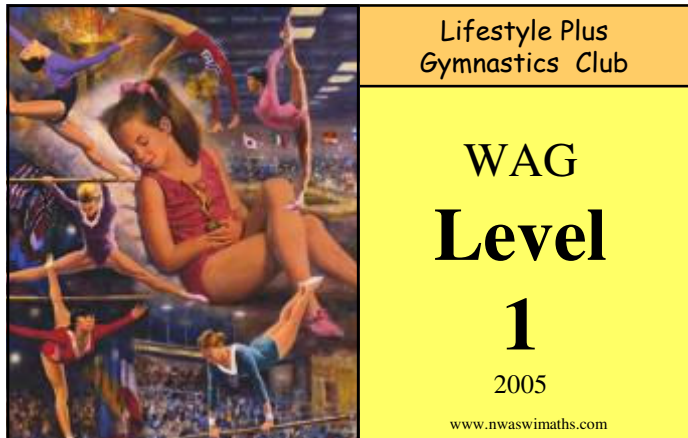


# Skill Rewards & Motivational Tags



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Following are some of the tags offered to young athletes in various NWA and/or NWA supported programs.

Tags may be collected (e.g. business card holder) or attached to sports bags, and, awarded at coach discretion.

A more complete "catalogue(s)" available on request.

There are hundreds of tags; current swimming tag collection record is 186 different swimming skill and swimming motivational tags (Aug. '05).

Tags are available or can be modified .. cost of production + postage and handling.

It is not realistic (fair) to expect commitment and pursuit of personal skill progression, unless we **recognise** and **reward**.

**Endeavour and achievement must be recognised**

Reward Programs are **NOT** a panacea for decreasing levels of involvement.


Reward Programs can enhance the effectiveness of programs that aim to **enhance participation** and **self esteem**.



**Potential**  
is what you may be capable of doing  
**Motivation**  
directs what you do  
**Attitude**  
determines how well you do  
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Morgan and Jacqui  
Country  
All Juniors  
Champs  
2005  
*Trying Hard  
Does Make a Difference*  
[www.nwaswimaths.com](http://www.nwaswimaths.com)



You can be  
an outstanding AFL  
footballer for a few  
exciting years;  
you can be an  
outstanding person  
all your life

www.nwaswimaths.com



*Team mates  
are always  
there for  
each other*

www.nwaswimaths.com



Track Start

**NWA**

**Swimming**

Whistle

Take Your

Marks

Gun

**Starts**

**2**

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## Tags can be used to send a message

**Tags can draw  
teams/groups together**

**Tags can reward skill  
acquisition, and,  
remind athletes of key  
aspects of a skill.**

### **My Attitude** What do I need to show? prepare?

1. A real desire to help.
2. A willingness to devote the time and energy necessary to produce the rewards.
3. A planned and consistent structure in your award policy. Be prepared .. once you start to award, you are locked in to the practice.
4. Help. It is almost impossible to coach and reward any significant size group by yourself.  
**You will need help.**

Because tags are available to **ALL** .. performance levels will (always) vary .. tags can be a reward **ALL can achieve.**

## Coaches – Teachers will see their own application

A few sample tags are presented  
More examples available .. contact NWA

**Why Drills?** A presentation worth a look if  
your interest is stimulated



**All  
Glory  
comes  
from  
Daring**

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Champions are  
distinguished by  
differences ..  
the different  
things they do,  
and  
the things they  
do differently

[www.nwaswimaths.com](http://www.nwaswimaths.com)



***Howzat !!***

***(RPPR)  
Relentless  
Pressure  
Produces  
Results***

[www.nwaswimaths.com](http://www.nwaswimaths.com)



**Begin by  
always  
expecting  
good  
things  
to happen**

[www.nwaswimaths.com](http://www.nwaswimaths.com)





**Be Your Best**  
**Potential**  
 is what you may be capable of doing  
**Motivation**  
 directs what you do  
**Attitude**  
 determines how well you do

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**Believe in Yourself**  
 Believe in yourself, and in your dream though impossible things may seem. Someday, somehow you'll get through to the goal you have in view. Mountains fall and seas divide before the one who is in his/her stride takes a hard road day by day sweeping obstacles away. Believe in yourself and in your plan; say not—I cannot—but, **I can**. The prizes of life we fail to win when we doubt the power within

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Both feet turned out      Both feet turned out

**NWA Swimming**  
 Breaststroke Reminders  
**1**

www.nwaswimaths.com



**NWA Swimming**  
 www.nwaswimaths.com

**Streamline Breaststroke Kick on back**  
*Head Back  
 Hips Up – Toes Up*

Knees inside feet on backward kick

Timing: Heels Together – Hands Apart

**NWA Swimming**  
 Breaststroke Reminders  
**2**



**Breaststroke**

- Head down at the commencement of the kick;
- Tight streamline;

Kick back (fast), feet turned out;

- Kick back outside the knees;
- Finish the kick before breaking out into the next arm stroke; (Heels Together—Hands Apart)

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**B/R**  
*Heels-to-hands  
 Head down (streamline) on the kick*

**NWA Swimming**  
 www.nwaswimaths.com

**Breaststroke Reminders**  
**3**



**Ballet is Teamwork**  
 www.nwaswimaths.com

**North West Athletics**

**Starts**

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

The number of tags is almost unlimited .. Swimming / Track & Field are major focus sports; but, there are many opportunities (the only limitation is your imagination).

The tags do not produce elite performers .. the tags reward endeavour, and answer for the young athlete: *“Why am I doing this?”*  
*“I’m trying hard .. Does anybody notice? Does anybody care?”*

As stated, the range offered are samples;  
A very small range of the samples available

An award system, **available to ALL** (skill based, not performance based) is one means by which we might develop greater levels of involvement from young people.

**Not** the only means  
**Not** needed in some circumstances  
**Not** appropriate in all situations

**Nevertheless ... one means.**  
and ... it can/does work effectively  
often in direct proportion to the endeavour and creativity of the Program Director.

More information is available

Sample tags are distributed ... select your sport / activity

Positive outcomes can accumulate quickly  
but, only through open minded leadership