

## Sport

# Horn fights off bullies



Jeff Horn, back, his trainer Glenn Rushton, from left and Amayda founder Frank Mechler.

## World champion boxer helps others who have been bullied

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FORMER world boxing champion Jeff Horn is the national ambassador of an anti-bullying program directed at primary school aged children.

The Stretton Boxing Club mentor was bullied as a schoolboy before rising to defeat boxing great Manny Pacquiao in one of the great sporting moments in Australian history.

Horn and his trainer Glenn Rushton (program mentor) have teamed with marshall arts expert Frank

Mechler who founded the not-for-profit organisation, Amayda (Australian Marshall Arts Youth Development Alliance).

Mechler and his team had already visited more than 15 schools to help both the victims of bullies and young bullies themselves.

"It is an anti-bullying and empowerment program," Mechler said.

"We train the kids on how to apply positive skills that deal with a bullying situation."

Schoolboy Carter Lawson said of the program: "It helps you find yourself, find

### JEFF HORN'S RISE

#### Jeff Horn's rise from being a bullied school student

Stretton Boxing Club trainer Glenn Rushton said he would never forget the first time former world boxing champion Jeff Horn walked into his gym as a bullied schoolboy.

"He had victim written all over him," Rushton said.

"He was like the (Marty) McFly character in Back to the Future. It is like he had a "kick me" sign on the back of him.

"I say to kids, if you were a bully would you pick on you. And Jeff had that look. He'd be one of the blokes you'd pick on."

"Look at him now. He is one of the most confident people in the world. He was confident enough to beat a legend like Manny Pacquiao, so that is what you call a quantum shift."

your person and also boosts your confidence a lot.

"It teaches you to deal with unexpected situations. I have also seen an improvement in myself, an improvement in my strength and general health and endurance. And it is a lot of fun."

"The training is less of training and more of a fun activity to do."

Another secondary school student Kane Rose said the program helped him. "I used to get bullied all of the time and I thought the program might help and it has."

## Rochdale enter make or break

### FOOTBALL

ROCHEDALE Rovers will enter a make or break period of their season starting with an away game against top of the table Sunshine Coast this weekend.

Last start winners, Rovers sit in fourth place with an ambition to rise to second position and earning promotion.

Which makes three games within the space of eight days crucial to their season.

"This is make or break for us, the next two weeks," said technical director Scott MacNicol.

All away games, Rovers play Sunshine Coast, Southside Eagles (Wednesday) and Logan Lightning (Saturday week).

MacNicol has fortified his squad by adding two players before the transfer period closed.

Japanese defender Chlaru Kato is a depth signing while goal keeper Declan Murphy was drafted in due to the unavailability of regular goalie Tom Carroll who is missing for a month.

"He (Murphy) has done well in the leagues for the last few seasons.

"We wanted to have some more squad depth to push for promotion."

PICTURE: ANDREW DAWSON

## Sports Star nominations



NOMINATIONS were being accepted for the Local Sport Star.

Nominees must have been aged under 18 years with the exception of the Service to Sport award which is an open category.

The other award categories include Junior Sports Star, Team of Excellence and Inspiration Award.

To nominate an athlete, visit [localsportsstars.com.au/quest](http://localsportsstars.com.au/quest)

### BRIEFLY

#### Dragons back

Sunnybank will resume its Premier Rugby season after last weekend's bye when the Dragons confront Brothers at Crosby Park.

#### Mt Gravatt in touch

Mt Gravatt kept in touch with the top five with a rousing one point win over Broadbeach. The Vultures won 13-11-89 to 14-4-88 and have positioned themselves within striking distance. They play Wilston Grange away on Saturday.

# Sam riding wave of success to Townsville

### ATHLETICS

QE II-based athlete Sam Hurwood is living the sporting dream as he continues to ride a purple patch of form that lifted him into Australian colours.

Hurwood is representing the Australian under 20 team in the 200m and 100m hurdles at the Oceania Area Championships which started yesterday.

He won selection after a

gold medal performance at the nationals.

"Honestly it has been one high after another. I've been smiling so much my face hurts," Hurwood said.

"My win in Sydney was my first ever individual gold medal at a national event so that was obviously quite special. I would have to give that first place in my book of achievements."

"But, what really makes it more special to me than my

selection for the Oceania Championships is that it was a race I wasn't selected to win. I had to throw myself over the line to come first.

"In saying this, my selection in the team is still a close second place and massive achievement. I am absolutely over the moon."

Coached by Rajeev Bala-krishnan at Nathan, this week is the first time Hurwood has represented Australia after a near miss last

year when he was disqualified for a false start at the nationals which cost him the chance of national under 18 selection.

He praised his coach Rajeev whom he said "makes the experience both challenging and enjoyable".

"Being selected to represent Australia doesn't change anything. I have always given it my all and the Oceania's is just another place to do that."



Sam Hurwood.