Exercise Prescription Clinic practicum in the final year of my BPhEd, I realised that I wanted to work with patients more in a clinical setting. I'm now currently studying 5th year medicine (at Dunedin School of Medicine), graduating in 2014.

I'm hoping to enter into a procedural field of medicine, either surgery or other interventional specialties, but there is still a wide field of specialties that I haven't yet encountered so it may take me a few years to really decide what I would like to commit to.

In addition to clinical work, I eventually would also like to play some part in health administration, either at NZ government level or with the United Nations.

In my spare time I am an elite-level netball umpire, and made my debut in the ANZ Netball Championships this year. I get to travel around the country a bit, and venture overseas at least once a year for international appointments.



Marise umpiring at the 2013 Pacific Netball Series in Samoa. Match: PNG vs Samoa

Our lives up here in the red dirt!

Joanna Hickley BPhEd 2008, BCom 2009 and Aimee Rawson (née Dundon) BphEd 2007, DipGrad 2007

Life for two kiwi females enhancing the health and well-being of railway worker crews and miners up in the remote mining areas of north western Aussie is not for the fainthearted. Yet Joanna and Aimee embrace their roles with energy and gusto working in this male dominated industry amidst the blazing hot and dusty desert.



L to r: Jo testing a client's BP



Conveyor belt moving iron ore from train to ship at Cape Lambert

Joanna:

Health & Wellness Officer, Kinetic Health, contractor to Railways Division, Rio Tinto Australia.



L to r: A friend and Jo helping pickup rubbish with iCare communities project on Dampier beach

I'm office based but I get out into the "field" and have daily contact with the train drivers, mechanics and track maintenance and rail operations crews and managers – in workshops, on train lines, civil infrastructure and on access roads.

Based:

A remote site at Cape Lambert, near Wickham, Western Australia (WA). My company flies me to and from Perth to Karratha Airport and then a 45 minute drive to the site.

I stay in an apartment style place because I live in Wickham (lucky me). There are a lot more females here because you can live permanently in Wickham – attractive salaries for families, with schools, local sports competitions and a few shops.

Iron ore mined from inland sites comes through the Railways Division and finishes up with our crew at the port where it is shipped off to China.

How did you find your job?

I started working in a mining camp running the lifestyle program and from there was picked up by Rio Tinto.





Jo running a box fit class with some miners



Jo standing next to a mining truck at Tom Price mine, WA

Works:

8 days on 6 days off - dream roster! 12 hour days – then have 6 days in Perth to play sports, catch up with mates, surf, beach and go on trips. BEST thing about the roster is if you take 8 days off you get 8 + 6 days either side = 20 days off.

Role:

I look after the health and wellbeing of the workers. I support the Health and Hygiene Advisor to ensure we conform to the Rio Tinto Iron Ore health standards. This involves delivering health promotion and injury prevention topics, "one on ones", lifestyle health coaching and ergonomic/ musculoskeletal assessments for high risk tasks in the work place.

I also do voluntary wellness assessments and physical activity education.

Differences you are making:

It's a fantastic program. We are getting more participation from the crew. It takes time for them to warm to the idea and trust me that their information is confidential. Some of these guys are not in the best shape. It could ultimately cost them their jobs if they don't pass their Medicals (every 2 years). I use this to push them into doing health risk assessments. Some train drivers earn \$200k a year so fitness for work is paramount!

Achievements so far:

I ensure the workers are informed, offered free confidential health checks with regular follow ups and goal

"There are so many jobs here you don't even know exist. This industry is huge. Health and safety is a fundamental part of it. It's not going to go anywhere anytime soon. I definitely think WA is a state of opportunities right now."

setting, and fit and healthy to return back to their families after work.

Challenges:

It is "freaken" hot, I'm not going to lie. I wear full personal protective equipment (PPE) – boots, long trousers, long sleeved shirts high vis (visibility), hat, gloves, glasses because as soon as I walk out of my office I am in a mine site. A huge safety focused culture up here.

Perks of job:

Air travel, time off and money. I paid my student loan off in 7 months. Epic! Sun and great weather nearly all year round ... jandles 24/7.

What attracted to you WA?

Massive beaches, chilled out lifestyle, money, amazing work/life balance. I am basically working 50% of the year.

Why you love it:

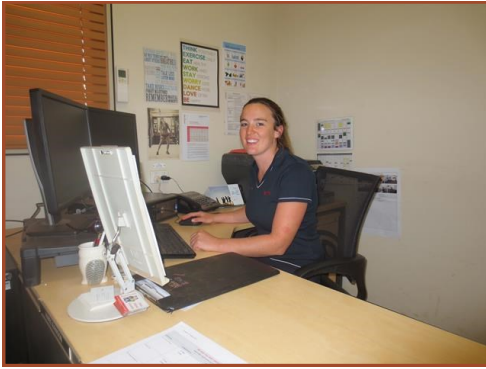
You have so much time for yourself in Perth! You also earn heaps of air points so you can get into all gold lounges and free flights annually

(often to NZ!). A good place to save money if you can sacrifice a few years of your life.

What next? STOP PRESS

Jo has just recently moved with her partner Jonathan onto her next adventure for a year on the fabulous island of Bermuda working at Magnum Powerforce Gym and Diet Center as a Diet Center counsellor and personal training/fitness instructor.

Aimee:
Healthy Lifestyle Coordinator, Kinetic Health,
Rio Tinto



Aimee working in her office



Aimee outside the Rio Tinto gym



Aimee at the Camp "dongas"

Based:

Works in the gym/leisure facilities for the mine workers (approx. 90% male). Lives in a "donga" (modular buildings) at a remote site camp called West Angeles Iron Ore Mine, Newman, in the mighty Pilbara, a dusty desert and mining mecca about 1200km north east of Perth.

Works:

12 hour days in a gym and in an office on site.

Role:

Our job is to get people interested in and talking about their health and lifestyle options. We get a lot of positive feedback from people who have changed their ways for the better.

Challenges:

Health is a big problem as lots of these miners are developing unhealthy lifestyles due to sitting on trucks

all day, eating buffets every night, plenty of drinking, mental health issues due to isolation from family and friends, not to mention the 12 hour days ...

Differences you are making:



This is where the HLCs come in! We promote health on site by running wellness assessments, run gym classes, put out a weekly health newsletter, sports, health stalls, events,



Aimee running a "Bogan Bingo" event at the wet mess (pub) with the mine workers

and are the face of all things health related on site. You get to make a real difference in the lives of these guys and girls.

Achievements so far:

I have only been in the role for 6 months but we have already run a ton of events including a Mini Olympics, City to Surf 4km running event, Netball competition, a huge campaign for Movember – a Rockstar night



Aimee and a workmate running a Rockstar Event for Movember

(raising the 2nd highest amount for Rio Tinto Australia), Boxing Day cricket match, Quit Smoking campaign, Ultimate Frisbee, Soccer, plenty of health assessments and a Heart Health stall.

Perks of job:

Mining is a massive industry around here, and there is lots of money to be made.

Why you love it:

Lots of variety. It's a fun job. You get to meet lots of people. No two days are the same with lots of action.

The *purrfect* business!

David Lloyd BPhEd 1997, BCom 1998
Manager/Owner, Tasman St Vet Centre



It's not easy finding the right business and business partner. David has managed to find the "*purrfect*" combination with wife Natalie and have set up their own vet business.

David says: "After graduating from Otago, I was lucky enough to call Queenstown home for a couple of years while I helped run the relatively new Queenstown Events Centre. A move to Wellington followed where I was introduced to a job arranging sponsorship for a range of sports organisations – including the Wellington International Sevens tournament and the NZ Marist Rugby Federation.

One of our suppliers was Canterbury of New Zealand, and that led to 6 years as Sales and Marketing Manager for the Wellington team-wear arm of Canterbury. After a while, I felt like doing something for myself and, while looking for business ideas, I happened to meet a veterinarian called Natalie, also thinking the same thing. We bought a vet clinic in 2005 and, not ones to do things by halves, we crammed getting married and renovating a dilapidated house at the same time.

We now own the Tasman St Vet Centre in Wellington City www.tasmanvet.co.nz – a career departure for me, but running any type of business has similarities. Even as a Vet Practice Manager, my PE training has been helpful. I was pleasantly surprised how quickly medical terminology came back to me. I've found there is some cross over between animal and human medicine, anatomy and principles of exercise. I don't need an in-depth knowledge of Krebs Cycle though!

I do the all business administration, HR and marketing which means Natalie can focus on her vet work. Our business philosophy is to adopt a preventative medicine approach to animal healthcare so we work with clients to keep their pets well. We provide clients with a full range of treatment options in an easy to understand manner. We also run "Cats Cottage" Wellington's only inner city boarding cattery with an outdoor garden.

We've spent the last few years producing two beautiful children son Zach (6) and daughter Hannah (3) and have recently moved back to Wellington from the Wairarapa. We've been lucky to both work part time while the kids are young. Our plan now is to throw more energy at the business and expand, perhaps opening more clinics or diversifying within the pet industry.

My time on the PE Student Exec as a skinny 19 year old made me realise I like to dream up schemes and get involved with Committees and Boards, so outside of work I've enjoyed running an Aussie Rules Football (AFL) club and am currently a Director of the Wellington After Hours Vet Clinic. I enjoy thinking about going to the gym, using social media (I'm @davidlloydnz on twitter), lego and socialising. As well as dabbling in home brewing and cheesemaking, I'm also the household swing ball champion (Mens over 35s division)."



David and Natalie outside their Tasman Street Vet Centre



L to r: David, Hannah and Zach, Kairakau Beach, Hawkes Bay, 2013



"Cats Cottage"

Social Media Specialist

Clare Wolfensohn BPhEd(Hons) 2002, BCom 2003

How did you find your first role at the International Paralympic Committee (IPC) in Germany?

I took part in the International Exchange Programme organised by Otago and did my final semester at a business school in Paris. Afterwards, I applied for several internship opportunities and was put in touch with the IPC in Germany. After a 3 month internship, they extended my position to the Athens 2004 Paralympic Games and then offered me a full time role.

How did this first role lead on to your other roles at Netball Australia, Rugby World Cup 2011 and more recently Sport New Zealand and the Organising Committee of the London 2012 Olympic and Paralympic Games?

My role at the IPC was important for three main reasons. Firstly, it gave me incredible exposure to major international events, working at a number of Paralympic Games and also World Championship events; secondly, as the Marketing and Communications team was a small team of only 4 people, I had exposure to a range of projects which allowed me to develop diverse skills and experiences; and finally, I was surrounded by fantastic colleagues who really encouraged me – whether it be improving my German or managing a major project – and the



Clare celebrating with the Webb Ellis Cup after the All Blacks won the RWC 2011

networks I developed were incredible.

How did you initially become interested in sports marketing and communications and how did you acquire those skills?

I decided at high school that I wanted to work in sport so I chose Physical Education to give me an all-round knowledge of the industry. I was recommended to combine that with a commerce degree to give me an additional financial/management background. Through university and my first job it became clear that my strengths were in written and visual communication. As digital started to emerge as an important marketing and communications tool, I upskilled myself in HTML

and web design to take advantage of these new channels.

How is your current role as Communications Manager for the 2015 (ICC) Cricket World Cup (CWC) shaping up? The Cricket World Cup is an exciting project and has so much potential. With the range of countries participating in CWC 2015, I think the event will have a fantastic atmosphere. We have a great team working across Australia and New Zealand, although it certainly adds complexities.

My role is focused on communicating with various target groups of fans, using a variety of channels. Digital makes up a large part of what I do, talking directly

with fans via the website, email, social media and providing them great, engaging content to give them a 'taste' of the tournament and encourage them to be part of it. I am also involved in community engagement, in particular, how we can get cricket clubs, school students and multicultural communities involved in the tournament.

Highlights of your career?

Some of my highlights include carrying the Paralympic torch in the Torino 2006 Paralympic Winter Games torch relay, the night of the Rugby World Cup 2011 final and the closing ceremony of London 2012. It's moments like this when I realise, despite all the hard work, what a privilege it is to do this job.



Clare putting those PHSE skills to work in Abel Tasman National Park



Clare (far right) with her LOCOG colleagues – London 2012 Paralympic Games closing ceremony

Plans for the future?

Cricket World Cup will take me through to March 2015. Currently based in Wellington, I'll be getting married to my wonderful partner Phil in April. Then we're planning a long honeymoon. After that, we'll see.

Tips about starting out in your profession?

Networks are key. You can learn something from every person you meet along the way. Never miss an opportunity to have a chat with someone and find out more about them. Don't forget to update your

skills wherever you get the chance. Technology is moving too fast to assume we know everything. And finally, don't be afraid to work for free. Volunteering or internships can open up some amazing opportunities.

Life in the "Mackenzie Country"

Lyn Martin (née Adams) DipPhEd 1970



Lyn and Bruce at Lake Tekapo 2013

Life in the "Mackenzie Country" is "all good" for Lyn and Bruce Martin BSc 1968 who returned to New Zealand in 2010 settling in Tekapo, after spending 8 years teaching science at Seoul International School, Korea – "our best ever teaching years and a truck-load of travel."

Lyn recalls "After graduating OUSPE and completing my Teachers College year in Auckland, I began teaching at Mt Maunganui College.

My PE class of 1970 included luminaries such as Dr Roger Enoka DipPhEd 1970, Jan Bolwell DipPhEd 1970 and Dr Grant Cushman DipPhEd 1970 <http://physed.otago.ac.nz/alumni/wof/virtual-wof.html>

and Ali East DipPhEd 1970, MPhEd 2006, who continues to teach dance at the School. We were among the lucky last to 'experience' 'PAS' (Philip Smithells).

Many of our Phys Eders moved out of the classroom into administration or counseling. Must have been our great all-round training! I found my way into the social studies department and then followed a stint in the science classroom.

Why Lake Tekapo after 30 years living in 'the Mount'? The photo says it all. We don't ski or boat, but have purchased a campervan and recently began fishing – with trout and salmon in abundance.

There is a wonderful community here. I'm on a committee fundraising to build a footbridge across the Tekapo River (www.laketekapofootbridge.co.nz – the video clip shows why) and also a gardening group working to enhance the village. Bruce can choose from 4 golf courses within an hour of the village. To confirm how unique our PE people are, here in the Mackenzie we have 2 OUSPE graduates Peter Munro DipPhEd 1979 and Stella Sweney DipPhEd 1967 on our local community board!

The PE fitness habit has not died. It is rather cool when a GP is amazed by your BP. I continue to run/walk/treadmill depending on the day/body part talking to me. In this tourist town there is no shortage of good coffee and restaurants – even given the permanent population of around 350!"

From Coach to CEO

Brendon Ratcliffe BPhEd 1992



Brendon says he is "a very proud physedder and happy to speak about the mission we are on."

Brendon's career began in 1992, after graduating, as Rugby Development Officer for Hawke's Bay Rugby Union. "I was fortunate to land one of 10 full time roles in rugby coaching/development within N.Z. My PE degree was the point of difference and I was able to launch an 18 year professional coaching career from a conditioning foundation," says Brendon.

Brendon progressed to a 7 year term as Director of Player Development for NZ Rugby Union.

England beckoned where he spent 2½ years as forwards coach for the Northampton Saints before being moving back to New Zealand to take on a 3 year stint as head coach for National Provincial Cup team Hawkes Bay.

Brendon's current "mission" started with a simple concept and philosophy.

"My greatest privilege as a coach was the opportunity to work with and learn from great coaches and players. Our business concept is about providing access to and insight from the world's best rugby



Brendon, wife Mary and sons Max and Willem



Brendon with the Kenyan Rugby Sevens team at the completion of filming in May

coaches and players," he says.

As founder and CEO, Brendon's business venture <http://www.therugbysite.com/> was launched in 2011 and has become the premium brand in the delivery of online rugby coaching and information, accessed by coaches, players and fans from over 170 countries globally.

The Rugby Site offers in-depth rugby coaching videos, covering all aspects of the game, tailored for coaches and players of all levels – from amateurs to pros. The in-

volvement of top rugby talent has been key to Brendon's business plan of attracting the best coaches and players in the world, filming their skills and strategies and selling the result globally on a subscription basis. Twenty of the world's leading coaches and rugby players have committed to the site.

Brendon has sales and marketing staff based in the UK, South Africa and Argentina and says major corporations are discussing sponsoring content and distributing it among their rugby-playing communities.

Brendon says his focus for 2013 has been to expand the content base to include products targeting sevens

and also a new "starter coach" product which targets school and club coaches who want to learn and support the junior game.

Another project will be to translate the website content into French and Japanese, after completing the translation of site content into Spanish this year for the South American market.

Brendon lives with wife Mary and two boys, (Willem 12 years and Max 9 years) just outside Havelock North in Hawkes Bay, while his business is based in Wellington.

Sports Medicine close to my heart

Dr Simon Mayhew BPhEd 1980, DCH 1992



Simon at the Parc des Sports, Avignon, France, 1 November 2013 after NZ's stunning win against France 48-0 took them into the quarter finals, Rugby League World Cup 2013

Simon "wears many hats" in his profession as a primary care sports medicine doctor. He was the team doctor for the NZ Rugby League (Kiwis) at the 2013 Rugby League World Cup held in England in November tending to the players all the way to the grip-



Simon and Chrissy on a walk at the beach, Oahu, Hawaii, January 2013

ping final and previously at the 2008 World Cup in Australia. Simon has also looked after Yachting NZ team for the past 6 to 7 years attending last year's 2012 Yachting Olympics in Weymouth, England. Up to the 2012 Olympics, Simon was the medical advisor for Canoe Racing NZ for several years.

"The medical work at this level is essentially aimed at helping athletes attain peak health and wellness for their competition. In some ways the 'work' is easier at this level as I am working alongside more experienced coaches, elite athletes and excellent support staff," Simon says.

Back home on Auckland's North Shore, Simon's other professional career 'hats' comprise working part time in General Practice/Sports Medicine at the Millennium Institute of Sports Health, the High Performance Sports NZ Clinic and as a Claims Medical Advisor for Sovereign Insurance Company.

As if that wasn't enough "hat" wearing, Simon works with the NZ Warriors Under-20s, runs a weekend netball injury clinic and is the sports medicine doctor/GP to the NZ Breakers men's basketball team.

Simon says "I ended up as a primary care sports medicine doctor as a result of some planning and some good fortune. Sport and exercise science and medicine have always been close to my heart, nurtured in my time at OUSPE."

After graduating from OUSPE, completing a NZ Teachers College diploma, and then a master's degree in Canada, Simon returned to New Zealand to undertake a medical degree in Auckland. Once Simon had specialized in obstetrics and child health, he focused on undertaking a Post Graduate Diploma in Sports Medicine. "Even back then I saw the role of exercise as a medicine and was interested in the interaction of sport and medicine," he says.

"In the last 10-15 years I've worked with a number of elite sports men and women and lectured for 5 years in sports medicine at the Dunedin School of Medicine, during which time I was Team Doctor for the Highlanders for a season."

"For now I'm still finding challenges in all that I do. I'd like to help the Yachting NZ team prepare for the Rio de Janeiro 2016 Olympics. The sports team travel has certainly been a bonus and the typical 'patient load' is 30 - 40 healthy people. It's about time to travel without a sports team to return to Canada and see more of Europe."

"I manage to keep up with several OUSPE classmates regularly. Chris ("Spotter") Parsons DipPhEd 1983 and I keep in touch. Chris has taught at Kelston Boys High School, Auckland since completing Teachers College."

"We try to have "regular" dinners with Margaret Johnston (née King) DipPhEd 1979 and spouses. I still hear from Jane Williams (née Whiteman) DipPhEd 1980 and Ken Williams DipPhEd 1980 and Paul Ellwood DipPhEd 1981, Steve Martin DipPhEd 1979 and Ian Patterson DipPhEd 1979 from time to time. At OUPSE and then medical school together, Phyllida (née Cotton) Cotton-Barker BPhEd 1980 is now a highly regarded GP in Grey Lynn. I run into Duncan MacFarlane BPhEd 1980, BSc(Hons) 1981, who is based in Hong Kong, at the American College of Sports Medicine Annual Meeting."

"Physiotherapists I've worked with include Karl McDonald BPhEd 1991, BPhy 1996, DMPhty 1999, initially in Dunedin, and Hamish Craighead BPhEd 1995 who I've worked together with at North Harbour Rugby and the Millennium Institute of Sport and Health for some years. Hamish has been the Warriors physiotherapist for the last 4 years."

"Chris, my supportive wife, is an Associate Principal at Albany Junior High School. Both our offspring Sam and Laura are studying medicine and have a love of sport. We live close to Mairangi Bay beach and love walking the coast line. I've re-started off road cycling (Auckland traffic too scary), play fun tennis throughout winter and golf in summer," he says.



Hamish Craighead, Kiwis head physiotherapist, Rugby League World Cup 2013

Virginia (Ginni) Orr BPhEd 1993

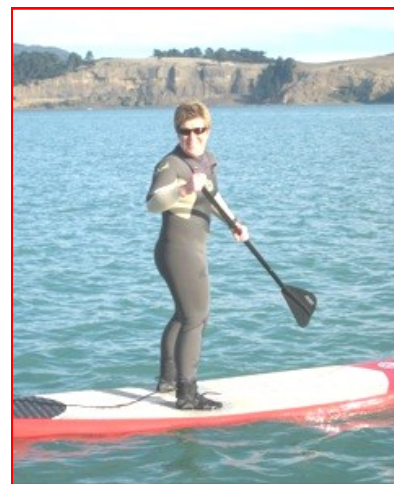
"Hi

Since training as a PE teacher (while working part time at the YMCA gym in Christchurch with another physedder Simon Raynes BPhEd 1992, who was head of the gym at the time), I've worked in Havelock North High School 1996 to 1998, and Wellington East Girls' College 1998 to 2004.

I'm currently head of learning area health and physical education (HOLA HPE) at Avonside Girls' High School, Christchurch.



Ginni tramping at Dart Hut, Rees-Dart Track, Queens-town, 2005.



Ginni paddle boarding in Corsair Bay, Christchurch 2013

My recreational pursuits continue to be varied! From a tennis, cricket, hockey and golf background, I've diverted into endurance pursuits. Jack of all trades, master of none. I completed the NZ Iron Man in 2008 and had the day of my life! I've continued to sea swim with a passion and am currently surfing, stand up paddle boarding and skateboarding ... and adventure motorcycling! So much for growing up!

P.S. Did you know that Pat Barwick, DipPhEd 1967, Christchurch, received an MNZM in the Queen's Birthday honours list this year for services to sport. (Pat was an inductee of the Wall of Fame in 2010. <http://physed.otago.ac.nz/alumni/wof/virtual-wof.html>)"

Tania: An 'organic' researcher—Spotlight on our staff

Dr Tania Cassidy DipPhEd 1984, DipGrad 1992, MPhEd 1995



Tania standing on the sideline doing 'field' work for research

What I really like about my job is that it is NEVER boring and I am constantly learning.

A university academic position comprises three components; teaching, research and service, and for me these parts are very much interconnected.

Recently, when participating in an international 'research fair' in South Africa, I was asked to describe this interconnectedness. I did so by saying that it was 'organic', explaining that organic, when defined as integrating aspects of a living organism, is what occurs with the three components of my job. The focus of my research is sport pedagogy, sports coaching and coach/athlete development.

My research interest in sports coaching and coach development came from being involved in providing a service to the Otago Rugby Football Union. In 2003, [Steve Martin DipPhEd 1979](#), who was the then ORFU Rugby Manager invited me, [Paul Potrac](#) and [Alex McKenzie BPhEd 1984, BA 1984](#), to design and run a coach development programme for the Otago development coaches.

In part, this programme was informed by my teaching and the textbook I was then writing (*Understanding Sports Coaching*). The programme also informed a research project with the resultant article being described by a Canadian professor as '*being one of only six empirical studies on small scale coach education published in the last decade*'.

My service to Taieri College is another example of the interconnectedness of the components of my job.

In 2010 I was asked to serve on the newly formed Sports Council at the College. One of the projects of the Sports Council was to establish a Junior Academy (yrs 7 and 8). I was keen for the Junior Academy to be informed by current research about junior athlete development and not mirror a high performance model.

The Junior Academy has now been running for nearly three years and occurs every Wednesday for an hour before school. The feedback from some of the parents is that it is the only day of the week they don't have to nag their kids to get out of bed and go to school! Interest in this programme has been widespread with invitations to talk about it coming from around Otago, Seoul (Korea) and Limerick (Ireland). The practices of the Academy inform my teaching around athlete development and will soon be the focus of a research project.



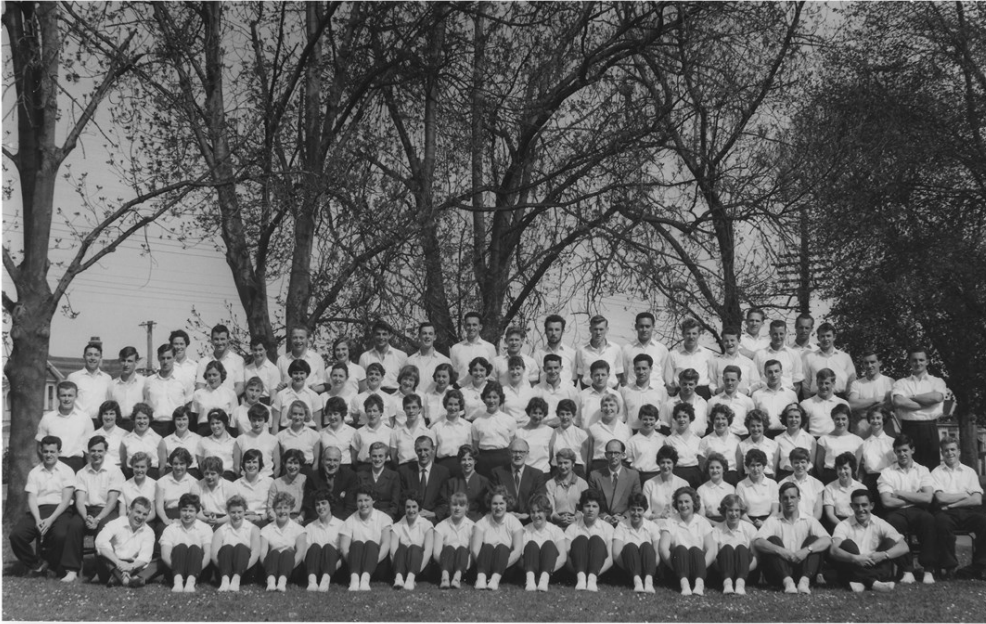
Tania in action at the Academy

A current research project has stemmed from standing on the sideline, for the past eight years, watching my nephews play rugby. The purpose of this research is to gain a greater understanding of the interpretations and experiences of various 'stakeholders' (e.g., kids, parents, coaches, administrators) have of a provincial union's junior rugby dispensation policy. I hope that the findings of the research will assist clubs and unions to manage the dispensation process in ways that support young ones to continue playing the game.

OUSPE 1960 Class Photo

Courtesy of: Professor Emeritus Lindsay Carter DipPhEd 1952

http://www-rohan.sdsu.edu/~lcarter/bios_hk/2013_Biography_w_Photo.htm



Who are these folk?

Dr Lindsay Carter who was later on staff in 1954 – 55 and from 1960 – 62 has supplied us with some class photos: <http://physed.otago.ac.nz/alumni/gallery/class-photos/index.html>

This 1960 photo has no names written on the back. Contact us if you can identify these folk.

Merging dance, disability and care

Hahna Briggs BPhEd 2001, MDanceSt 2010

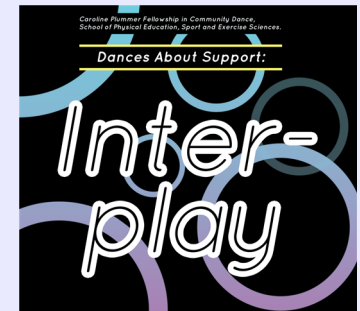


Hahna has taken the community aspect of her 2013 Caroline Plummer Fellowship in Community Dance entirely to heart.

Hahna says, "My original proposal involved working with care workers and people in the field of care. I ended up doing interviews with four support workers. I used those interviews as a way to choreograph movement with a small group of support workers, carers and people with disabilities."



INTER-PLAY: Dances about Support, the workshop and performance held in August that embodied her efforts as the Dance Fellow, continued a strong theme in Hahna's work, merging dance, disability and care. This can be traced back to adapted physical edu-



cation classes taken during her studies and on into her Master's examining how dance troupes and choreographers integrate disabled dancers. We are proud to say that Hahna was the first person to graduate from Otago with a Master of Dance qualification.

Hahna's 6 month Fellowship work also involved running two creative movement classes within the School. These attracted students, groups of people with disabilities, support workers and members of the public.

Her forthcoming projects have strong ties to the work she developed during her Fellowship's six-month duration. Hahna recently performed with an integrated dance group at the closing ceremony of the Special Olympics National Summer Games held in Dunedin in November. She aims to obtain funding to continue choreography with her integrated dancers and to perform at the 2014 Dunedin Fringe Fest and at Wellington's Body Festival next year.

The Caroline Plummer Fellowship in Community Dance was established in 2003 and honours [Caroline Plummer BA 2002, DipGrad 2002](#) (1978 – 2003). *Adapted from Otago Bulletin*

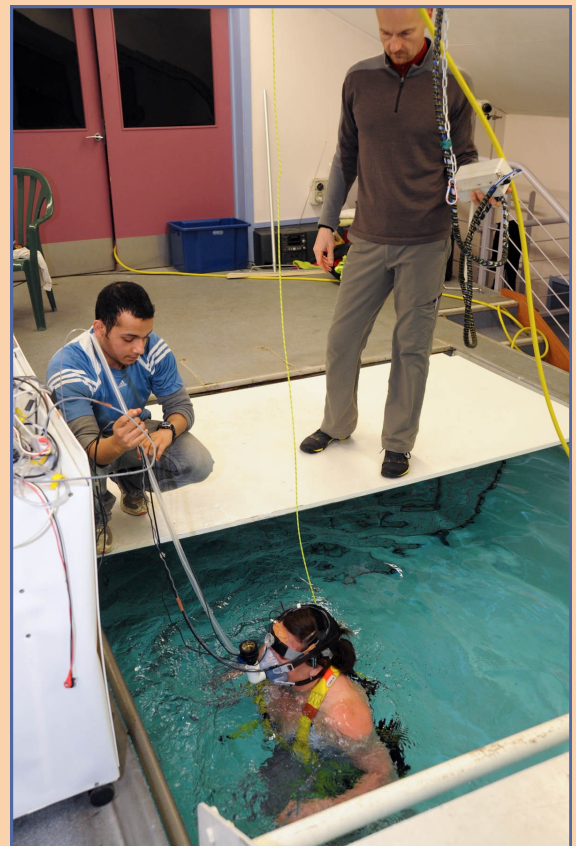
The Flume (Te Awatere) is in fine fettle and opens its doors to the community

The flume has been a busy place in the School over the last year. A large range of research projects have included a multidisciplinary analysis of how individuals respond when dropped suddenly in cold water, and on the other side of the temperature continuum, how elite swimmers cope when swimming in warm open water events.

Associate Professor Chris Button, involved in these studies from the Motor Learning perspective, is delighted that the flume is being used to its full potential. Chris says, "We've always known that the flume has incredible potential. Few institutions are lucky enough to have an aquatic treadmill. We're doing our best to make full use of this wonderful resource." Organisations such as Water Safety New Zealand, FINA, Speedo and the International Triathlon Union have also recognised the value of the flume and they have each provided financial support to enable staff to conduct research and consultancy work.

Chris adds: "With all this activity, the flume recently needed a good tidy up and a lick of paint. The School has also installed a new 50inch plasma screen to provide enhanced learner feedback. We are investigating ways to open up our doors for increased community use of the flume and are inviting local swimming coaches and schools to contact us to discuss how they can benefit from using the flume."

For more info, dive into the new flume webpage www.otago.ac.nz/flume or drop by and get your technique analysed. A chap called Michael Phelps did just that and hasn't he done well!



Cold water research in the flume. Biomechanist James Croft and Post Graduate Student Aviroop Dutt Mazumder monitor a participant's physiological response immersion in 10 degree Celsius water

Stop Press: Sophie Pascoe MNZM, New Zealand Paralympic multiple gold medallist swimmer is testing her swim strokes and analysing her technique in the flume in December.

All Blacks Case Study:

Professor Ken Hodge DipPhEd 1981 and
Sir Graham Henry DipPhEd 1969 KNZM

Here is some 'hot off the press' news about a Sport and Leisure Studies research project.

In 2012 Professor Ken Hodge undertook a case study research project focused on the motivational climate in the All Blacks' team during the period from 2004-2011. This case study, to be published in 2013*, examined the **motivational climate** created by the All Blacks coaching group



Professor Ken Hodge

that culminated in an 85% winning record and winning the Rugby World Cup in 2011. *cont ...*

In March 2012 in-depth interviews were completed with [Sir Graham Henry DipPhEd 1969](#); [KNZM](#) Wall of Fame inductee, 2006 (head coach) and Wayne Smith (assistant coach). Content analysis revealed seven themes regarding the motivational climate for the All Blacks team; (i) flexible and evolving, (ii) dual-management model, (iii) 'Better People Make Better All Blacks', (iv) responsibility, (v) leadership, (vi) expectation of excellence, and (vii) team cohesion. Based on these seven themes a number of practical *recommendations* were offered for rugby coaches to consider. The practicality of these motivational climate recommendations will likely vary depending on the competitive level of the team.

"We believed that a person who had their act together off the field would play better on the field."

Graham Henry (All Blacks Head Coach, 2004-2011)

* Hodge, K., Henry, G., & Smith, W. (in press). A case study of excellence in elite sport: Motivational climate in a world champion team. *The Sport Psychologist*. (Copies of the study and *practical recommendations* are available from Ken Hodge upon request).

Roger retires



L to r: Professor Roger Bartlett and Professor Doug Booth, Dean

After nearly a decade, we farewelled [Professor Roger Bartlett](#) who retired at the end of August.

Since 2004, when Roger joined the School from Sheffield Hallam University, where he was Professor of Biomechanics and Director of the Centre for Sport and Exercise Science, he further developed his international reputation and made important contributions to the School, especially with respect to our research culture.

He is Honorary Fellow of the British Association of Sport and Exercise Sciences, and an Honorary Fellow of the International Society of Biomechanics in Sport.

Roger's publications include over fifty refereed journal articles and a score of chapters in books. He has also authored, co-authored and edited 13 books including *Introduction of Sports Biomechanics—Analysing Human Movement Patterns*, *Biomechanical Evaluation of Movement in Sport and Exercise*, and the *Routledge International Handbook of Biomechanics and Human Movement Science*.

Roger's other contributions include mentoring a number of staff, notably [Dr Melanie Bussey](#), with whom he co-authored *Sports Biomechanics: Reducing Injury Risk and Improving Sports Performance*. Roger was instrumental in procuring the School's motion analysis system, which will remain one of his legacies.

Roger's future plans include taking up further art lessons (watercolours) and maintaining his veggie and rose/dahlia gardens on his 40 acre farm of grazing and forestry land at Waihola. If you drop in, you may also indulge with him his partiality to a quality Kiwi red wine.

Squash Hall of Fame

Dr Marigold Edwards Dip PhEd 1954 ('Goldie') has been named as the US Squash Hall of Fame Class of 2013-14 inductee at the October 2013 Delaware Investments U.S. Open Squash Championships. Marigold's induction ceremony takes place in October 2014 at the same event.

Marigold has been described as *"a pioneering woman who won twenty-eight masters national singles championships."* Marigold, who annually escapes from the Pittsburgh winter to her Auckland apartment, was the professor of Health and Physical Education at the University of Pittsburgh, USA for 37 years before her retirement in 1999, with Emerita status. More news to follow about Marigold and her Physed classmates after the induction ceremony in 2014.



Pictured L to r: Back row Dr Marigold Edwards Dip PhEd 1954 ('Goldie') enjoying time in New Zealand catching up with her OUSPE friends and ex OUSPE staff:

Corine Matthew [née Maja Levy] DipPhEd 1955 and Annette Golding Teachers Cert (PE) and OUSPE Lecturer in Dance 1953 to approx 1958
Front row: Noeline Brokenshire DipPhEd 1950 and OUSPE lecturer and Ian McAuslin DipPhEd 1955 (deceased 2013).

Photo supplied courtesy of Corine Matthew, now living in Christchurch with her husband, after a career spent teaching PE, human biology, science and maths in New Zealand and Australia

Research Snacks at the Sports Café (aka Coaches' Day) November 2013

The annual event co-hosted by the School and Sport Otago, was held at Sargood Gallery, Logan Park on 20–21 November, the third time this event has been held.

The informal style of Coaches' Day, held at pre- and post-work times to share and discuss current sport research with local coaches, is inspired by popular television sporting chat/issue-based shows. Each speaker is allocated five minutes to get their message across, (with the assistance of one slide), followed by 10 minutes of question time.

Speakers from the School included: Talent development in sport (**Dr Chris Button**); Wrestling with testing (**Dr Phil Handcock**); Engaging your community (**Dr Anne-Marie Jackson**); Lab and field based assessments (**Mr Carl Bradford**); The role of small-sided games on football skill development (**Mr Luiz Uehara, BPhEd(Hons) 2006**); Neck exercises and potential implications for injury reduction in rugby (**Ms Danielle Salmon**); Coaching knowledge (**Mrs Joan Merrilees, CertFitMgt 2001**); Personal training and coaching (**Mr Darcy Karaka, BPhEd 2012, PGDipPE 2013**); Recovery in rugby sevens (**Jamie Douglas, BPhEd 2012**); and Developing young players (**Dr Tania Cassidy**).



Above: Dr Chris Button and
Below: Carl Bradford

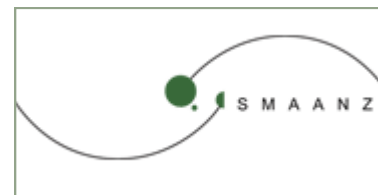
School Happenings!

19th Annual SMAANZ Conference - Dunedin, New Zealand

<http://www.smaanzt.org/>

The School of Physical Education and the Department of Tourism, University of Otago were proud to co-host the SMAANZ Conference in November 2013 in Dunedin, New Zealand.

This 3-day event, coordinated by Dr Sally Shaw & Dr James Higham, attracted 100 local and overseas delegates and keynote speakers who focused on sport development, Olympism and marketing. Excellent social activities included a wildlife tour to Otago Peninsula and a conference finale dinner at Forsyth Barr Stadium.



Professor Kristine Toohey, Keynote speaker.
Sport Event Legacy: Promises and Realities

6th International Outdoor Education Research Conference (IOERC) 2013

<http://www.otago.ac.nz/ioerc2013/>



Future faces: Outdoor education research innovations and visions.

A first for New Zealand and for the School was the hosting of this 4-day biennial conference at Otago University, with Associate Professor Mike Boyes (above right pix speaker) and Dr Mike Brown, Waikato University, heading up the conference organisation. Robyn Zink, PhD 2004, conference organiser, says "The conference brought together leading outdoor education researchers from Europe, UK, North America, Singapore, Japan, Australia and New Zealand. Research topics included outdoor education pedagogy, programme evaluation, cross-cultural experiences in outdoor education, outdoor play, safety, and research methodology." We hear the participants were treated to local excursions to savour Dunedin's attractions.



2013 OUSA teaching awards



Congrats to Professor Steve Jackson
who was one of the 10
finalists for the University of Otago Lecturer
of the Year.
Didn't he do well!



Ngā mihi ki a koutou katoa.

Greetings to everyone.

Happy Christmas to all.