

medications and sport

most people need to use medications at some time to help them recover from illness or injury. all medications can have bad side-effects but sometimes these don't cause a problem until you put the body under stress, like during exercise.

when you exercise you put your body under additional stress and side-effects from medications may become more obvious and cause health problems. medications can also hide the full extent of your illness or injury, which can result in you pushing yourself too hard, making your illness or injury worse, and delaying recovery.

to avoid suffering any ill-effects from using medications:

- always use medications only as directed.
- drink plenty of water before, during and after exercise.
- don't use medications that allow you to play or train when you have an illness or injury that should be keeping you out.
- if possible, consider other alternatives to using medications. for example, many headaches are caused by dehydration. try drinking some water and resting instead.

to find out more visit the drug aware website at www.drugaware.com.au

drug aware - know what you're getting into...

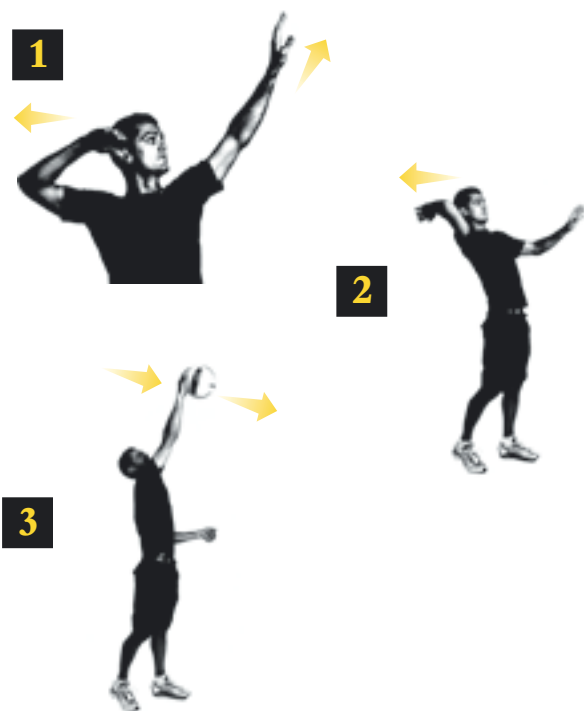
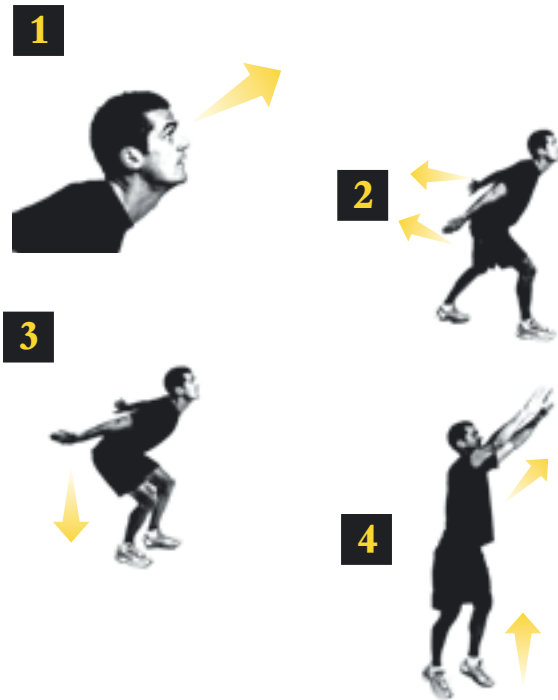
volleyball skills: the spike

the most important thing with the spike is to maximise your jump and to contact the ball in the correct location. key areas to remember for a successful spike are:

- watch the ball, be alert and comfortable
- accelerate to jump location and jump straight up
- use a fast arm movement when swinging at the ball
- contact ball with an open hand, above your head and in front of the hitting shoulder
- use arm and hand to direct the ball.

1. the 4 step approach

1. eyes on the ball - beginning of approach
 - watch ball leave the setter's hands, and be ready to adjust your approach to the ball's flight path.
 - first step is a small adjusting step with the right foot in the direction of the ball.
2. beginning preparation to jump
 - third step is the longest step in the sequence and establishes the base to jump up off.
 - arms are moving/swinging backwards preparing to swing forward.
 - foot plants onto ground in heel-toe action.
3. final preparation of the jump
 - fourth step is a catch up step with the left foot.
 - left foot should end up being slightly in front of right foot.
 - feet should be shoulder width apart.
 - knees are bent and upper legs are at 45 degrees to the ground.
 - arms are all the way back to be almost parallel to the ground.
4. commencement of the jump
 - legs extend to drive body upwards off the ground.
 - arms swing forward to point at the ball.
 - try and jump directly upwards as much as possible.



2. contact technique

1. front arm is extended, the hitting arm is prepared
 - the front arm is extended and points at the ball
 - the hitting arm is drawn back.
2. the hitting arm is drawn right back, back is arched
 - the hitting arm is extended back with the elbow pointing high
 - the hand is positioned behind the head
 - the back is arched in preparation.
3. contact with the ball
 - the elbow is moved forward to be in front of the shoulder
 - the arm is then fully extended so the hand makes contact with the ball in front of the hitting shoulder
 - as the hand contacts the ball, the wrist is snapped forward over the ball
 - back is released from arch to aid power and downward motion of the ball.
4. follow through
 - the arm follows the direction of the ball after contact
 - the hand should end up next to the hip.