

## IVANHOE HARRIERS INTERNATIONAL CONNECTIONS By Jeff Frankin

In our last edition of Cursus we had an article titled "Coaching Opportunity". In essence, the article was an appeal for assistance or input from past members in order to help grow our coaching group. Well, we received only one response but what a wonderful response it was.

Chris Schrader is a past member from about 45 years ago, now living in Texas. He wrote back to Cursus Editor, Stephen Pegg with the following message:

*"This is Chris Schrader and I live in Texas. I was a member of the Ivanhoe Harriers Club in 68-72 timeframe if I am correct. There was a blurb in this last edition of Cursus asking about contributions from past members in regards to coaching info. I have been coaching middle distance athletes since 1970 when I had all the club junior runners. Since that time I have coached 82 state gold medallists in Oz and Texas with the bulk being in Texas. I have attached our latest training schedules on a calendar format. Our development or build stage is between June and end of September. Temperatures in Texas are 85-105 degrees during this time. All Sunday runs are at 6.30-7.00am. During the week it is 7.40pm or later. The balance of the Schedules will come to fill up the calendar, if it is useable please feel free to pass on to Jeff Franklin. The schedules are for a 15 -16 year old who improved over the last two years from 4.54 ( 1600m) ,10.21 ( 3200m) as an eighth grader. To 4.31 and 9.51 as a 9th grader and this year as a 10th grader, 4.14 and 9.15. If this helps, feel free to use it any way possible."*

Thank you very much Chris for your continued interest in Ivanhoe Harriers and we hope some of our other former athletes/coaches will also rise to the challenge of assisting.

Your coaching programmes will be very valuable.

As a matter of interest, we have gone back through past editions of Cursus to see if we could find any articles about Chris and guess what...Cursus monthly 1976, Editor was Gary Holliday and an article titled "George Mill back from USA."

" Yes, Mr. G. Mill has visited Harrier, Chris Schrader, in Texas and has this message:

Glad to see you are Cursus Editor and Cole is President. Do my eyes deceive me or is Noel Roberts ( Jnr) Secretary? If so that is good news as new blood is coming into the club's administration. Anyway, I wrote to say that I saw Chris Schrader in USA and have included a little comment on Chris for inclusion in Cursus.



Chris is now married to a nice American girl ( Gina Miles) now Gina Schrader and is living in a beautiful little town in Texas called San Marcos. The town has a really beautiful University and campus. In fact there are more university students than residents of the town. ( pop. About 10,000) Chris should be finished his course in physical education by now but he will be remaining in the States for some time yet, as I now hear that he is expecting a child with his wife. Chris has not changed very much. In fact he is still very forthright and straightforward.

Chris has mellowed somewhat to his running as he now only runs for part of the year and has a rest session if he so desires. He trains a few local athletes and they are beginning to have some

success under his guidance. He is still avidly interested in the Harriers and would like to hear from any of his friends.”

So there you are, that article penned almost 40 years ago and Chris remains a loyal Harrier in the States. Congratulations and well done Chris.

## IVANHOE GRAMMAR SCHOOL COACHING CLINIC

By Jeff Frankin

The first proposed training session was unfortunately cancelled due to weather conditions and we finally got underway on Saturday morning 15th August 2015. On this occasion, the weather was overcast but fine and a good turnout of students from Ivanhoe and Mernda campus attended.

Many thanks to the following Harriers who gave their time and coaching expertise on the day, **John Boas, Catherine Brennan, Peter Rule, Matthew Hall, Glen Nicholson, Michael Wallis, Richard Russell, Stephen Pegg and Braden Fraser.**

Chris Branigan, Head of Physical Education at Ivanhoe Grammar School was very pleased with the training and it was clear that quite a number of the students benefitted from the advice and hints given during the morning.

We have attached a number of photos below of the athletes on the track.

Unfortunately, Willinda Park is to be closed for maintenance works from 27th August and the final two scheduled coaching clinics will now be held at Collingwood Track. This has come out of the blue and is disappointing for IGS and ourselves. The final two sessions will still be held on Saturday mornings the 29th August and 5th September so we are hopeful that our ‘coaching group’ will still be available to assist.

Many thanks to the staff at Ivanhoe Grammar School for their input and assistance and of course, the BBQ which followed training.





## Cross Country Round 8 - Angelsea, Saturday, 15th August 2015

By Stephen Pegg

Ivanhoe Harriers was represented at the Ekiden Relays by the Men's Division 5 team featuring James Lynch, Travis McIntosh, Chris Struve, and John David. The guys finished in 9th place with a total time of 2h, 44m, 57s. Well done!

### Leg splits:

- 1: James Lynch, 9.8km, 52m, 06s
- 2: Travis McIntosh, 8.8km, 43m, 21s
- 3: Chris Struve, 7.8km, 40m, 58s
- 4: John David, 5.2km 28m, 32s

