

JACQUI COOPER

AUSTRALIAN OLYMPIC AERIAL SKIER | MOTIVATIONAL SPEAKER



I recently presented at the ACCA conference in Wellington, New Zealand. My presentation for themed " Jacqui Cooper - Story of Success... & the Impact of Science & Technology in Sport; this was a great topic for me to present.

I started my session with a very impactful DVD; a video montage of my career narrated by Bruce McAvaney.

Telling the group a little about my childhood, my passion for acrobatics, and how I got started in my sport gave everyone a very good idea of the person I am, the passion I have and the lengths I went to in sport to be able to reach a 10 year dream of becoming a World Champion.

Science and Technology in sport was an interesting and fascinating topic for me; representing my country for 20 years meant that I was a part of 3 eras of sport. Most athletes will represent their country for 5- 7 years; 20 years is unusual and unparalleled. In 20 years you see change; you see evolution of the athlete, transformation in technology, advancement in science and developments in medicine.

The late 80's, late 90's through to 2010 was the period of focus.

- The late 80's was athletes doing it for themselves and by themselves. The AIS was just established.
- The late 90's saw money being injected into sport. Sydney winning the right to host the 200 Olympics changed the game in Australia. Money was being spent on athletes, insuring results at the highest level of sport.
- By 2010 athletes are spoilt with technology, science, funding, program management, sports psychology and medicine. Being treated like expensive robots with every piece of world class know-how made available for them

I hope that everyone that attended my session left feeling and knowing that the most important piece of computer hardware is your brain, and the best piece of equipment is your heart.

If you leave all of the science and technology out of it, those with a big heart will always victorious!