

Press conference scheduled for 10:30 am in  
conference room upstairs

10:00 about 6 other photographers were there  
and are just waiting for needed basic information  
I know was available on WNBA website

One photographer set up a shot to have Bestall  
in foreground & Jackson & Suez but watch in background

WIA after 2:00 was not there

10:43 press asked to follow Linn  
to a conference conference room had  
2 microphones 4 cameras 2 lights 3 microphones

10:46 regarding team is Jackson score 20  
O'Neil was with Jackson & Grant

For some reason but is always wrong

Grant had some info regarding time on court  
corrected by the reporter

10:00 AIS Basketball center

Linn Jackson Monique Tula Suez Bestall  
The referees all warming up  
Suez Jackson Tula (Linn Grant,  
Grant Jackson Suez in the background  
The court

10:02 Drill of free throws was not done  
each player shot 10 free throws  
Coaches walked around court  
where rotated shooter. Player coaches  
kept track of normally basketball  
26 various at-risk coaches  
Snell made 22/25  
Rahed made 18/25  
So made 14/26

~~Hay~~ R Sweeney made 30 attempts

After 3 Rounds, move to 30 at 10:30  
1. Chad got 10/25 from 3pt  
Robert got 14/25 from 3pt  
Bishop was blue white shoes  
11/20 Farabee from 3pt  
15/20 from 3pt from 3pt



10/16 Dackman up again get gatorade

Focus moved to improving shooting percentage  
back to same groups. 2 bills shoot. 7 and more  
2 mins for drill this was fast and  
hard follow

Shot was 29/50 for his group

17/32 for total Egnell

Changed drill to 3 points then rebound &  
shoot

Players encouraged to go game speed  
3 mins encouraged to go faster

10/23 moved to precision foul shooting  
10 free throws. 5 sets of 2.  
The drill moved slower

From 10:30 to 10:45  
class

press conference

USA did medal game this morning  
someone shot by 40 minutes

Op 1 focus is on preparing to train

Tom Mahr is coaching US in summer  
Opals coach some bits are better  
British support kids

Will be team doctor + physio + physio  
improving currency. Time is spent on  
play day/afternoon

Kirsty Hammer from my for Athlete  
more of team used the

Class



Graf said affinity with players is good way of knowing them.

Natalie must surely spot who did not go through AIS programme

Jackson thinks the length of camp may like never before will give the team an advantage for Opals

Jackson devastated at Penny Taylor injury by systems, they need to come together to fill the hole Opals have taken to replace her. It need chemistry to overcome that

Jackson said there is a blurry of time right now with the line between training & performing

Jackson was in 3 weeks ago playing in Spanish final's play right now is about focusing on the day today you cannot think about future implications Jackson feels good mentally for 6 months she played Guard in again needs to learn to play inside again

Some of qualifying teams are very good Not ready to think about gold medal match

Does not want to play guard again Jackson is 31 she sees game abt differently having played guard

Jackson says young players have own unique journey everyone is different. People are there to listen to them

Jackson said become star struck Olympics has many distractions if then you have one to play

Natalie says pay 60k - says Anne play my to 68

Opals will be themselves

Graf says they marked that for 2020. Just time people together since world championships in 2010

Graf said it was about Jackson being a team

O'neil says team by day mistaking that as ahead as team is insulated



O'hea is excited to be part of the campaign lol  
At summer in Australia O'hea hasn't played  
with Jackson since 2016 campaign Team needs  
to get chemistry

O'hea says at times as goal keeper the best  
12 and they need to put pressure aside

For switch

Thu 9:30 - 9:50

Tues BBall 3:30 - 5:30

Wed Swimming 10-12  
morning Call Fryna 0438 604 639  
regarding ~~the~~ track team

Thursday Swimming - P del pool 3:30 - 5:30  
Call Chad King about raising \$ to afternoon  
0424588260

\*Contact Damien Bowen / Hannah McDonald  
Chris

Friday 8:30 - 9:00 Yarrulunga  
Aboriginal dance



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Contacts

Chris		0438 604 000		
Chad	King - Rowing	0424 581 260		
Gene	Yang - Swimming	0405 472 000		
Laura	Ellery - Judo	0438 604 000		
Allyson	Spinks - Judo	0438 604 000		

See - Series - contact - Chris

We need to have contacts



5/15 (15/15)

Snell & Cox were under the weather

They skipped the weight & conditioning session. Jackson was also missing

No other media present

Training from 2.30 to 4.00 pm.

According to media guy Devin, media reported total number of players wrong even though press packet clearly stated how many.

Girls were all relaxed & no obvious tension between them (though clearly groups of players belonged to separate groups)

Cambage is SUPER TALL and very nice called media guy for us

Players took piss out of me too oblivious to fuck up on it

Hanna Zarec is of Hungarian heritage only USA college player on team.

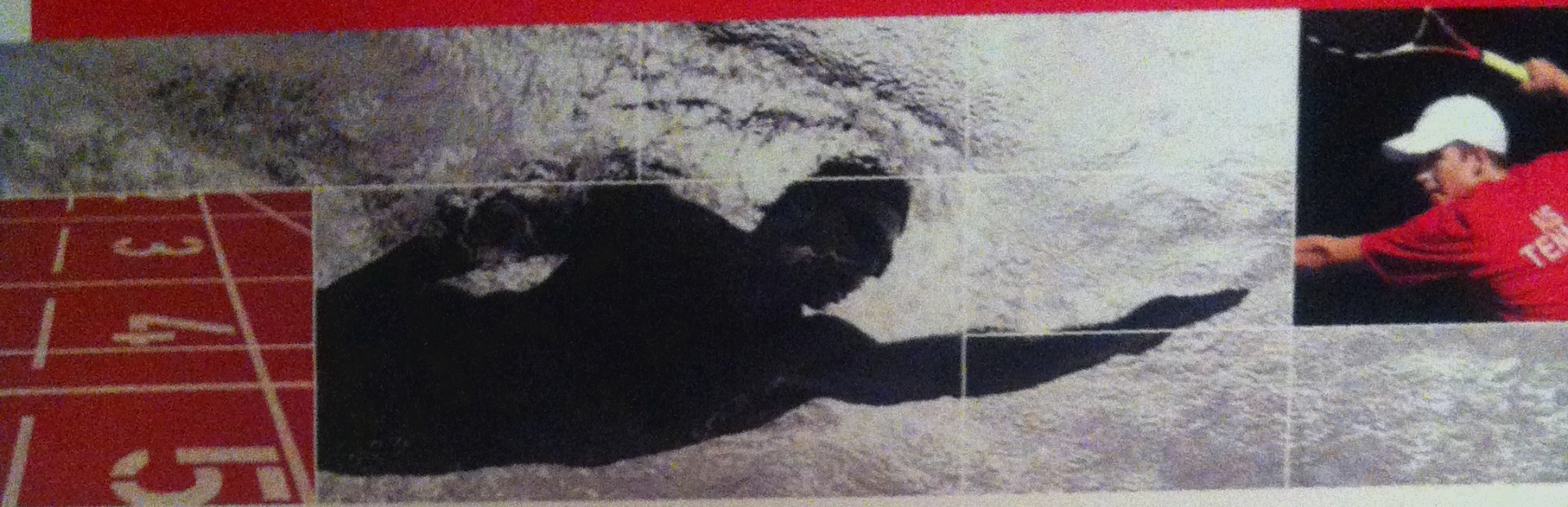




Australian Government  
Australian Sports Commission



AUSTRALIAN  
INSTITUTE OF SPORT



## AIS SPORTS MEDICINE FACT SHEET FOR ATHLETES

### The oral contraceptive pill and performance

Elite female athletes are prescribed the oral contraceptive pill (OCP) for a variety of purposes including contraception, cycle control and manipulation, period pain and absence of periods.

The OCP contains the two key female reproductive hormones, oestrogen and progesterone. Moderate dose OCPs contain oestrogen at 3–5 times what is normally produced, and progesterone at 1–2 times what is produced during a normal cycle.

Overall there is little agreement about the effect of the OCP on performance, with some studies showing an effect and others showing none. This may be due to the differences in OCPs tested, the types of performance tested and the types and fitness of athletes assessed. Many of the studies have not involved elite athletes.

In a high quality study in highly trained female athletes, a reduction in maximal aerobic capacity (VO<sub>2</sub> max) was found in those taking the OCP, but this had no effect on measures of performance such as a short-term speed test, aerobic endurance and strength.

Another study confirmed that the OCP does not significantly affect muscle strength.

Overall there is little high quality evidence that athletic performance is negatively impacted by the OCP.

However, as with many aspects of medicine, athletes' responses to the OCP can be variable. In cases such as acne and excessive weight gain, a number of newer OCPs can be used. Similarly, if an athlete is concerned about her individual performance when taking a particular OCP, changing to another preparation may be useful. This should be discussed with their doctor.

In summary, the overall advantages of the OCP for sportswomen appear to outweigh the potential disadvantages.

Associate Professor Kieran Fallon MD FACSP  
Head of AIS Sports Medicine

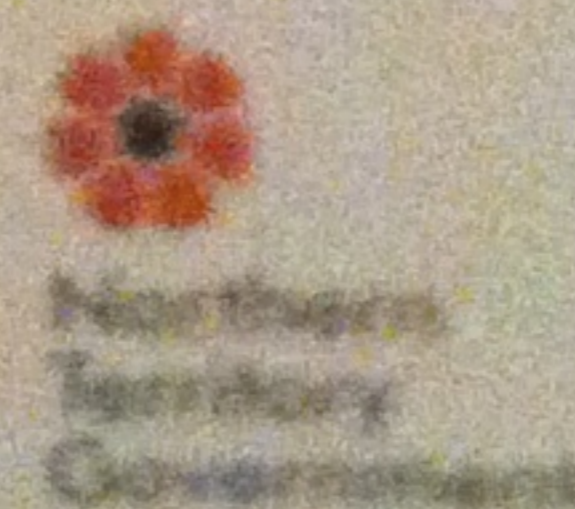
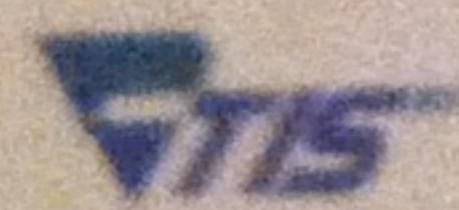


## Contacts

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## NATIONAL ATHLETE COUNSELLING SUPPORT INITIATIVE FOR LONDON 2012





## Preparing for and coping with the unique challenges of training, being selected and excelling at an Olympic or Paralympic Games can be a test for even seasoned elite athletes.

The Australian Government is ensuring that you are supported on your journey to and beyond the London 2012 Olympic and Paralympic Games.

Having being selected as a member of the Australian Olympic Committee or Australian Paralympic Committee shadow team, you will be provided with access to an extended network of psychological support, and athlete career and education services.

This support is in addition to the support services already offered by the National Athlete Career and Education (ACE) and sport psychology networks you may currently be accessing within your home institute or academy of sport, or through the team psychologist appointed by your national sporting organisation (NSO).

### Support services

Support services that are available through the ACE program, sport psychology network and/or via the network of specialists include:

#### Athlete career and education

Career and education counselling support, including:

- transitional support (non selection, retirement and injury)
- career planning, educational guidance and employment preparation
- lifestyle management
- personal development

#### Psychology

Services that can assist with enhancing your performance, and maximise your psychological wellbeing, including:

- psychological skills for performance enhancement
- competition preparation
- competition debriefing
- counselling support through the Olympic or Paralympic selection process
- mental health support
- general counselling

If you would like to access any of these services or others relating to an area that may fall outside of those listed, simply contact your home institute or academy of sport psychologist, your ACE consultant, or your NSO-appointed team psychologist (where applicable).

### Who is eligible?

Athletes who are eligible to access the services of the National Athlete Counselling Support Network in the context of the London 2012 Olympic and Paralympic Games fall into one of the following categories:

- Australian Olympic Committee shadow team members
- Australian Paralympic Committee shadow team members.

### What to do

You can arrange a referral by contacting your home institute or academy of sport psychologist, your ACE consultant, or your NSO-appointed team psychologist, who will support you to identify your area/s of need and the most suitable support service consultant to address those needs.

If you are currently working with a network psychologist, it can be challenging to suggest to them that you would like to see someone different. There are many valid reasons for this to occur, for example, you might prefer to work with someone of the opposite gender or someone who has more experience with your particular issue. It is perfectly acceptable to have these feelings and it is well worth talking them through with your current provider to find a solution that makes the most sense for you.

