

# NWA: Recognising Endeavour



**There is nothing more difficult,**  
**More perilous to conduct,**  
**or, more uncertain in its success**  
**Than to take in hand,**  
**The introduction of a new order of things,**  
**Because,**  
**The innovator has for enemies,**  
**All those who have done well under the old conditions,**  
**And,**  
**Lukewarm defenders**  
**in those who may do well under the new. (Machiavelli)**

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*Flatter me, and I may not believe you*

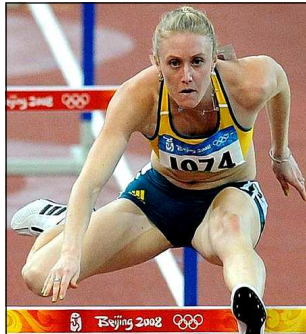
*Ignore me, and I may not forgive you*

*Criticize me, and I may not like you*

*Encourage me, and I will not forget you*



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## The Mirror Test

*All that matters is that  
**you**  
can look in your mirror  
and*

**HONESTLY**  
*tell the person  
you see there ..  
**you've done**  
**your best***

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Following are samples of hundreds of individual tags  
The record for one athlete (as at March 2008) is 220 individual tags.

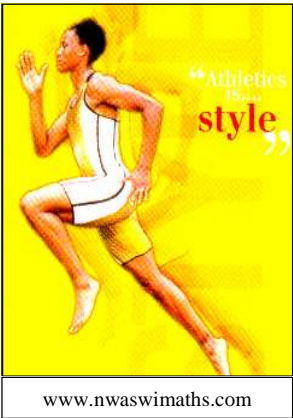
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**SUCCESS**  
 =  
**Producing**  
**your best**  
*when it counts*

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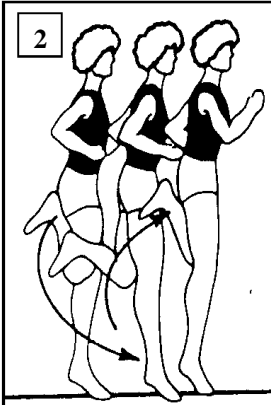
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**Improving my A-Skip**

*“Toe Up — Heel Up — Knee Up”*  
*“Step over the support leg knee”*  
 Arms: approx 90°; hand back to hip  
**“Tall”** .. be the tallest you can be  
 Lots of perfect practice .. 10L / 10R

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**Butt Kicks**

- **Right**
- **Left**
- **Alternating**

Reminders

*Tall—Toes dorsiflexed—*  
*active arms—snap heel to*  
*buttocks*

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Fast “snaps”;  
slow forward  
progress

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## Starts

- ▶ Standing
- ▶ Falling
- ▶ Hop
- ▶ 3-Point >>>>
- ▶ Bow-Touch-Go
- ▶ Reaction
- ▶ 4-Point

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## Fast Claw

Maximum of 6-8 calls (repeats)

*“Preparation” = Tall — active knee to thigh parallel with ground*

- toes dorsiflexed
- “claw” to ground beneath hips
- lift heel of active leg to buttock - fast recovery back to “preparation” position - wait for command.

*Straight support leg - upright - heel lift.*

*Commands by 3rd party.*

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Athletics is Personal Achievement  
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*The thrill  
is not just winning,  
but,  
having the courage  
to join the race*

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*We can't all be winners  
but  
We can all be  
**CHAMPIONS***

The range (and number) of tags is limited only by imagination  
It is not a question of: *does it work?* or *will it work?*  
or *can I do it ? ..* the answer to all such questions can be **YES !!**

*I have no problem with you declaring **YOU** cannot apply  
the program .. **I CAN / DO.***

and .. **YOU** can learn .. perhaps refine, adapt and/or improve.

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*The greatest thing in this world  
is not so much where we are,  
or, what we are achieving,*



***but, the direction in which we are moving.***

*You will be an outstanding athlete  
for a few years,*

*You can be  
an outstanding person  
all your life.*



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*The greatest thing in this world is not so much where we are, or, what we are achieving, but, the direction in which we are moving.*

*You will be an athlete for a few years,  
**You can be a man of quality all your life***

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*The greatest thing in this world is not so much where we are, or, what we are achieving, but, the direction in which we are moving.*

*You will be an athlete for a few years,  
**You can be a lady all your life***

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**You'll never rise higher than your dreams**

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Cheetah




**ZOOM**  
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**I'M PROUD OF YOU!**



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**Today I was a Star**  
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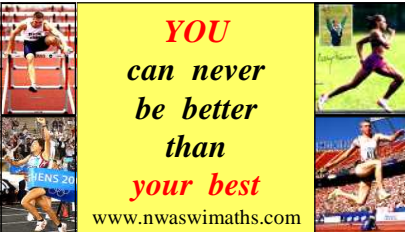
**-PERSISTENCE-**



**No one step does it  
It's a series of little steps**  
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**YOU can never be better than your best**  
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**Today I did my best**

It's not about winning – it's about having the courage to join the race

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NWA Quickstep Ladder

**Single Step**

**2 Steps (Double Step)**

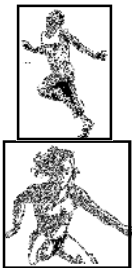
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**I'M PROUD OF YOU!**



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**Intro to Agility Drills**



**Be the best YOU can be**



North West Athletics  
 Russell Parsons, ATFCA4  
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# 10 DRILLS CHALLENGE

1. *A-Skip (10L+10R .. 15m)* ▶ jog 15m
2. *Double A's (5 Doubles Left + 5 Doubles Right)* ▶ jog 15m
3. *Alternating Butt Kicks (10L+R .. 15m .. fast heel-to-buttock snaps)* ▶ jog 15m
4. *Fast Claw (6 x Right + 6 x Left) .. Tall, balance on the ball of the support foot; partner/coach/teacher calls: ("Preparation" .. "1" .. "Preparation" .. "1" ..)*
5. *Combinations (Fast Leg-Butt Kick) .. Alternating; 10 Combinations (5L+5R) .. 15m* ▶ jog 15m
6. *Falling Start* ▶ *Sprint to 15m*
7. *3-Point Start* ▶ *Sprint to 15m*
8. *B-Skip (6L + 6R .. 15m)* ▶ jog 15m
9. *Stretches: Frog + Modified Hurdle Sit;* positions held for 30 seconds minimum
10. *A&C Drill .. (6L + 6R .. 15m)*

You will be given two chances at each drill

How to read the task: *A-Skip (10L+10R .. 15m)* ▶ jog 15m = A-Skip .. 10 times Left Leg + 10 times Right Leg (alternating) then, jog 15m (arm action: elbows 90°) ( .. 15m = within a 15m distance)

Athletes who can complete the tasks will receive a special award tag  
 Be the Best **YOU** can be ... **YOU** can never be better than **YOUR BEST**

The examples could go on and on and on. Many, many years of preparation in a multitude of sports.

The important thing is **recognizing endeavour in a tangible** (and personal) **way**.

The days of a “pat of the head” and “*well done*” are long over ... if indeed they were ever effective.