

- ☆ Committee Members' Introductions
 - Gavin
- ☆ Leadership Training Weekend
- ☆ Exam Time
- ☆ Role Model ~ Petria Thomas

Something for the Kids

- ☆ Olympics Wrap Up
- ☆ Question & Word Find

COMMITTEE MEMBERS' INTRODUCTIONS...

Gavin Finkelstein

Hi. My name is Gavin Finkelstein, I've been involved in the HFWA and HFA since 1995 and I'm the representative of the HFA Executive Board on the Youth Committee. I believe that the youth



of the haemophilia community (not including myself, being too old these days) are our future. If we develop a strong and viable Youth group the future of the HFA is assured. The group that makes up the committee is enthusiastic and creative with the way in which they go about their responsibilities. As an older member of the community I draw inspiration from this group seeing how keen and they are eager to ensure that the youth committee survives.

In my time of being involved with HFA I've learnt a lot, met some great people, been inspired by others worse off than myself (and there is always someone worse off than you!!) and certainly get more out of it than I put in.

So if you've got nothing better to do and would like to challenge yourself and learn something about yourself - now's the time to get involved.

LEADERSHIP TRAINING WEEKEND

In July, six members of the Youth Committee came to Melbourne to participate in leadership training. The aim of the weekend was to provide participants with leadership and mentoring skills. There was a fun side to the weekend as well. On Saturday night we all went 10 Pin Disco Bowling after a very close match, girls won!

At the end of the weekend, after 2 days of training and partying at night we all made our way to the airport to catch our flights home, tired and exhausted.

The weekend was just amazing. The skills we have taken away with us and working as a team have been extremely beneficial.

"Perfect! I really got a lot from the way it was presented."

"...learning about... how I can be a better and more effective leader."

"...has given me plenty of info to refer to for future occasions."

"I'm more educated about haemophilia and Hepatitis C and I feel I've gained more confidence."

"Thank you for the opportunity to attend the training weekend."

"Good initiative that can be had as a blueprint for developing leadership in the future..."



Youth Leadership Weekend Attendees
(Standing L-R)
Robert McCabe (WA), Secretary; Chantel Roberts (VIC), Member;
Gavin Finkelstein (WA), HFA Executive Board Representative;
Paul Bonner (SA), Member.
(Seated L-R)
Anna Sznyter (TAS), Chairperson; Craig Bardsley (QLD), Member;
Natashia Coco, HFA Representative.

EXAM TIME: SUGGESTIONS FOR HELPING YOU THROUGH EXAMS

Many people find it difficult to motivate themselves to hit the books during exam time. Exams are also a time when **stress** levels are higher than usual. This may mean that your emotions are on edge and you may be more likely to get angry or be sad. It is important to try and keep things in perspective if things seem to get on top of you.

Study Habits



Find out about the exam – Find out what format the exam will take, i.e. are the questions in essay, short answer or multiple choice format? Is the exam open book or closed book? Knowing how the exam is marked and what proportion of your total mark it's worth might also be helpful.

To do lists - Make a to do list before each study session, including small things, and cross them off as you go.

Past exam papers - Past papers can be a useful insight into what your exam will be like. Past exam papers can also provide a guide for what you know and

the areas in which you need help. If possible, practise some under exam conditions and get your teacher to mark them.

Study groups - Forming a studying group can be a helpful way to revise your notes and work through past exam questions. If you have questions about your work, a study group may be a good place to have them answered.

Switch the phone or email off! - If you find that you are being distracted by the phone or emails, it might help to put the answering machine on or get others in the house to take messages for a while. You can always ring people back later.

Wallpaper - write down key concepts you have to learn on small sheets of paper followed by examples of how they are used. Post these sheets around your house, eg your bed, on the toilet door, in front of the CD collection. It helps with remembering things like equations, quotes and foreign languages.

Seek help - Your teacher or lecturer may be able to help if you are having trouble developing a study routine or need help with subjects.



Time Management

Avoid procrastination - Procrastination is when you do everything else but the task you need to do. It is normal to procrastinate a little. However too much procrastination can just add to your stress and can result in you not giving yourself enough time to prepare. Managing your time and setting realistic goals for each study session can be helpful ways to avoid procrastinating.

Make a study timetable – Find out the date of each exam and work out a study timetable leading up to them. This can give you some direction and help you focus on what to study each week or day.

Use your frees - Studying in the school library during your frees gives you access to lots of information available on the reference shelves. Some material, such as sample solutions, often can't be taken out of the library or can be too long to photocopy.

Managing stress



Take a break – It's important to have regular study breaks and time for relaxation and exercise. Going for a walk, run or to the gym is not a waste of time, it is a great way to clear your head and help you study better. Watching your favourite TV show or going to the movies are also good ways to take a break from studying.

Look after yourself – It's easy to let exams get on top of you and to forget to look after yourself. If possible try to get a good night's sleep. It's a good time to make an effort to eat healthy food, including plenty of fruits and vegetables. Some

students use stimulant drugs to help them concentrate and stay awake longer to study, however these drugs can end up making you feel sick, and unable to sleep or concentrate properly.

Try to relax – It's normal to feel stressed and anxious by exams. Managing your stress through ways such as meditation or having a bath will help you to get things done.

Getting support – If you're feeling overwhelmed, you might find it helpful to talk to a teacher or counsellor. It's also important to ask for, and accept, support from your family if you can. This support might be practical, like picking you up from the library, or emotional.

For more information visit www.reachout.com.au

ROLE MODEL - Petria Thomas

State: NSW
Club: Ginninderra Swimming Club
Place of birth: Lismore
Occupation: Student
Facts:



- ✂ Petria started swimming when she was four;
- ✂ Returned from injury at trials to set four Commonwealth records in butterfly;
- ✂ She is one of three swimmers in Athens to compete at her third Olympics;
- ✂ Her highlights are the 1996 and 2000 Olympic Games medals;
- ✂ She is the first woman to win the 100m butterfly at 3 consecutive Commonwealth Games;
- ✂ Petria was awarded the 2001 and 2002 AIS Athlete of the year, 2001 NSW Young Australian of the Year and 2001 Young Australian of the Year - Sport Award, 2001 Centenary Medal, 2000 Australian Sports Medal;
- ✂ Petria's family, Stan Tilley, AIS and Julian, her husband have been the most influential people throughout her career;
- ✂ Basketball star Michael Jordan and Olympian Dawn Fraser are her heroes;
- ✂ Her interests are the beach, basketball, shopping and movies.

2004 Athens Olympics Results

Women's 4 x 100m freestyle	1 st	(3:35.94)	
100 m butterfly	1 st	(57.72)	
200m butterfly	2 nd	(2:06.36)	
Women's 4 x 200m freestyle	4 th	(7:57.40)	
Women's 4 x 100m medley	1 st	(3:57.32)	WORLD RECORD

SOMETHING FOR THE KIDS...

OLYMPICS WRAP UP










Attitude, Sportsmanship, Pride, Individual responsibility, Respect, Express – ASPIRE. These are the official values of the Australian Olympic team.

The Australian team in Athens overall came 4th in the medal tally. What a successful games we had.






Country	GOLD	SILVER	BRONZE	TOTAL
United States	35	39	29	103
China	32	17	14	63
Russia	27	27	37	91
Australia	17	16	16	49
Japan	16	9	12	37
Germany	14	16	18	48
France	11	9	13	33
Italy	10	11	12	33
Korea, South	9	12	9	30
United Kingdom (Great Britain)	9	9	11	29

GOLD MEDALS

SWIMMING

-  IAN THORPE – 400m freestyle
-  IAN THORPE – 200m freestyle
-  PETRIA THOMAS -100m butterfly
-  JODIE HENRY, LIBBY LENTON, PETRIA THOMAS, ALICE MILLS - Women's 4x100m freestyle relay
-  JODIE HENRY-100m freestyle
-  ANNA MEARES - 500m time trial
-  GRANT HACKETT -1500m freestyle
-  GIAAN ROONEY, LEISEL JONES, PETRIA THOMAS, JODIE HENRY, BROOKE HANSON, ALICE MILLS, JESS SCHIPPER - Women's 4x100m medley relay:
-  CHANTELE NEWBERY- 10m platform diving

CYCLING

-  SARA CARRIGAN – women's road cycling race
-  GRAEME BROWN, BRETT LANCASTER, BRAD MCGEE, LUKE ROBERTS - Men's pursuit team
-  RYAN BAYLEY - Men's sprint
-  RYAN BAYLEY - Men's keirin
-  STUART O'GRADY, GRAEME BROWN - Men's madison


SHOOTING

-  SUZY BALOGH- Trap shooting

ROWING

-  JAMES TOMKINS & DREW GINN -rowing men's pairs

HOCKEY

-  Men's hockey team

For more information on the Olympics visit - www.olympics.com.au. We look forward to Beijing in 2008!!

QUESTION & WORD FIND – WRAP UP

A	B	E	I	J	I	N	G	D	A
F	G	P	F	O	U	R	T	H	S
I	A	N	T	H	O	R	P	E	P
B	E	F	O	T	D	A	S	P	I
X	A	T	H	E	N	S	N	R	R
G	F	O	R	T	Y	N	I	N	E

1. What was our total medal tally?
2. What is the official values statement?
3. Which city hosted the 2004 Olympics?
4. Which athlete won the most medals?
5. Where did Australia come in the medal tally?
6. Where are the next Olympics being held?