

# VIBE ACTIVITIES

## Stay Strong – *Beating the hurdles* pages 22 and 23

# Beating the hurdles

## McCann returns from Championships with Gold and a Personal Best

**LITE ATHLETE SHANNON MCCANN IS BACK FROM THE AUSTRALIAN NATIONAL CHAMPIONSHIPS AND JUSTIFIABLY PROUD TO BE THE 100M HURDLE NATIONAL CHAMPION, AND TO TOP IT OFF, SHE ALSO ACHIEVED A PERSONAL BEST.**

While her achievements might seem easy on paper, it took sheer hard work and commitment for Shannon to get through a gruelling schedule that included not only athletics but also university studies and volunteering.

This Perth-based girl, whose mosh from Parbury started in the Torres Strait she was raised in North Queensland before moving to Perth, has not only broken the Australian 100m hurdle record but also hurdles she after over so gracefully.

It's the fifth time she's competed at the Nationals and the second gold medal she's won. She came away with, but this year beat the State record by 0.01 of a second, which has stood since 1994, she says.

At 24 years of age, Shannon's best is still in front of her. Starting out as a 400m hurdler, she switched to the 100m when she changed coaches and knew she was capable of more speed.

But despite her significant achievements, Shannon doesn't consider herself particularly talented. Rather, she says it just comes down to hard work and commitment.

"I've given up so much to get to this level. I'm also studying at university

and working part-time, as well as training and competing," she says.

"I want to be the best version of myself that I can be. I grew up in Innisfail in Queensland and we come from a poor background, so I have that drive."

She has been involved in athletics since she was five years old and took up running because her sister did.

"I wanted to like her and started out as a distance runner and didn't shine at that, but when I did discover it, that had a talent to go harder and faster. Hurdling suited my pace more. I'm a huge believer in learning ability. I have speed and technique – not so much talent, but I work very hard," she says.

To become a national champion you have to be driven and Shannon admits that she is. Having to train daily isn't hard for

her, but she says it hasn't always been smooth sailing in her athletics career.

"Open-down injury. It's natural for me to be driven and there have been times when I've doubted myself, but my coach, family and fans have been so supportive that when I don't believe in myself they reassure me that I can do it," Shannon says.

"I want to take my athletic career as far as possible and I think I have another 10 years in me in the World Championships. I raced in July and represent Australia, as well as compete in the 2014 Commonwealth Games in Glasgow.

"Of course my dream is to represent Australia at the next Olympics and it's a definite possibility. I'm not too far off the qualifier and currently I'm



Shannon fifth fastest in the 100m hurdles in the 2013 Australian Athletics Championships in April

ranked 10th. I need to get to 2nd and better my time by 0.3 of a second.

"I've done a 89 [personal best] this season and I'm still getting faster. I'm not training in the gym yet, just running off speed. In Australia, the 100m hurdles are not that strong yet. Silly Pearson is the Olympic Champion, she makes me realise that anything is possible and we in Australia, can be the best in the world."

Shannon is not only a role model to her fans but also to young Aboriginal and Torres Strait Islander people – a role she takes seriously. "It's becoming clear to me that I'm a role model for Indigenous athletes and it's

good to show them that we won't be pigeon-holed and that, like other things we do well, we can hurdle, too," she says.

When Shannon isn't training and competing, she attends Murdoch University where she studies forensic science. Juggling time is second nature to achieve her dreams, one of which is to work for the Coroner.

"I want to eventually get into that side of forensic or possibly work for CSIRO in medical research."

And what does Shannon eat when she gets food cravings? No takeaways or packets of chips for this athlete. Her favourite snack is yummy and healthy. "Carrot sticks and hummus dip. It's my favourite food and I eat 'till the tines!"

So how does national 100m Hurdle Champion Shannon McCann stay fit and healthy? Here's the simple philosophy: "Everything in moderation and don't overdo anything because that's just as bad as under-doing it," she says.

"The most important thing is to get out there and get moving. Shannon's diet is unique for an athlete in that she is a vegan (no meat) and gets her protein from non-meat sources, but for others, plenty of red meat will provide much needed protein.

"The key to a healthy diet is definitely avoiding junk food and eating lots of fresh fruit and vegetables," she says.

Staying away from drugs and alcohol is important to get the most out of life. "Avoid smoking and alcohol and keep active because without being fit and healthy, you can't live your life to the full and you miss out on opportunities," Shannon says.

"It's so important to be up to your potential and that means we have to get fit, fuel eating and being fit."

**If you want to know more about Shannon, head to [shannonmccann100mh.com](http://shannonmccann100mh.com)**

**STAY STRONG**

*Shannon McCann at a glance*

- \* 100m Hurdler from Perth, Western Australia.
- \* 2 x Australian National Champion (2012 and 2013)
- \* WA State Record Holder
- \* 10th fastest Australian hurdler of all-time
- \* Fastest Indigenous Australian hurdler of all-time
- \* 2012 Naidoo Perth Sportsperson Of The Year

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**Shannon McCann is the Australian 100m hurdles champion. She is based in Perth, WA but her family comes from Darnley Island in the Torres Strait.**

**READ *Stay Strong – Beating the hurdles* pages 22 and 23**

**ACTIVITY 1**  
**BUILDING READING SKILLS**



- skimming and scanning for information
- reading headings, sub-headings, text boxes and pictures
- reading for meaning
- making connections between the text and your world

**There are three levels of comprehension questions:**

- Literal**      The answer is located in one sentence in the text.
- Inferred**      You need to make links between text and graphics (such as photographs, illustrations, maps and tables) and what you already know.
- Applied**      The answer is in your background knowledge, what you already know or feel.

**1** What does Shannon McCann attribute to her success? (inferred)

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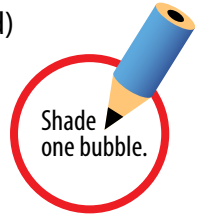
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**2** Place these events in the correct order from 1 to 4.

(inferred)

- Shannon won the Australian 100m hurdles title with a personal best time.
- Shannon hopes to compete in the next Olympics.
- She hopes to compete in the World University Games in Russia next July.
- Shannon grew up in northern Queensland.



**3** What is the overall purpose of this text?

(applied)

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**4** How do the visual images support the message of this text?

(inferred)

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## ACTIVITY 2

### LANGUAGE CONVENTIONS – SPELLING

**1** The spelling mistakes in these sentences have been underlined. Write the correct spelling for each word in the box.

Her acheevements are not as easy as they may seem.

She has compeated in the titles before.



**2** Each sentence has one word that is incorrect.  
Write the correct spelling of the word in the box.

She is a nashonal champion.

She takes her sport seriously.



## Spelling – Homonyms / Homophones

**Homonyms / homophones are words that sound the same but have different spellings and different meanings.**

For example, people often confuse **there**, **they're** and **their**.

A simple way to remember these:

**there** = place or idea

**they're** = contraction for they are

**their** = belongs to them

**3** Circle the correct word in the following sentences.

- A. ( There / They're / Their ) going out to compete today.
- B. This event was ( there / they're / their ) favourite.
- C. I'm glad I was ( there / they're / their ) to see her win the championship.

## ACTIVITY 3

### LANGUAGE CONVENTIONS – PUNCTUATION

**Direct speech is what is actually spoken, shown by speech marks ( " " ) in writing.**

**Indirect speech does not say what is actually spoken. It reports what has been said, so it doesn't need speech marks.**

**1** Change this passage of indirect speech into direct speech.



Shannon said that it was becoming clear to her that she is a role model for Indigenous athletes and it's good to show people that Indigenous people won't be pigeon-holed. She said that hurdling is one of the many things that Indigenous athletes do well.

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## ACTIVITY 4

### WRITING A DISCUSSION

**TOPIC – Walking has more health benefits than running**



A Discussion is a type of Argument text that argues two or more points of view about an issue. Discussions begin by stating the Issue, and then give different Sides to the debate, concluding with a Resolution, judging which side is more valid.

ARGUMENT type	Social purpose	Stages	Phases
<b>Discussion</b>	Debates two or more points of view	<b>Issue</b>  <b>Sides - arguments for and arguments against</b>  <b>Resolution</b>	<b>Preview all points</b>  <b>evidence</b> <b>statistics</b> <b>quotes</b> <b>examples</b> <b>elaborations</b>  <b>conclusions - review all the points and state which side you agree with</b>

**Do you agree? Do you disagree?**

**Brainstorm your ideas for and against. (For ideas, read Healthy Vibe page 26.)**

Reasons that walking is better than running	Reasons that running is better than walking

**Which side of the argument do you agree with?**

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**Write a DISCUSSION to convince a reader of your opinion.**

**Think about:**

- examples, statistics, elaborations and other evidence to support your ideas.

**Remember to:**

- research your topic and plan your writing.
- choose your arguments carefully.
- start with an attention-grabbing introduction.
- state your arguments clearly.
- give reasons and examples for your arguments.
- write in sentences.
- use words that connect your ideas (firstly, next, in addition to, in conclusion...).
- use a new paragraph for each new idea.
- choose your words carefully to convince a reader of your opinions.
- pay attention to your spelling and punctuation.
- check and edit your writing so that it is clear for a reader.