



The Blue Lake Bulletin



www.bluelakebmx.com

Spring 2006

DAKTARI

In This Edition

- From the Prez
- Renee Junga Update
- Ballintyne's Bike Bits
- Licence Renewals
- Birthday Club
- 2007 Nationals
- AGM
- Now & Then
- Coaches Corner

Club Contacts

President:

Chris DeNys 8725 9831

Vice President:

Greg Ballintyne 8725 0692

Secretary:

Martin Allen 8725 2187

Treasurer:

Karen DeNys 8725 9831

Nominations Secretary:

Martin Allen 0418 849 552

Publicity:

Louise Tye 8725 6475

Hall Hire:

Caroline Batten 0437 620 799

Club Phone:

0437 620 799

Club E-mail:

bluelakebmx@icisp.net.au

From The Prez

Hi all

Its' that time again, with only 2 weeks until the SA state titles, riders who are attending should be well into their training programme. With the titles held at our track last year & a lot of local riders taking home state rankings, this will be a great opportunity to show the city riders that it wasn't because the titles were held here that we done so well. We should all be aiming to get that ranking back or better it this year, & just watching some of you train this is certainly going to happen so good luck & crank hard.

Just a couple of dates to remember to are sat 23 Sep working bee for first straight changes bring spade, shovel, rakes & the other date is sat 18 Nov for the final of the state cup series to be held at our club & afterwards for a BBQ & presentations. The "BAR" will be open so the more the merrier. One more thing there have been a few questions being asked about why the gates are across the starting ramp, it is an ABMXA insurance requirement so if we don't have them we are not covered.

Till next time, keep pedaling! *Chris deNys*

CYCLING AUSTRALIA MEDIA ADVISORY

Bicycle Motocross Australia (BMXA), Cycling Australia (CA) and Mountain bike Australia (MTBA) today jointly launched an appeal for injured athlete Renee Junga. The 20 year old, who won a Silver Medal at last years World BMX Championships in France and was the 2005 Australian Female BMX Cyclist of the Year, crashed on August 22nd while training on the 4X (Four-Cross) course in preparation for the World Mountain bike Championships in Rotorua, NZ. Renee broke the C1 and C2 bones in her neck and suffered spinal trauma at the T6 vertebrae. She also suffered two broken ribs and a fractured sternum. Surgeons operated to fuse together the bones in her neck and to insert a surgical rod and screws to stabilise her spine. Renee remains in Auckland City Hospital recovering from the surgery but is expected to fly back to Brisbane late this month where she will initially be admitted to the Princess Alexandra Hospital.

"The purpose of the appeal is to raise funds to assist Renee with the challenges she faces in the future," said Cycling Australia CEO, Graham Fredericks. "A number of fund-raising efforts have already commenced in Australia and New Zealand and this support is greatly appreciated by Renee and her family.

"Renee is a very strong and determined young woman and we all wish her well with her rehabilitation," said BMXA Australia President, Graham Arnold.

Renee yesterday was visited by former Motocross racer Niki Urwin, who suffered spinal injuries in a racing accident in Horsham, Victoria several years ago. Urwin, who is paralysed from the chest down, is the coach of New Zealand mountain bike cyclist Vanessa Quin. "It was good to speak to someone who has actually been through what I am going through," said Renee. "He told me about what I can expect and shared some of his experiences with me."

Today Renee achieved a milestone when she sat upright for the first time.

"I got onto the edge of the bed, feet on the ground and bent at 90 degrees," said Renee. "It only lasted for about five minutes because I got a bit dizzy but the physios were pretty happy with that. "They are going to set me up with a temporary wheelchair later this week."

Renee has been fitted with a brace, neck to waist, which she must wear for around twelve weeks but says the pain from her surgery is beginning to ease.

"Today I also saw the dentist about my left molar which I cracked pretty badly in the crash," she said. "They'll probably try and put a temporary cap on it next week but there's not a lot more they can do until the brace comes off because it restricts my neck movement."

For all the latest reports or to see how you can donate, please see our club website for links.

The club has sent a card to Renee, and I'm sure all our thoughts are with her, and we all wish here all the best for the future.



Ballintyne's Bike Bits

Flat tyres are a curse put on parents because five minutes before your child has to race they come to you and say "Mum, Dad, I've got a flat tyre". So always carry a good repair kit or a couple of spare bike tubes so you can replace the punctured one straight away and take the one with a hole in it home and repair it at your leisure.

Remember when you race away at a different tracks get the kids to ride their bikes on designated paths or roads. This is because there are some nasty little things called three corner jacks in the grass that will pierce a tyre and tube quite easily.

Tyre pressure should be kept at a maximum. This will help prevent "Little Johnny" or "Little Suzie", from pinching the tube when not quite getting the landing exactly right.

So a couple of tubes and a repair kit won't cost a fortune and will keep the stress levels under control. So enjoy the up and coming State Titles and remember "Stay off the grass".

3259Licence Renewals

Greg	Ballintyne	02/10/2006
Kimberley	Ballintyne	08/10/2006
Kimberley	Ballintyne	08/10/2006
Matthew	Batten	12/09/2006
Jake	DeNys	17/10/2006
Jake	DeNys	17/10/2006
Steven	Groen	18/10/2006
Billy	Hann	26/09/2006
Kai	levins	21/11/2006
Cody	Jelleff	12/11/2006
Tyson	Jelleff	20/11/2006
Scott	Martin	29/09/2006
Jayden	Mattheson	04/09/2006
Shane	Mcarthur	08/11/2006
Robert	Morgan	12/11/2006
Lachlan	Scott	13/11/2006
Kobi	White	04/09/2006
Alex	Williams	26/09/2006

To avoid a \$20.00 late fee, make sure you renew your licence 2 weeks PRIOR to it expiring

Birthday Club

Karl	Ballintyne	16/10/1990
Kimberley	Ballintyne	28/10/1995
Matthew	Batten	02/11/1994
Nicola	Batten	13/09/2006
Ben	Bruhn	05/11/1997
Jake	DeNys	02/09/1994
Billy	Hann	27/11/2000
Andrew	Harvey	07/09/1988
Macey	Humphries	20/10/1999
Kylie	Jelleff	26/09/1980
Cody	Jelleff	12/12/2001
Tyson	Jelleff	12/12/2001
Shaya	Johnston	14/10/1998
Jacob	Puckridge	23/09/1999
Ronald	Ross	10/09/1963
Lachlan	Scott	13/09/1998
Natalie	Short	16/11/1995
David	Tye	09/09/1969
Sophie	Tye	25/11/1994

Happy Birthday to you all2007 Nationals

The 2007 Nationals will be held at:
Lake Macquarie BMX Club
Mary Street Argenton NSW 2284

The format will most probably follow this years' programme:

Wednesday 3/5/07

Practice age & cruisers

Thursday 4/5/07

Practice & cruisers

Friday 5/5/07

Sprocket rocket clinic, practice and official opening Champbikx & UCI

Saturday 6/5/07

National championships

Sunday 7/5/07

National championships, Champbikx and Probikx

Club AGM

The Club's Annual General Meeting is to be held on Wednesday 20th September in the clubrooms at 7.30pm. There are some proposed changes to the constitution, so see you all there.

Now & Then

The number of music DVD's sold each year in Australia:

Now – 4.4 Million Then in 2000 – 232,000

The number of drive in theatres:

Now – 17 Then in 1976-77 it was 280

The proportion of Australian households with a dishwasher:

Now – 42 percent Then in 1994 it was 25 percent

The proportion of households with a front-loading washing machine:

Now – 13 percent Then in 1994 it was 5 percent

Coaches Corner

The State Titles are fast approaching and it is now time to work on speed. We have worked on power that we can now turn into speed. It is time for shorter 30-50metre sprints on the road/ bitumen/ track (not grass). Focus on good pedaling style with a spinning effect.

If you have been working in the gym don't forget to add some plyometrics as you taper off leading up to the State Titles.

As usual eat plenty of good food and get at least eight hours sleep each night. Keeping a training diary can be a useful tool. Recording your training efforts, food intake, sleep patterns and race results can help you determine what works for you. Don't forget you can get in some extra gate practice on Monday nights from 4.30 – 6.30pm. Junior training is also held on Wednesday nights at 4pm.

Most importantly remember to have fun.

If you have any questions or need help ask one of our coaches.

The clubs accredited coaches are Greg Ballintyne, Scott Bradley, Chris deNys, Louise Tve. Karen deNys. Leah Hull and Zac Lennon

Results and Things

Don't forget to check the information window for racing results and the latest calendar. This information is also posted on the club's website, so call in regularly to see if there are any changes.

Next Edition

Our next edition will be for Summer. Any contributions are to be with Marty before 20th November please.

Sponsors

Don't forget to support our club sponsors where possible, they are hard to get & we need to keep them