

It's the 70th Anniversary of the Sandhurst Legends of Sport Competition. To win the glittering gold trophy, the players will need to go one better. Read the series and find out who can take the heat.

Mt Bluff is the location for the Legends basketball showdown. But the temperature isn't the only thing that's dropping. Mitch's interest in the Legends program has taken a sudden dive. If he competes in the national snowboarding competition he'll miss out on Legends points. Is this the end of Mitchell Grady's bid to win the Anniversary Legends title?

#### About the Story

For a while Mitch was very tempted to disguise himself as Damien and contest the snowboarding event. Some people felt that this would give the Sandhurst snowboarding team a really good chance of winning. Eventually Mitch made the decision not to compete. Instead he passed on some useful tips which helped Damien to achieve a great result.

In a small group, discuss the following questions:

- How would you have felt if Mitch competed in the snowboarding, disguised as Damien?
- Would Mitch have been cheating if he pretended to be someone else?
- What stance do you believe Miss Cramer should have taken when she became aware of the plan to pretend Mitch was Damien? Give reasons for your answer.
- Do team members who miss out on competing in important victories, through either injury or non-selection, still deserve credit for playing a role in the team's success? Explain your answer.

Following your discussion, try to agree on an answer to the following questions:

- Can you think of any instance where cheating in a sporting competition is justified? Give reasons for your answer.
- If you were a friend of his, what advice would you have given Mitch when he was considering pretending to compete as Damien?

Share your group's ideas with the rest of the class.

The Anniversary  
Legends Book Six:

In The Zone

by  
Michael Panckridge

Teacher Notes  
prepared by Garry  
Chapman

Readership: Mid-primary to  
Lower-Secondary

Genre: Fiction

### Applying an Event from the Story to Real Life

Mitch realised that Travis was performing really well in the basketball tournament because he was trying very hard to control his emotions.

Consider the following questions:

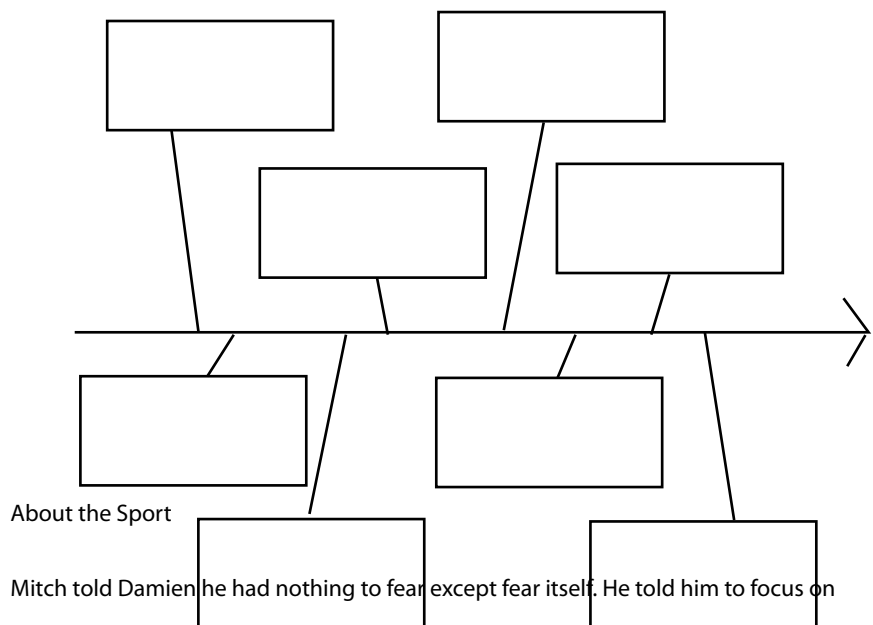
- What can an athlete gain from controlling his or her emotions?
- Describe the effect of Travis's self control on his playing performance.
- Are there events not related to sport where people would be wise to control their emotions? Give some examples.
- Can you think of a personal experience where you benefited greatly from keeping your emotions under control? What happened?

Now you've carefully considered the value of keeping your emotions under control, write a short passage relating an incident where someone failed to do this and had to live with the consequences. Conclude with a recommendation for what the person concerned should have done. Share it with your friends.

### About the Characters

Daryl Ratzasis, otherwise known as Rat, came to Sandhurst school from Wetherhood. Rat is an outstanding basketballer. He was originally not going to come to the snow camp, presumably because his family could not afford to pay the fees. However, circumstances changed and he eventually came along. Although he did not win the Legend of Basketball, Rat plays a key role in this story.

Use this timeline to highlight the key events in the story in which Rat played a role.



the elements of the race, to put everything else out of his mind, and to lock onto his skills.

With this advice ringing in his ears, Damien performed exceptionally well.

Consider each of the four parts of Mitch's advice.

Fear nothing except fear itself	Explain what this means  Give an example
Focus on the elements of the race – his line, the markers, the turns	How would focusing upon each of these elements alone improve a snowboarder's performance?  Choose a different sport and name the three elements you would focus on in order to perform well
Put everything else out of your mind	Why is this important for an athlete?
Lock onto your skills	What skills would Damien have required to perform well in a snowboarding competition?

### Word Study

The title of this book is In the Zone. Explain what it means to be in the zone.

Bubba made a fridge in the snow. What word is fridge a shortened form of?

Michael Panckridge is a teacher at Geelong College and has been working there for 12 years. He is pretty mad-keen on sport. He has played cricket, football, soccer, tennis, hockey, golf. He also collects sporting things. He has a massive collection of football cards and lots of cricket books too.

### About the Author



Michael lives in Geelong, Victoria with his partner Jo, and daughters Eliza and Bronte. This family also own a dog named Oscar and five fish (Angel, Fred, Luther, Ugly and Even Uglier). (Michael insists that he's never actually seen five fish at the one time. He also adds that the neighbours on both sides own cats!)