



Alumni Newsletter

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



Issue 1 Semester 1 2014

- ⇒ Renew your health with Geoff Loomes
- ⇒ Back to the Future
- ⇒ Ali is on shot with his new career
- ⇒ Equestrian Pilates Expert
- ⇒ Wedding Congrats to Gavin and Kim
- ⇒ Kia Ora from Kuwait
- ⇒ Empowering podium performances
- ⇒ Whatever happened to ... ?
- ⇒ Relay for Life
- ⇒ Trumper par excellence
- ⇒ A Winning combination
- ⇒ Reunions: Class of '59 & a Ruby Reunion
- ⇒ Research into sudden cold water immersion
- ⇒ The rise of sports technology
- ⇒ Saudi Arabia swim team at the Flume
- ⇒ Te Koronga and School snippets



Kia ora koutou

What a privilege it is to have an opportunity to 'act' as Dean for 8 months. Doing so has yielded opportunities to really understand the wonders of our School – the staff, the curriculum and the students (past and present).

Dr Ali Clarke, Research Fellow/Otago University 150th Anniversary historian's recently published blog is well worth a read – a fascinating slice of our School's history:
<http://otago150years.wordpress.com/2014/06/23/off-the-starting-blocks-for-physical-education/>

Two of our alumni have secured prestigious awards in the past month – Darren Shand (NZOM) and Suzie Bates (Otago Sportswoman of the Year). Congratulations to both.
<http://physed.otago.ac.nz/alumni/alumniachievements.html>

I hope you enjoy these snippets and the many others in this issue.

Lisette (Assoc Professor Lisette Burrows, Acting Dean)

Kia ora rā, koutou katoa.

Good health to you all.

Kia Ora Alumni, staff and students

We've been busy locating and uploading class photos on our Alumni website. We encourage you to forage in the recesses of your cupboards to see if, amidst the cobwebs, you can find your treasured OUSPE class photos to send to us : <http://physed.otago.ac.nz/alumni/gallery/class-photos/index.html> and photos of reunions/informal "catch ups".

- ⇒ 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>
- ⇒ Send riveting news/gossip, events, functions, campaigns, reunions, photos, graduate courses/PE job websites to pe.alumni@otago.ac.nz

Submissions may be edited to suit the style. Editor does not take responsibility for alumni memory lapses!

Beverley Lawrence, Editor

Renew your health with ...
Geoff Loomes BPhEd 1997, BCom 1998



L to r: Stephanie, Kobe (4 years) and Geoff, Port Stephens, Australia end Dec 2013



Geoff 2014

Your first roles when you graduated?

I had to face the realities of adulthood and the realisation that I couldn't stay in the "Otago lifestyle" forever so in 1998 I left Otago and travelled home to Timaru. I started a PT business at my local gym and established some vital experience in how to run and build a business whilst chipping away at my student loan and annoying my parents who thought that at 18 I had left home for good.

With a strong desire to travel, I left home twelve months later and flew to London working for a telco company whilst traveling through Europe.

What took you to Aussie and what did you do when you first arrived?

In 2002, with my U.K. visa running out, I left to return home passing through Sydney to catch up with friends and was fortunate to be offered a role as a personal training manager for a new gym chain called Fitness First. I spent 7 years working to assist them build their network of personal trainers and develop the systems required to manage the growing popularity of the 'PT industry'. It was a wonderful time to be in the fitness industry. I was working alongside a number of other Physed graduates who had come over after finishing their degrees. We were all able to utilise the knowledge, skills and experience that we developed in Otago to make some really valuable contributions to the industry.

Your role as Director/Exercise Physiologist at Renewed Health involves?

With the growing chronic health trends in Australia, I decided to establish an Exercise Physiology clinic in Sydney in 2009 specialising in the fields of injury management and chronic disease and have been here ever since.

Our centre is called Renewed Health <http://renewedhealth.com.au/> and has 5 team members working across the fields of exercise physiology, C.H.E.K training and remedial massage.

Goals for the future?

My focus over the next few years is to work on leveraging myself a little more and establish some online software to help educate people on many of the health fundamentals that are sadly missing from our society today.

What do you love about Sydney and fun outside of work?

I miss NZ and plan to return one day. I make it a priority to take my son Kobe and Sydney born wife Stephanie back to NZ for an annual holiday, however, I also really enjoy the Sydney lifestyle and spend any spare time I get either mountain biking or at the beach paddle boarding.



Geoff biking Manly Dam, Sydney

Advice about starting out?

For anyone starting out now from Otago think about your own unique talents – things you can do better than anyone else and take every opportunity to showcase those. Take calculated risks (don't play small), build relationships, work hard and follow your intuition. In health ... Geoff

Back to the future

Leigh Gibbs (néé Mills) DipPhEd 1976, ONZM and Julie Seymour CertFitMgt 2012



L to r: Julie and Leigh, 2014

Leigh Gibbs, outstanding netballer and now netball coach, is back on "home court" in Christchurch. Leigh, an inaugural 2006 Wall of Fame recipient

<http://physed.otago.ac.nz/alumni/wof/inductees/2006LeighHelenGibbs.html>

chats to us about her role as Tactix Head Coach and Netball Mainland Zone High Performance Manager.

I was attracted to my current dual role at Netball Mainland because:

It was an opportunity to get back into the high performance coaching arena and advancing my high performance management skills. I spent 17 years living in Christchurch from 1977 – 1994 and loved the city and the netball environment. The dual role came up post the earthquakes and the timing was right for a change of direction for me – a back to the future scenario!!

My Head Coach role comprises:

Leading the Tactix programme in



the ANZ Championships; the toughest netball competition in the world. During the contract period from December to July, I work with my assistant coach, team manager, and support services staff (Physio, Strength and Conditioning, Nutrition, Medical, Athlete Life, Mental Skills and game analysis) to prepare the team to compete successfully in the ANZ Championships. Outside of the contract period there is a lot of planning and preparation, reviewing, up skilling, contracting / recruiting players and importantly 'recharging the batteries' for the next season.

My High Performance role comprises:

To lead, develop and deliver the high performance programme for the Netball Mainland Zone, one of 5 zones formed by Netball New Zealand in late 2012. Our zone is made up of 18 Centres comprising the top half of the South Island. We aim to develop and grow a strong pool of players, coaches and umpires who can perform consistently well and step up to higher zone and national honours.

A typical workday:

Consists of a mix of administration, meetings and coaching at the Apollo Project Centre. This is a purpose built training facility for



Leigh and son Pera Gibbs BPhEd 2013, May 2014 graduation

HPSNZ, Netball Mainland and other sporting organisations replacing the earthquake destroyed QE II. During the ANZC, it is nearly a 24/7 job. I also have to keep on top of the Zone's HP programme requirements during this busy time.

Assistant coach Julie Seymour's and my role in this season's challenges for the Tactix team:

I first coached Julie, a young talented player at provincial and then national level. Now as coaching colleagues, our challenge is to develop resilience and consistency of performance in one of the youngest and least experienced teams in the ANZC.

A rewarding "job satisfaction" moment I've had in my new role:

When players are highly engaged, growing their skill set while contributing positively on and off the court and playing exciting netball.

Plans/goals for the future:

Continue to grow and strengthen netball in the mainland. Do more overseas travel.

For fun/relaxation: I enjoy walking, going to movies and cooking.

Ali is on "shot" with his new career

Ali Choukry BPhEd 2012



L to r: Ali and BPhEd 2012 graduands at May Graduation 2013 on top of their flat van outside their old Queen Street flat
Brett Crossan studying BHSc(Physio) at Auckland University of Technology;
Todd Thornley voluntary Assistant Rugby Coach & Rugby Strength & Conditioning at Dartmouth College USA;
Hugh Slobbe voluntary Strength & Conditioning Intern at the Fiji Rugby Union;
James Holden voluntary Strength & Conditioning Intern at the Crusaders;
Luke Stephenson voluntary Strength & Conditioning Intern at Otago Rugby Football Union;
Tom Macfarlane studying MSciComm at Otago 2014 and Ali Choukry.

Persistence and cold calling by email and contacting individuals and organisations secured Ali his first proper job at Bowls NZ since graduating.

Ali says "My aim as a Community Development Officer is to increase lawn bowls participation in the South Island area. Working with a colleague from our Christchurch office, we facilitate action with the various stakeholders of our sport, meet with schools, clubs, tertiary institutions, RSOs and RSTs and assist in Bowls NZ event operations.

The role is crazy at times but I love it! Working for a small NSO means you get the chance to wear many hats, are offered a variety of learning opportunities and work with club volunteers, commercial

sponsors to high school students and everything in between. It's been a fantastic experience so far and I look forward to developing initiatives and strengthening relationships in 2014 and beyond.

I'm currently studying a Master in Entrepreneurship at Otago to complement my BPhEd degree. I wanted to get into sport administration/business and to develop my skillset. Now it seems I have learnt far more about innovation, adaptability, change, communication, creativity and confidence with the unknown, applicable skills in any industry/role.

The big plan is to be happy and successful; the finer details forever changing. Right now life's pretty full on with study and work but I'm happy to be doing them both... They say the pinnacle of sport in



Ali Choukry at Bowls NZ

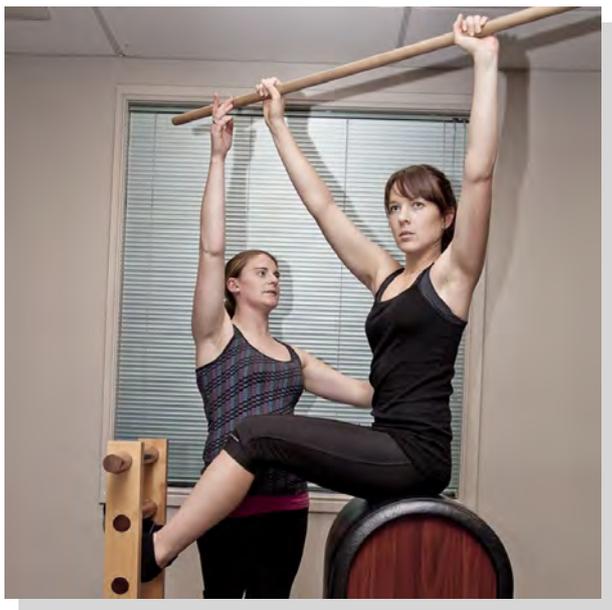
this country is centred on rugby and the Olympics. It would be amazing to be involved in either. Travel would be a great option and I wouldn't mind starting a business... At the moment though, I am just happy to be busy grasping opportunities and learning a hell of a lot along the way.

I live in Christchurch with nine Canterbury University student flatmates and like tramping, running and competing alongside friends and family."



L to r: Former physed exec presidents at May Graduation 2013: Ali Choukry (vice president 2012), Haana Bovaird BPhEd 2011, GradDipTchg 2012 (president 2011) now Phys Ed & Health Teacher at Mt Albert Grammar School, Auckland and Jake Moore BPhEd 2012, GradDipTchg 2013 (president 2012) now shearing and travelling around the world

Equestrian Pilates Expert Laura Dawson BPhEd 2006



Laura instructing a client Photo: Matt Brown

Laura's desire four years ago to return to the equestrian competition arena and to use her pilates knowledge to improve her performance was the catalyst for her to become a certified Level I EQUESTRIAN PILATES® practitioner in 2012.

When Laura graduated she did a brief stint in Sydney working as a Gym Supervisor and Barista. As Laura had majored in Exercise Prescription and Sport and Leisure



Laura & Glenardon Daybreak at Southland Dressage Championships 2013 Photo: Aimee Mitchell

Studies, she says, "I was on the lookout for a job in exercise rehabilitation working with clients in a one on one environment. As fortune had it, I came across the Pilates Instructor's role when another Physed graduate was leaving and began working in Dunedin with Back In Motion Physiotherapy and Pilates in 2007."

Since then Laura has extended her Pilates knowledge and became an internationally recognized Polestar Pilates

Studio Practitioner in 2010. "I was offered a new role with Back In Motion as a Pilates Co-ordinator and Instructor while also transitioning to mentor our Back In Motion Pilates Instructors and Physiotherapists."



Laura Dawson

"In 2010 I moved on to using Pilates in the training of the horseback rider, initially for myself, as I wished to return to the competition arena." Laura, who grew up on a farm in Southland, has been riding since the age of 10 and owns two horses Sassy and Marvin.

She says "I was finding that my position, strength, balance and posture were hugely lacking so it made sense to use my pilates knowledge to improve this." Laura undertook an equestrian pilates training via an online seminar based course with EQUESTRIAN PILATES®, set up originally by Elizabeth Hanson in the USA. "When I began to see the rewards in my performance, I knew I wanted to share this so I developed a specialized format of instruction for horse riders."

Laura is one of two qualified instructors in New Zealand and has been given the opportunity to develop the EQUESTRIAN PILATES® brand in New Zealand.



Laura & Glenardon Daybreak at Tokomairiro A & P Show 2013 Photo: Amanda Russell

"I plan to do more clinics nationally where there is demand. I take several clinics in the Southland area each year and have the support of a fabulous host, Julia Latham of Flying Horse Ltd, who coordinates these for me, ensuring that I have a full clinic each time."

Laura's clinics include one on one and group floor sessions and on the horse/ridden sessions. She says "These sessions are designed to develop an awareness of the



rider's position in the saddle and the influence that their position has on the horse.

The aim of the exercises is to stay strong and still with an 'independent seat' and a 'neutral spine', and be able to disassociate limb/torso movements from the seat in order to control specific muscle movements, while giving the appearance of being poised in the saddle and in harmony with the horse."

"Six years on I continue to work full time at the Back In Motion Centre City Studio. My work

involves exercise prescription for the general population who wish to train for health and fitness, those who have a variety of injuries, special populations such as those with MS, fibromyalgia, diabetes, heart disease, osteoporosis and individuals recovering from or preparing for surgery.

I work with many fabulous athletes such as the Highlanders, Paralympian Adam Hall, Royal Ballet Graduate Jor-

"Working with individuals from all backgrounds to improve their wellbeing and offer an achievable and beneficial form of exercise, no matter what their strengths and limitations are, is where I want to be!"

dan Mullin, the Otago University Rowing Squad and our own local carded athletes to improve performance through Pilates based programmes.

I co-ordinate our Pilates Mat Classes, the Centre City Studio, all Pilates based training for Back In Motion Physiotherapists and Pilates Instructors and areas of our Pilates marketing.

My BPhEd gave me a head start and certainly ensured my employment by Back In Motion who only employ Pilates Instructors who have graduated with a background in Exercise Science. The world is your oyster after graduation, although I became aware I would need to obtain further training in a specialist field to obtain a job in a specialist area. If you choose to specialize in exercise rehabilitation, consider undertaking a reputable Pilates

training programme either internationally or nationally recognized depending on where you want it to lead you in the future.

My future plans involve further development of the EQUESTRIAN PILATES® programme nationally along with my own training – perhaps a postgraduate diploma or a Master's.

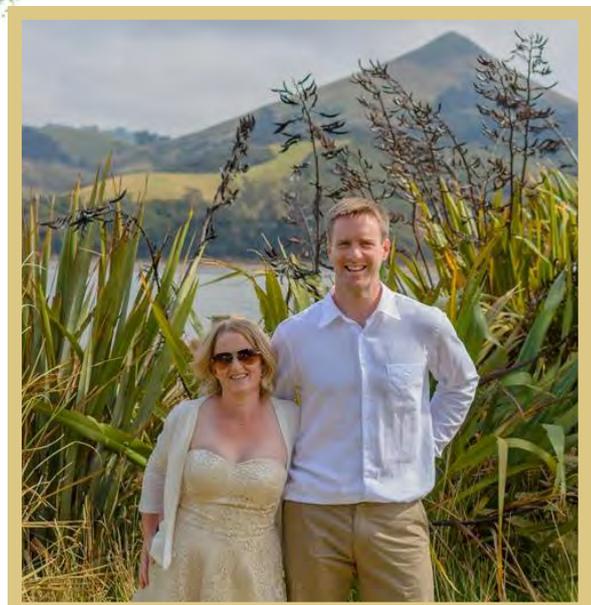
I live in Dunedin with my partner Matt and our cat Potter. In our spare time I compete in Equestrian Sports NZ (ESNZ) Dressage and Royal Agricultural Society (RAS) Showing. I co-drive for Matt in various Motorsport competitions such as Hillclimbs and Rally sprints."

Wedding Congratulations

Gavin Kennedy and Kim Meredith-Jones PhD 2009

Congrats to Gavin and Kim who recently held their wedding ceremony with family at the Hereweka Garden, one of their favourite spots, in a 'hidden' valley and the only remaining area of native forest on the Otago Peninsula. Gavin says that "After a short but beautiful drive down the hill and around the shores of the inlet, we met family and friends for the reception at Hooper's Inlet Hall." They chose this area because they both love living on the peninsula.

Gavin, who has been with the School since April 2006, is our Application Software Developer and Kim completed her PhD at the School. Kim now works as a Research Fellow and is the Director of the Bone and Body Composition Research Unit at the Dunedin School of Medicine.





Kia Ora from Kuwait

Jamie Karehana BPhEd 2003

Two passions inspire Jamie: Māori Health and Fitness – guiding him along his career path and leading him and wife Alana to their latest adventure in Kuwait at the beginning of 2012, both working at Inspire Pure Fitness. Jamie now works as Director of Operations and Management.



Jamie at Inspire Pure Fitness,
Kuwait 2014

➔ Any specific ambitions when you first graduated?

I've always had two passions - Maori Health and Fitness. Ultimately I want to set up my own business in either of these fields.

➔ What took you to Kuwait and when?

A colleague from Les Mills Dunedin had been in Kuwait for 5 years and was on the verge of opening a personal training facility. When he contacted me, we were based in Melbourne (late 2011). Alana, who I had met at Les Mills Extreme in Wellington, and I decided to take the plunge and we haven't looked back since.

➔ What does your role involve?

I oversee all operations at Inspire Pure Fitness. I recruit new trainers, work on development of our current trainers, plan our group fitness and small group training schedules, oversee cleaning and reception staff, ensure our members are happy and also personal train clients up to 30 hours a week.

➔ Any other Otago Physyeddors working at Inspire Pure Fitness?

Yes, currently there is [Craig Drennan BPhEd 2000](#) whom I didn't know prior to moving to Kuwait. 'Small World.'

➔ What do you love about living in Kuwait?

The Kuwaiti people we are associated with are the friendliest, hospitable and the most generous people we have met. They treat you like family, which makes it easier living away from New Zealand.

➔ Tips about starting out in your profession?

Walk the talk – be a role model.

Start training friends/family or as many people as you can.

Find a facility to provide you with the opportunity to work as a gym instructor/personal trainer.

Learn from and train with other trainers.

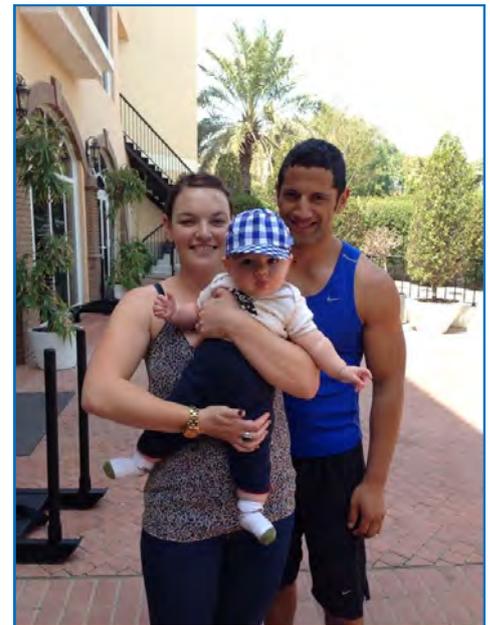
Differentiate yourself and continually seek personal and professional development.

Strive to be the best, inspire, educate and motivate.

➔ Future plans?

I plan to open a small strength and conditioning institute which specializes in hypertrophy, fat loss and performance training. The institute will also provide an accredited health and fitness qualification for those seeking entry into the fitness industry.

We enjoy travelling to other countries, hanging out with our Kuwaiti friends and going to check out new or our favourite restaurants and cafes, or going for strolls along the marina in the weekends.



L to r: , Alana, son Ariki and Jamie
in Salmiya, Al 'Āṣimah, Kuwait 2014



Jamie wearing a dishdasha, traditional Kuwaiti men's wear and headware consisting of ghafiya (cap), gutra (white cloth) and secured by an ogal (black cord)

Empowering podium performances

Bruce Pinel PhD 2001



Bruce chats to us from Victoria, British Columbia, Canada.

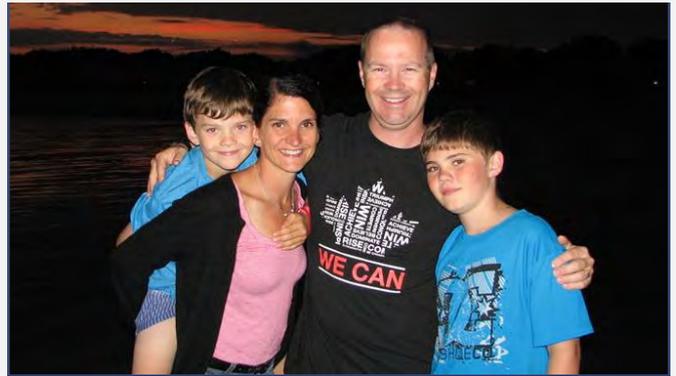
"As a Mental Performance Consultant with the Canadian Sport Institute Pacific, I've been working with Olympic athletes / teams (Rugby Canada's Men and Women 7s teams, Rowing Canada, Field Hockey Canada's Men's team, Swimming

Canada, and Triathlon Canada) and Paralympic athletes / teams (Canadian Wheelchair Rugby team, Sailing Canada, and Rowing Canada), as well as the Vancouver Canucks (NHL).

Some major events I've attended as part of the Canadian team include London 2012, Beijing 2008, and the 2010 Commonwealth Games in Delhi. I'm currently helping Canadian athletes and teams prepare for the 2014 Commonwealth Games in Scotland, and the 2016 Olympic/Paralympic Games in Rio de Janeiro, Brazil.

My other role is an Adjunct Professor appointment in the School of Exercise Science, Physical, and Health Education at the University of Victoria (BC). I also do some consulting in the field of injury rehabilitation psychology for workplace injuries.

Outside of a busy family and work schedule, I enjoy coaching both my sons' hockey teams and squeezing in time to play on two old-timers' ice hockey teams."



L to r: Nolan, 10 yrs, Julie, Bruce and Keiran, 12 yrs on the beach in front of their family cottage, east coast of the States (Maine).

Whatever happened to ... ?

Mick Head DipPhEd 1961

Our West Coaster Mick recalls "I was the first West Coast PE student (from Westport) and became OUSPE Student President in 1961. After graduating, I headed for Christchurch Teachers College where I met my future wife Marleen and married in December 1964. We have five children aged from 26 to 45 years, two boys (Michael and Jacob) followed by three girls (Ruth, Amy and Sophie, the youngest and a big surprise!).

Armed with my Teaching Diploma (1962), I taught at Mairehau High School for three years. In 1966, I embarked on a new career in construction management, studying civil engineering by correspondence while working on major projects and, early in my career, moved to a different location every few years. I later became project manager for a number of large civil engineering projects and filled senior management positions in two national construction companies.

Eventually, in 1987, we settled in Christchurch and have lived here ever since, with frequent visits to our West Coast family bach.

In 1991, I was invited to join Works Civil Construction as the South Island Construction Manager to assist in the transition of Works from a government



Mick and Marleen 2014

department into a competitive commercial contractor, now known as Downer NZ Ltd. I became South Island General Manager in 1994 and National Technical Manager in 2000. I retired in 2006 but I still work a few days a month as a consultant, running construction project management workshops or advising on contractual disputes, and as a Canterbury Region judge for the Contractor's Federation Contractor of the Year awards.

We're still in touch with our Physed friends. Many have visited our home and bach. We're regular attendees of our 1959 class reunions – always great fun. Our time now revolves around family, friends, fishing and pottering at our Carters Beach bach."



L to r: Professor Harlene Hayne, VC; Katy Atkinson, Zara Taylor and Susie Ferkins: Opening Ceremony speeches.

Relay For Life

Celebrate, Remember, Fight Back
Whakanui, Maumaharaitia, Tū Atū!

run or walked in a circuit at the University Union lawn area between 8.00pm Friday 4 and 9.00 am Saturday 5 April, with a candlelight ceremony at 9:30pm to remember loved ones affected by cancer. Thanks to our PESES team organised by **Ashley Akerman** which entered with 21 participants and raised \$1,200. In her opening speech Katy said: "We are all part of NZ's first University Relay for Life, very fitting for NZ's first University! I hope everyone has a great night; we have so many great bands and lots of entertainment! Whilst enjoying the event, take time to think about why we are all here, to



PESES Team L to r:

Front row: Anna Brewer, Tessa Blake, Edee Harris, Chanel Pienaar, Samantha Babe, Rochelle Palmay
2nd Row: John Stringer, Ian Blake (with cap), Matt Shallcrass, Rens Meerhoff, Danielle Salmon, Pamela Smith
Back Row: Ricki Joel Allan, Kayla Inwood, Julia Flett, Jessica Souchon, Dr Tania Cassidy, Ashley Akerman
Absent: Assoc Prof Chris Button, Brianna O'Connell, Zoe Wills

celebrate the people who have survived, remember the people we have lost, and to fight back against cancer."

Tramper par excellence – Alisoun Butt (née Hight) DipPhEd 1955

To celebrate her 80th birthday last year, Alisoun didn't just take a leisurely stroll in the Port Hills, (this was her training ground!), she tackled tramping the 309kms x 14 day "Coast to Coast" walkway across England. She says: "I was the oldest in the group and even though it was harder than I expected, I coped well with only a few blisters!" No mean feat indeed.

Following Alisoun's post grad year at Christchurch Teachers College in 1956, she married a high country farmer and spent her next 20 years farming in North Canterbury and the McKenzie country. After being widowed, she moved to Christchurch and in the past 30 years has experienced a different city lifestyle, including working for NZ Post.

Still tramping, playing tennis and badminton and honing her mind with SeniorNet, majong and genealogy, Alisoun attributes her lifestyle of maintaining a good level of fitness to "absorbing some valuable knowledge during my three years in Dunedin thanks to Philip Smithells (PAS) and OUPSE special mentors."

PS Thanks to Alisoun for donating her 1953 OUSPE Class photo. <http://physed.otago.ac.nz/alumni/gallery/class-photos/index.html>



Alisoun tramping on the Coast to Coast, England 2013



A winning combination

Helen Newcombe (néé Brett) BSc 1991, BPhEd 1994 and Marcella Robertson BPhEd 2002

Helen's passion for maths and science and Marcella's flair for English, together with knowledge and skills gained from their Phys Ed degrees, seem to be a winning combination for these teaching colleagues at Fiordland College, Lake Te Anau in their roles as Heads of Department in Mathematics and English respectively.

Helen thinks that even though neither of them teach physical education "the leadership skills gained while at the School of Physical Education have helped us to take on the positions of responsibility at Fiordland College." She says "There are plenty of opportunities to use the

physical skills developed at university outside our classrooms. We recently led a group of Year 11 students on the Kepler Track as part of the school's Outdoor Education programme."

Helen says "I live on a lifestyle block just out of Te Anau with husband Grant and daughters Alice (8) and Lily (4). I enjoy tramping and other outdoor activities, martial arts and pottering on our block of land, and find life pretty busy at the moment being a full time working mother."

Marcella says "I've recently built a house in Te Anau, where I live with husband, Andy, and dog, Bear. The outdoors still plays a major role in my life through tramping, mountain and road biking and skiing."



L to r: Marcella and Helen with the Year 11 Kepler Track group

Class of 1959 – Brisbane Reunion May 2014



Back Row: Keitha King (néé Vial) and Brian King, Brenda Atkinson (néé Harvey), Gaynor Turner (néé Restieaux), Donald Rae, Shona McIlroy (néé Smith), Jean Gluyas (néé Gratten), Pat Gross (néé Lambourne), Marg Emerré, John Pullan.

Front Row: Mick (Melvyn) Head, Denise Wilson (néé Meynell), Jeanette Hertnon (néé Benge), Dick Swindell,

Absent: Win Parkes (néé Mirams) Prue Willis (néé Earle)

<http://physed.otago.ac.nz/alumni/gallery/class-photos/DipPhED1959.html>

Charm, sophistication and style were standout features again notably absent from the biennial reunion of the class of 1959! Three days of festivities began with an elegant yet simple banquet. Formal protocols for the soiree relaxed as the soothing effects of a superb vintage took effect. Dinner suits, top hats, ermine stoles and designer raiment were doffed as the assembled socialites glided effortlessly across the parquet to the dulcet rendition of "You ain't nothin but a hound dog".

More festivities including a picnic in the park were of a similar calibre. Lavish words of high praise – like 'disorganised', 'disaster', 'fiasco' and 'botch' - rolled eloquently from the lips of departing luminaries. All agreed a new nadir surpassed even the shambles of prior events in Christchurch, Whitianga and Dunedin! Nelson, 2016 has a lot to work down to. – Rick Swindell DipPhEd 1961

A Ruby Reunion (40 years)! Physical Education class of 1974 to 2014 –

Auckland 7 – 9 March

See original 1974 class: <http://physed.otago.ac.nz/alumni/gallery/class-photos/DipPhED1974-FY.html>



L to r Front Row: Clive Pope, Linley Scholes, Arthur Parkin

2nd Row: Lynlee (né Fowler) Anne, Colin Muir, Mary Williams, Mary Gardner, Sue Andrews, Gary Palmer, Heather (né Sandes) Lucas, Jo (né Dobson) Turner

3rd Row: Vicki Cornish*, Gary Cox, Gary Schofield, Steve Clarke, Murray Turner, Arnie Paurini, Gavin Greenfield, Gillian (né Cumming) Searle, Ralph Lucas

4th Row: Rick Poole, Bill Husband, Brian Morrison, Lorna Gillespie, Ash McEwen, Bob Reeves, Andy Colson, Paul Whitley

5th Row & Stairs: Robyn Greenfield*, Ali (né McKay) McGregor, Barry Hughes, Marcelline Borren*, Colin Edwards, Brian Goldsbury.

Absent from Photo and attended Reunion (top to bottom): David Ward, Jenny Snell, Adrienne Allaway, Peter Mathieson, Colin Watkins, Wendy (né Young) Muir

Names with * are partners of our year.

Class of 1974 – the final class handpicked by Professor Smithells at the School.

Forty years later more than thirty of the original 100-strong class (plus partners) gathered in Auckland for the third reunion of our class, following Nelson (1999) and Hamilton (2005). Some folk travelled from Australia and the UK. We remembered two colleagues, Robyn Don and Terry Kennedy, who passed away. Sadly there remain those who we simply have no word of.

We kicked things off Friday night at Rick Poole and his partner Vicki's place in Birkenhead. Saturday morning, we regathered at the Old Ferry Terminal and took a scenic trip on a ferry boat up-harbour to Riverhead for lunch. MC'ed by Bob Reeves, lunch was punctuated with a series of short reminiscences, confessions and reminders that the Phys Ed School experience gave us something very important and valuable and worth holding on to. We are planning a fourth reunion in 5 years' time in Wellington.

Story courtesy of Dr Barry Hughes DipPhEd 1976 (Lecturer, School of Psychology, University of Auckland) and Linley Scholes DipPhEd 1978 (Administration Officer / Support Officer Disaster Management, City of Gold Coast, Australia.)

School News: Latest groundbreaking research into the body's response to sudden cold water immersion

We are extremely proud of [Associate Professor Chris Button](#) and his colleagues for their latest research they are undertaking at the School, with support from Water Safety New Zealand.

TVNZ One News film crews were invited to the flume on 29 May to film Chris and his team, with Chris and their story airing on the news programme that night describing their findings to the nation. Their research also hit the headlines in the Otago Daily Times on 30 May 2014 "*Shock response holds key to drowning*" and in the Otago Bulletin "*Otago research could reduce drowning rates.*" Full article can be read: <http://www.otago.ac.nz/otagobulletin/research/otago072097.html>

Chris says "Drowning is the third highest cause of accidental death amongst adults and the second highest amongst children. The majority of drownings are thought to occur in the first few minutes after falling into the water – with the body's shock response to cold water to blame. Our findings have revealed that many drowning deaths could be prevented if people learned to wait out the body's initial shock response to cold water.

In the research, participants were plunged into 10 degree water. It was shown that the cold shock response subsides in two to three minutes. With repetition and basic mental training, we found the duration and intensity of this response can be halved!

The results were quite literally breath-taking. After a week or so of repeated immersions, the participants were much calmer in the cold water.



Associate Professor Chris Button in the School's flume Photo: Graham Warman

I have never seen a response as dramatic as this in research before."

Chris believes the findings have the potential to dramatically reduce global drowning rates. Chris suggests that a survival component should be included in all swimming programmes, which teach people what to do when suddenly immersed in cold water.

The research team's practical tips for sudden cold water immersion:

- ▶ Hold your breath if possible for the first 5 to 7 seconds upon immersion.
- ▶ Float first, practice breathing regulation strategies and mental skills to combat tendency to hyperventilate and panic.
- ▶ Plan the best course of action for the situation.
- ▶ It is possible to habituate yourself to cold-water immersion relatively quickly to reduce the cold shock response.
- ▶ Learn how to tread water effectively and associated survival skills; not just how to swim.

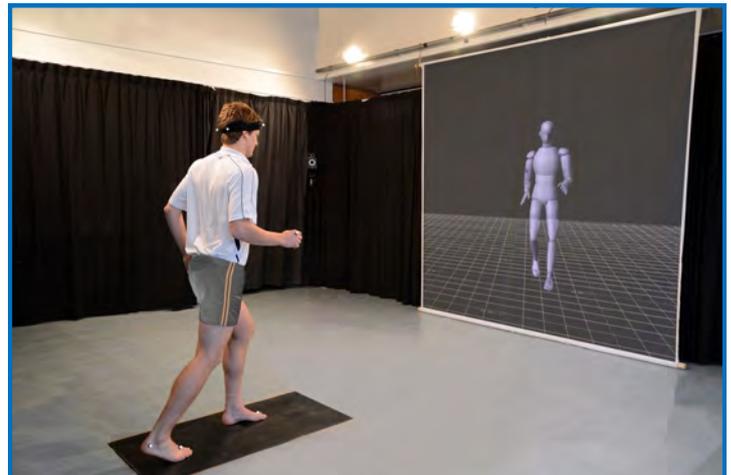
School News: The Rise of Sports Technology

In today's world you can't fail to notice the influence of sports technology. From the cutting edge equipment or clothing that elite athletes use through to the miniaturised personal monitoring devices that can help us to optimise our ideal work out intensity, sports technology is everywhere! And now we can announce that Sports Technology can be studied at Otago.

The new Bachelor in Applied Science three-year degree was created by Associate Professor Chris Button from the School of PE, Sport and Exercise Sciences. Chris told us why he decided to introduce this exciting new qualification: "We have a long and rich history of innovation in Sports Technology in Dunedin. There are many researchers across the University working on emerging aspects of sport technology like clothing and design and our own PE technical staff are among the best in the world.

Add to those knowledge and skills our unique resources (e.g., the flume, the Forsyth Barr Stadium, etc.) and you have a powerful combination to learn about this topic in a way that no other student in the world can."

The Sports Technology



Rens Meerhoff interacting with an avatar as part of his PhD research

degree allows students to choose from a raft of recommended papers delivered by different departments alongside a core of Physical Education, Sport and Exercise Science papers. The flexibility of the degree has great appeal to students as

Chris notes: "Students seem to appreciate the wide choice of papers on offer as this degree exposes students to a diverse field of applied science. For example, many are choosing to study Sports Technology alongside minors in areas like Design, Marketing, and Nutrition - which reflects increasing opportunities in the job market for graduates with these skills."



Riding the wave of Sports Technology - a local swimmer and coach working together in the swimming flume at the School of Physical Education, Sport and Exercise Science

Photo : Chris Sullivan

We spoke to Byron Salisbury, the first graduate of the Sports Technology programme, about why he chose this degree and what he has learnt:



Byron Salisbury 2014

Students like Byron can see the value of studying Sports Technology. Several NZ businesses like SiliconCoach Limited and Animated Research Limited are looking to recruit graduates with these skills. Technology has an important role to play in our future, so sign up if you want to learn more. For information about the Applied Science degree in Sports Technology options go to: <http://www.otago.ac.nz/courses/subjects/spte.html>

"After trying health science in my first year and not gaining entry into Physiotherapy, I chose a bunch of papers of interest to me and hoped that a degree would pop up to suit. By choosing PHSE, CLTE, COMP, HUNT papers in my second year, this gave me a broad base to work from. Near the end of my second year my Head of Department of CLTE, Professor Raechel Laing, told me about a proposed new Sports Technology degree. I decided this was PERFECT for me and that clothing and textiles would suit well as a Minor. Luckily all my papers cross credited and I'm well underway to completing this degree.

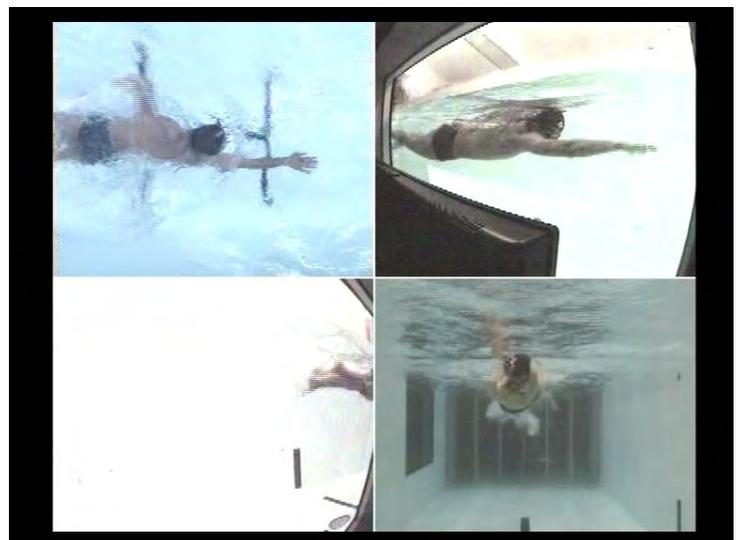
I plan on taking my degree to the top, to help with the development and testing of the most innovative sport tech products on the market. I'm hoping someday to have my own brand of sports clothing that combines the latest in nano-material fibre technology with health/fitness monitoring technology that is suitable to all sporting contexts to aid with the future of performance enhancing training techniques.

I encourage all students interested in performance enhancement via the use of technology to take this degree. It will not only alter the way in which you perceive sports, but also position you to change the future development of sport."

Testing in the Flume - Saudi Arabia Swim team visit

Terry Hill BPhEd 2007, MPhEd 2014 was recently enlisted as a Sport Science consultant by the Saudi Arabian swim team, who flew in and out of Dunedin on 29 March, to carry out some tests in the flume.

The team, who were put in touch with the flume facilities by Paul Kent, Director of Coaching, from the Magic NZ Swimming Academy, Auckland, wanted to get some video analysis done for each of the six swim team members. The video footage and Terry's analysed captured data results have been sent to Paul to pass on to the team.



Te Koronga: Showcasing Māori Postgraduate Student Research Excellence



Ngahuia Mita recipient of the prestigious 2014 Philip Ashton Smithells Memorial Scholarship with proud parents Whetumarama Mita and Tim Marshall



Toi Tāngata Best Student Presentations at National Conference 2014 awarded to Darcy Karaka, Ngahuia Mita & Chanel Phillips by Callie Corrigan, Director, and Leonie Matoe BPhEd 1999 both of Toi Tāngata

2014 Te Koronga members with staff L to R are:

Professor Keith Hunter (PVC Sciences); Darcy Karaka BPhEd 2012, PGDipPE 2013; Ngahuia Mita; Chanel Phillips BPhEd 2012; Huia Pocklington; Chelsea Cunningham-McLean BPhEd 2013; Assoc Professor Lisette Burrows (Acting Dean); Dr Hauiti Hakopa and Dr Anne-Marie Jackson

Te Koronga absent members:

Gaye McDowell DipPhEd 1974, PGDipPE 2011
 Lisa Pohatu BSc 2008, DPH 2010
 Hori Barsdell

Our Te Koronga students thought they were giving a one minute chat about their postgraduate research on 25 March. To their astonishment, some of their parents (who had travelled from all over New Zealand) strolled into the room unexpectedly. A surprise ceremony had been organized by the School to showcase Māori postgraduate student research excellence and students' academic achievements with a presentation of some awards. Te Koronga is a Māori postgraduate research excellence group which was established at the School in June 2013 by Dr Hauiti Hakopa (teaching fellow), Dr Anne-Marie Jackson (lecturer) and supported by Ms Samantha Jackson. Other invited guests were from the Division of Sciences, Toi Tāngata, Te Taitimu Trust and Kāti Huirapa ki Puketeraki.

Assoc Professor Lisette Burrows (Acting Dean) welcomed the eight 2014 members of Te Koronga and Professor Keith Hunter presented the academic awards, with Ngahuia Mita the recipient of the School's most prestigious award the Philip Ashton Smithells Memorial Scholarship in Physical Education.

Te Koronga students won the following awards:

- UO Master's Scholarship 2014 – Chanel Phillips, Darcy Karaka**
- PE 3rd Year Overall Prize 2013, Smithells Scholarship in Physical Education 2014 and University Book Shop Prize in Physical Education 2013 – Ngahuia Mita**
- PE 4th year Overall Prize PE 2012 and PE Student Internship Awardee 2013 – Chanel Phillips**
- Toi Tāngata Best Student Presentations at National Conference 2014 – Chanel Phillips, Darcy Karaka, Ngahuia Mita**

The students gave a brief account of the research they are undertaking. Each spoke passionately about the vision they have for their research to benefit the Māori community including projects that explore wairua (spiritual health), how to find a more effective method of teaching the Māori world view and developing Hauora, a philosophy of health and well being to children, the role of physical activity in sport in developing physical health in Māori youth and integrating Māori perceptions into health and gyms.

School Snippets

Welcome to: Dr Peter Lamb on his appointment as Lecturer and to Ms Sharon Renwick as Applied Theory and Practice (ATP) Administrator.

Congrats to:

- ☆ Dr Lynnette Jones, one of 5 Otago University lecturers, who has been awarded a University of Otago Teaching Excellence Award 2014 for "outstanding teaching skills" at an award function on campus in March. She said good teaching was partly about knowing how to "interact with your students at their level", and offering some humour as well as information. Lynnette will go forward to the national teaching awards which are decided later this year.
- ☆ Dr Sandy Mandic on being awarded two research grants for the "Built Environment and Active Transport to School (BEATS) Study": a two-year grant (\$30,000) from the Lottery Health Research for the student component of the BEATS Study and a three-year grant (\$149,941) from the Health Research Council for the parental component of the BEATS Study. <http://www.otago.ac.nz/beats/>
- ☆ Ms Ali East whose paper "Somatic Sensing and Creaturely Knowing in the Improvisational Classroom" received the Top Paper Citation Award from the National Dance Education Organisation (NDEO) 2013 Miami Conference from over 250 entries.
- ☆ Dr Motohide Miyahara on his promotion to Associate Professor.
- ☆ Dr Jon Shemmell on his confirmation and his involvement in the successful bid for a Centre of Research Excellence (Brain Research New Zealand - Rangahau Roro Aotearoa). <http://www.otago.ac.nz/bhrc/news/otago070004.html>



Dr Lynnette Jones and Professor Harlene Hayne, Vice-Chancellor, at the University award ceremony



Dr Lynnette Jones (2nd left) and other University lecturer award recipients

News Comment: To drink or not to drink

Dr Nancy Rehrer, sports scientist, was invited by the Otago Daily Times to give her opinion on the efficacy of sports drinks and the perception that we need to drink during exercise to improve sports performance.

Her comments included: *"the rate depended on individual fitness, diet, hydration, and tiredness but, on average, it would take about an hour and a half of intensive exercise to use up the reserves stored in muscles. It's around a half-marathon ... where sports drinks during the event start to have an effect. ... the need for drinking during exercise had been "oversold". ... we think we need to drink all the time during exercise because we've been told it will help our performance, but we fail to realise most of those performance studies were done in things like marathons."*