

North West Athletics: www.nwaswimaths.com
NWA Sports Camp
 Sports Super Centre
 Runaway Bay, Gold Coast, Queensland
 Thursday, September 25—Monday, September 29, 2008



General Program—Travel

Thurs. Sept. 25: Travel .. **All** persons to be at Tullamarine (Virgin Blue) by 7.45 a.m. (party of 18)
 Flight **departs** at 9.25 a.m. (DJ981); **arrives** Gold Coast, 11.25 a.m.
 One bag + hand luggage. **Must have photo ID.**
 We will be collected at Coolangatta airport and delivered to the Super Sports Centre

Monday Sept. 29: Group will be collected at the Centre and transported to Coolangatta (time tba).
 Depart: 1:15 p.m. Virgin Blue (DJ990); arrive Tullamarine 3:30 p.m. (party of 13)
 RP + Georgie + Libby: 1:55 p.m. (Virgin Blue DJ514); arrive Sydney, 3:20 p.m.
 Metro Hotel, Sydney Central. (Separate program for Tues. Sept. 30)
 Wednesday, Oct. 1: 11:15 a.m. (Virgin Blue DJ834) to Tullamarine, arriving 12:45 p.m.
 Georgie: connecting Qantas (QF2084) to Mildura, 3:25 p.m.
 RP & Libby: return to Echuca after 3:25 p.m.
 Kia & Michelle: remain in Queensland .. own arrangements

Be sure to have a **photo ID.**
 One bag only. In addition,
small bag for hand luggage
 on the plane—(2 hour flight ..
 do not over-pack.)

All participants **MUST** have:

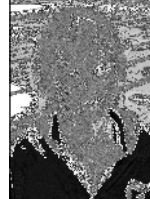
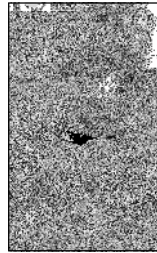
- all training gear requirements, including water bottle and hat;
- e.g. Runners: sneakers, spikes, comfortable training clothes, one-piece swimming costume ...
- Swimmers: goggles, cap, fins, pulleys, ...

No lollies or similar; no mobile phones (unless lodged with a coach). Parents will be advised of contact details with coaches (separate sheet).

The program of activities is flexible in the sense it will respond to conditions that prevail and availability of resources.

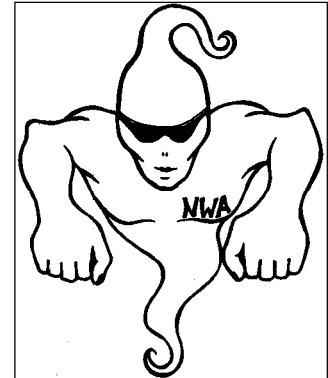
NWA T-shirt **MUST** be worn on all occasions nominated by coaches. Travel clothes may be informal.

Georgie Whitehead, Libby Pellegrino, James McQuillan, James Oberin, Stephanie Kelly, Mark Thompson
 Emma Bourke, Ayla Pearson, Jacqui Nolen, Tyler Parkinson, Brock Norwood, Eric Bolitho, Kia Lonergan, Trent Richards
 Helen Goldsmith, Fiona Skinner, Russell Parsons, Michelle Lonergan, Jenny Nolen



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There will be other sheets distributed at the camp?

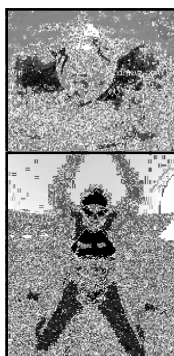
Various other handouts will support sessions.
Commonwealth Games Medalist, **Helen Goldsmith**, will lead the swimmers on the morning of Day 2 (Friday).
Further specific details will be advised .. Helen will focus will be on Breaststroke and Butterfly.
Tags will be presented from time-to-time.

The **Sports Camp** is a **Training Camp** .. 5 days of commitment to a different way of doing things.

All athletes will be expected to maintain a brief diary of their activities
Athletes may have to report their reactions to the group.

We will try to help you to explore new challenges

Be assured you are within a group that is focused and determined to make the most of the opportunity.

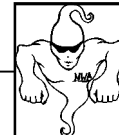


Breaststroke

- 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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General Program—Activities

Do NOT be late for sessions ... a few minutes early is best

Thursday, September 25: Travel: Arrive Tullamarine, Virgin Blue DJ981, 7:45 a.m. check-in; 9.25 a.m. departure
Arrive Gold Coast (Coolangatta) 11.25 a.m. Bus collects at airport

Breakfast and Lunch times will be notified and depend on time of sessions.
Athletes are responsible for being on time at all sessions.

tba = to be announced

12:15 p.m.: Settle In.
1:00 p.m. General Orientation .. *Have a look around*
3:30 p.m. Pool Session .. starting times are in-the-water times; w/u at 3:15 p.m.
4:00 p.m. Track Session .. tba
6:30 p.m. Evening Meal (Dining Room .. all athletes in NWA T-shirts)
7:30 p.m. Evening Activity: Planning a Sports Specific Gym Session
9:00 p.m. Settle Down

Friday, September 26: **Swim** (Head Coach: Helen Goldsmith): 8:00-9:00 a.m. & 10:30-11:30 a.m.
Assisted by Fiona Skinner and Michelle Lonergan

Compulsory rest/recovery after sessions
3:00 p.m. Gym Session followed by Compulsory rest/recovery
Run (Russell Parsons, Mark Thompson) 9:00 a.m. Track Session
Compulsory rest/recovery after session
4:00 p.m. LSD Beach Run (Mark)

Compulsory rest/recovery after session
6:30 p.m. Evening Meal (Dining Room .. all athletes in NWA T-shirts)
7:30 p.m. Evening Activity .. tba
9:00 p.m. Settle Down

Session details are guidelines only.

Specifics will be adjusted by the coaches to accommodate the skills and specialties of the swimmers and runners.

Saturday, September 27: **Swim** (Fiona Skinner) 8:00 a.m. and 4:30 p.m.

Compulsory rest/recovery after sessions
Run 9:00 a.m. (Kick—Kick-Down or Tempo Session tba)
Compulsory rest/recovery after session
4:30 p.m. LSD

Compulsory rest/recovery after session
6:30 p.m. Evening Meal (Dining Room .. all athletes in NWA T-shirts)
7:30 p.m. Evening Activity .. tba
9:00 p.m. Settle Down

Sunday, September 28: **Swim** (Fiona Skinner) 7:00 a.m. and 4:30 p.m.

Compulsory rest/recovery after sessions
Run 8:00 a.m. (Kick—Kick-Down or Tempo Session tba)
Compulsory rest/recovery after session
4:30 p.m. LSD

Compulsory rest/recovery after session
6:30 p.m. Evening Meal (Dining Room .. all athletes in NWA T-shirts)
7:30 p.m. Evening Activity .. tba
9:00 p.m. Settle Down

Monday, September 29: **Swim** (Fiona Skinner) 7:30 a.m.

Compulsory rest/recovery after session
Run 8:30 a.m. Drills & Pairs Beep Test
Compulsory rest/recovery after session

10.00 Vacate Lodge
tba: collected and travel to Coolangatta
12 Noon: check-in (Virgin Blue DJ990) 1:15 p.m. depart
Arrive Tullamarine: 3:30 p.m.

Please note there are special arrangements regarding return travel:

To Coolangatta on Sept. 25: 19; Return to Tullamarine on Sept. 29: 14

Athletes returning to Tullamarine on Sept. 29 MUST be collected by parent(s) or an approved representative.

All athletes will be expected to ice massage for 15-20 minutes after **every** session, and, rest (recover) for 60 minutes after each session ... **quietly**, in your rooms .. you will receive specific directions from the coaches.

The program above is subject to change .. If in any doubt, ask.

Experience only accumulates quickly in open minds

KICK — Kick-Down



Aims

To introduce athletes to “Kick” and “Kick-Down” strategies and factors that can influence performance

An eyeful is better than a mouthful

DVD: '80 Olympics M1500 .. Straub
'85 Nice M1500 .. Cram/Aouita
'89 World Cup, W800: Quirot/Wodars

Runners should see examples of what is achievable, and what has been and is being achieved .. other examples may (should) be presented.

Time allocation: 10-15 mins. viewing and discussion.

- WARM-UP:** Jog (6-8 mins) .. 2-3 static stretches (choice) .. Drills (choice);
2-3 x 70m accelerations .. build to “fast” 40-50m .. w/b (walk-back) recovery
Group then divided into pairs of similar ability / speed.
- Discuss and establish “base pace”** for each pair (group)
800m runners .. use 150m or 200m as training distance; consult even pace splits chart.
800 pb pace + 1-2 seconds calculate even pace split.
Practice “base pace” x 2 .. walk back (w/b) recovery.
- Introduce **“Kicking”**
Aims: - “kicking” runner to experience the feeling of “surging away”;
- partner experiences “being kicked away from.”
- Expect the Unexpected

Runners run at “base pace” together, one behind the other for approx. 75m, around the bend ...
... with approx. 75m to go, the “kicker” comes from behind the leader and sprints (“kicks”) away (decisively) to the finish .. other runner continues at base pace to the finish. w/b recovery
Roles are reversed. Repeat.
- Variations** (form a group: e.g. 4 or 6)
4.1 2 leaders (base pace runners) - 2 kickers (compete against each other);
4.2 kicking at the discretion of the kickers (i.e. not necessarily at 75m);
4.3 “secret strategies” .. each athlete given specific instructions (cards) ..
- WARM DOWN:** Jog—Stretch—Walk-Jog (10-15 mins.)
- Review — Evaluation — Feed-back**
Discussion of reactions .. Variations.

Ideal scenario would include video of performances and review after each run.

This would necessitate a specialist to video runs.

How should your warm down, differ from your warm-up?

Hint: What do you do after a w/u?
What do you do after a warm down?

Ensure adequate recovery after each effort ... QUALITY is more important than quantity

If possible, reinforce by showing athletes in action (video / DVD), or other examples of “kick” - “kick down”.

Examples:

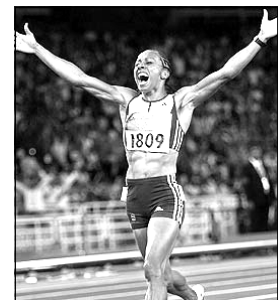
PB 800:	2:10 (200 av. 32.5)	2:20 (200 av. 35.0)
	+4 = 2:14	+4 = 2:24
200 Base Pace = 33.5		= 36.0

My 800 PB: _____ +4 _____

200 Base Pace: _____



Hicham El Guerrouj (ETH)
1500m Gold, Athens 2004



Kelly Holmes (GBR)
800m Gold, Athens 2004

Middle Distance

Establishing and Maintaining Tempo



Aim: Quality, even-paced running; technique emphasis; as close as possible to selected tempo.

Recovery: Pulse Rate; i.e. 120 bpm; if pulse rate does not respond within 8-10 mins. session is to be terminated (drills / jogging / walking).

Warm-Up: Jog 5 minutes; 2-4 stretches; easy drills in flats; 2-4 x 70-80m gradually increasing to 90% of RP (RP = Race Pace); specific drills; 3-4 min. rest; pulse check.

Determine the Tempo to be maintained throughout the session; this may be coach-directed, involve coach consultation, or, be estimated by you from your 800 / 1500 "pb" (+ 2 - 5 seconds).

Choose the Program (Session) you will aim to complete; **session completion** at the planned quality level is the **goal**, and should be the **main focus**. (Consult the Pacing Chart.)

Key: **TT** = (Tempo Pace) Target Time; **AT** = Actual Time

Program **One:** 1500 Metres

	150	200	250	300	250	200	150
TT							
AT							

Program **Two:** 1800 Metres

	300	300	250	250	200	200	150	150
TT								
AT								

Program **Three:** 1500 Metres

	250	250	250	250	250	250
TT						
AT						

Program **Four:** 1600 Metres

	150	200	250	300	250	200	150
TT							
AT							

Warm Down: Jog 5-10 mins.; Stretch; Jog/walk 10-15 mins.

There are endless variations: distance; pace (tempo); recovery interval; nature of recovery. Discuss your specific needs with **your** coach.

Recording times, rest intervals and conditions accurately allows such sessions to be used as "control sessions" to help evaluate your progress and preparedness.

How should your
warm down, differ
from your warm-up?

Hint: What do you do after a w/u?
What do you do after a warm down?

In general: Total Distance (Session Load) should not exceed 2.5 x competition distance.

NWA Athletics Even Pace Splits

400m	100m	150m	200m	250m	300m	350m	450m	500m	600m	700m	800m	900m	1000m	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m					
43.0	10.8	16.1	21.5	26.9	32.3	37.6	48.4	53.8																														
44.0	11.0	16.3	22.0	27.5	33.0	38.5	49.1	55.0																														
45.0	11.3	16.9	22.5	28.1	33.8	39.4	50.6	56.3	1:07.5																													
46.0	11.5	17.3	23.0	28.8	34.5	40.3	51.8	57.5	1:09.0																													
47.0	11.8	17.6	23.5	29.4	35.3	41.1	52.9	58.8	1:10.5	1:22.3																												
48.0	12.0	18.0	24.0	30.0	36.0	42.0	54.0	1:00.0	1:12.0	1:24.0																												
49.0	12.3	18.4	24.5	30.6	36.8	42.9	55.1	1:01.3	1:13.1	1:25.8	1:38.0																											
50.0	12.5	18.8	25.0	31.3	37.5	43.8	56.3	1:03.5	1:14.0	1:27.5	1:40.0	1:52.5																										
51.0	12.8	19.1	25.5	31.9	38.3	44.6	57.4	1:03.8	1:16.5	1:29.3	1:42.0	1:54.8																										
52.0	13.0	19.5	26.0	32.5	39.0	45.5	58.5	1:05.0	1:18.0	1:31.0	1:44.0	1:57.0	2:10.0																									
53.0	13.3	19.9	26.5	33.1	39.8	46.4	59.6	1:06.3	1:19.5	1:32.8	1:46.0	1:59.3	2:12.5																									
54.0	13.5	20.3	27.0	33.8	40.5	47.3	1:00.8	1:07.5	1:21.0	1:34.5	1:48.0	2:01.5	2:15.0	2:42.0																								
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58.0	14.5	21.8	29.0	36.3	43.5	50.8	1:05.3	1:12.5	1:27.0	1:41.5	1:56.0	2:10.5	2:25.0	2:54.0	3:37.5	3:52.0	4:50.0																					
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1:11.0	17.8	26.6	35.5	44.4	53.3	1:02.1	1:19.9	1:28.8	1:46.5	2:04.1	2:22.0	2:39.8	2:57.5	3:33.0	4:26.3	4:44.0	5:55.0	7:06.0	8:17.0	9:28.0	10:39.0	11:50.0	13:01.0	14:12.0	15:23.0	16:34.0	17:45.0	18:56.0	20:07.0	21:18.0	22:29.0	23:40.0	24:51.0					
1:12.0	18.0	27.0	36.0	45.0	54.0	1:03.0	1:21.0	1:30.0	1:48.0	2:06.0	2:24.0	2:42.0	3:00.0	3:36.0	4:30.0	4:48.0	6:00.0	7:12.0	8:24.0	9:36.0	10:48.0	12:00.0	13:12.0	14:24.0	15:36.0	16:48.0	18:00.0	19:12.0	20:24.0	21:36.0	22:48.0	24:00.0						
1:13.0	18.3	27.4	36.5	45.6	54.8	1:03.9	1:22.1	1:31.3	1:49.5	2:07.8	2:26.0	2:44.3	3:02.5	3:39.0	4:33.8	4:52.0	6:05.0	7:18.0	8:31.0	9:44.0	10:57.0	12:10.0	13:23.0	14:36.0	15:49.0	17:02.0	18:15.0	19:28.0	20:41.0	21:54.0	23:07.0	24:20.0						
1:14.0	18.5	27.8	37.0	46.3	55.5	1:04.8	1:23.3	1:32.3	1:51.0	2:09.5	2:28.0	2:46.5	3:05.0	3:42.0	4:37.5	4:56.0	6:10.0	7:24.0	8:38.0	9:52.0	11:06.0	12:20.0	13:34.0	14:48.0	16:02.0	17:16.0	18:30.0	19:44.0	20:58.0	22:12.0	23:26.0	24:40.0						
1:15.0	18.8	28.1	37.5	46.9	56.3	1:05.6	1:24.4	1:33.8	1:52.5	2:11.3	2:30.0	2:48.8	3:07.5	3:45.0	4:41.3	5:00.0	6:15.0	7:30.0	8:45.0	10:00.0	11:15.0	12:30.0	13:45.0	15:00.0	16:15.0	17:30.0	18:45.0	20:00.0	21:15.0	22:30.0	23:45.0	25:00.0						
1:16.0	19.0	28.5	38.0	47.5	57.0	1:06.5	1:25.5	1:35.0	1:54.0	2:13.0	2:32.0	2:51.0	3:10.0	3:48.0	4:45.0	5:04.0	6:20.0	7:36.0	8:52.0	10:08.0	11:24.0	12:40.0	13:56.0	15:12.0	16:28.0	17:44.0	19:0											

North West Athletics: **SPRINT DRILLS EVALUATION 1**



Name: _____ Date: _____

	Rating		
1. "A" Walk	3	2	1
2. "A" Skip	3	2	1
3. Ankling	3	2	1
4. Alternating Butt Kicks	3	2	1
5. Fast Claw .. right	3	2	1
6. Fast Claw .. left	3	2	1
7. Double A's	3	2	1

Rating

3 = Excellent .. *lookin' good, real good*
 2 = Very Good; some refinements recommended
 1 = Encouraging effort; practice regularly to develop your skills

www.nwaswimaths.com
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North West Athletics: **SPRINT DRILLS EVALUATION 2**



Name: _____ Date: _____

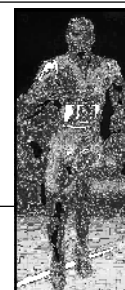
	Rating		
1. Fast Leg .. left	3	2	1
2. Fast Leg .. right	3	2	1
3. Alternating Fast Leg	3	2	1
4. "B" Walk	3	2	1
5. "B" Skip	3	2	1
6. Seated Arm Drill	3	2	1

Rating

3 = Excellent .. *lookin' good, real good*
 2 = Very Good; some refinements recommended
 1 = Encouraging effort; practice regularly to develop your skills

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North West Athletics: **SPRINT DRILLS EVALUATION 3**



Name: _____ Date: _____

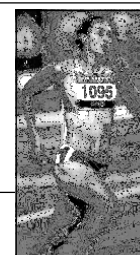
	Rating		
1. "C" & "A"	3	2	1
2. Combinations	3	2	1
3. Running-the-Boards	3	2	1
4. Coach Commands	3	2	1
5. Running: 1-2-Fast Leg	3	2	1
6. Review	3	2	1

Rating

3 = Excellent .. *lookin' good, real good*
 2 = Very Good; some refinements recommended
 1 = Encouraging effort; practice regularly to develop your skills

www.nwaswimaths.com
Russell Parsons ATFCA4

North West Athletics: **SPRINT DRILLS EVALUATION 4**



Name: _____ Date: _____

	Rating		
1. Straight Leg Shuffle	3	2	1
2. Straight Leg Bounding	3	2	1
3. A—B—C	3	2	1
4. Alternating: SLB—Fast Leg	3	2	1
5. Coach Commands—Review	3	2	1

Rating

3 = Excellent .. *lookin' good, real good*
 2 = Very Good; some refinements recommended
 1 = Encouraging effort; practice regularly to develop your skills

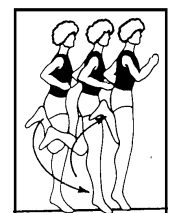
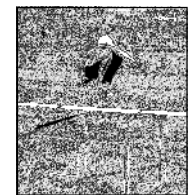
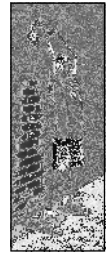
www.nwaswimaths.com
Russell Parsons ATFCA4

North West Athletics: Sports Camp .. Drills & Activities (How do you rate?)

Name: _____

Date: _____

		Rating				
		5	4	3	2	1
1.	Cross Body Lifts	5	4	3	2	1
2.	Woodchopper	5	4	3	2	1
3.	Russian Twist	5	4	3	2	1
4.	TV Stretch	5	4	3	2	1
5.	Frog Stretch	5	4	3	2	1
6.	Thigh Stretch	5	4	3	2	1
7.	Modified Hurdle Sit	5	4	3	2	1
8.	Lying Forward Stretch	5	4	3	2	1
9.	One Leg Over / One Leg Under	5	4	3	2	1
10.	Starts: Standing	5	4	3	2	1
	Falling	5	4	3	2	1
	3-Point	5	4	3	2	1
	Medium	5	4	3	2	1
	Reaction	5	4	3	2	1
	Resisted	5	4	3	2	1
	Donkey	5	4	3	2	1
11.	Agility / Quickstep Ladder					
	One Step In	5	4	3	2	1
	Two Steps In	5	4	3	2	1
	Ali Shuffle	5	4	3	2	1
	Ickey Shuffle	5	4	3	2	1
	Laterals	5	4	3	2	1
	Ins & Outs	5	4	3	2	1
12.	Hurdle Bounds					
	Pre-Jump	5	4	3	2	1
	Explosive	5	4	3	2	1
	Laterals	5	4	3	2	1
	Stability	5	4	3	2	1
13.	Basic Drills:					
	A-Skip	5	4	3	2	1
	Alt. Butt Kicks	5	4	3	2	1
	Alt. Fast Leg	5	4	3	2	1
	Combinations	5	4	3	2	1
	Fast Claw	5	4	3	2	1
	B-Skip	5	4	3	2	1
	Running-the-Boards	5	4	3	2	1
	Double-Triple A's	5	4	3	2	1
	A & C	5	4	3	2	1
	Coach Command Drills	5	4	3	2	1



Rating

3 = Excellent .. *lookin' good, real good*
 2 = Very Good; some refinements recommended
 1 = Encouraging effort; practice regularly to develop your skills

There are **many** other drills and activities that **you** can add to **your** skills bank.
Competition is for today
Skills are forever

NWA: Sports Camp, Sept. 2008

All Athletes need Speed ... here is a way we can learn from other sports; consider the following strategy used to enhance speed in the martial arts.

Striking Paper

Striking a piece of paper is an excellent way to improve your speed (not to mention how cost effective it is).

All of us should be able to afford a piece of paper!

What makes paper such a great tool is the fact that you don't have the tendency to tighten up as when facing a heavier target. It is only natural when squaring off with a larger target, such as a heavy bag, that the first instinct is to think about hitting as hard as possible.

Usually, thinking about hitting hard makes the body tense.

Tense, un-relaxed muscles slow you down. It's like driving your car with the parking brake on. With paper as the target, you can relax and concentrate on speed and form. Power is not an issue.

Procedure / Resources:

Find a way to hang a short staff horizontally and secure a piece of paper to it so that it hangs in front of you. Several sheets of newspaper work well, or possibly, a plastic sheet protector.

Stand in front of it and practice your hand strikes. (You can use any hand technique that you wish to improve.)

The **key** to making this work is in the **concentration**.

Make sure your entire body is relaxed prior to initiation.

Upon striking the paper, listen to the sound it makes. You should hear a quick snap.

Pay attention to the way it feels when you hit the paper. It should feel like a whip cracking on the surface.

Practice each punch a hundred times three days a week for a month and I guarantee you will notice a difference.

Russell Parsons, North West Athletics, 2/72 Hopwood Street, ECHUCA, 3564;
03-54-801-705 nwa@iinet.net.au www.nwaswimaths.com



Senior athletes only; in general, 13 years or older in the current season.

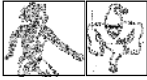
North West Athletics

Athlete Self-Evaluation 1

Circle the value that best reflects your response

		Totally Always	Seldom Never		
1. I am punctual; arrive at training in enough time to complete a thorough warm-up.	5	4	3	2	1
2. At training I always give my best.	5	4	3	2	1
3. In competition I always give my best.	5	4	3	2	1
4. I offer encouragement to my fellow squad members.	5	4	3	2	1
5. I plan my competitions with my coach.	5	4	3	2	1
6. At training, I seek to do more than the coach asks.	5	4	3	2	1
7. Without prompting, I take the lead.	5	4	3	2	1
8. I report my competition times promptly to my coach.	5	4	3	2	1
9. I try to do something every day to enhance my progression.	5	4	3	2	1
10. I follow a stretching routine, regularly, at home.	5	4	3	2	1

Athlete Self-Evaluation 1 is followed by **Self-Evaluation 2:** relevant to all sports to help **you** think about your program and attitude.



North West Athletics .. Planning a Sport-Specific Gym Session

You have had experience with a variety of drills and activities aimed at developing and enhancing your performance in your chosen sport.

Name: _____

In this activity, you are to plan a 5-6 exercise / activity circuit that will assist you in your pursuit of improvement. It is recommended you work together with athletes of similar interest; at the camp, you will be given the opportunity to perform the activities .. consultation with your coaches is expected; discussion of strategies in Program Planning will be part of your in-Camp Program. (Initial Planning can (should) precede the camp. You may be expected to justify your circuit to your group.)

1. My chosen sport / activity? _____

2. What am I aiming (need) to achieve? _____

Having thought about:

“Training age” is the period of time you have been in a structured training program (in years).

From every experience, try to learn one thing.
Knowledge accumulates quickly,
but only in an open mind

- Your “training age” / performance level / goals (short and long term).
- **The design elements** ... seek and take advice on board from experienced persons
 1. **Design a simple gym / activity workout** (circuit): 6-8 exercises or activities that will help YOU develop your skills and performance level.
 - Identify the activity .. explain or demonstrate execution, indicating clearly the tempo of the activity.
 - What factors should you consider in designing the circuit? Why? The aim of the activity?
 - How many sets; how many repetitions per set in each exercise/activity; rest/recovery interval?
 - How often (per week)?
 2. Examples: several simple circuit plans are presented, and you have each been challenged to undertake various circuits .. they do not contain all the elements you will need, but may stimulate some thoughts about activities.

What elements are critical in setting out a session?

www.nwaswimaths.com

At the Camp you will be provided with copies of these sheets, in addition your booklet, and, paper.
Be **sure** to bring pens .. I suggest two bios ... we will not be supplying pens.

Senior athletes only; in general,
13 years or older in the current season.

North West Athletics

Athlete Self-Evaluation 2

Circle the value that best reflects your response

		Totally Always			Seldom Never	
11.	I regularly follow a dryland / circuit routine at home.	5	4	3	2	1
12.	I bring a nutritious snack to training (and competition) for consumption at the conclusion of my effort.	5	4	3	2	1
13.	I have my season goals written out, and review them regularly.	5	4	3	2	1
14.	I thank my parents for their support.	5	4	3	2	1
15.	I regularly ask my coach to look at some aspect of my training and performance.	5	4	3	2	1
16.	I keep a record of my training performances, and rate my reaction to each session.	5	4	3	2	1
17.	I consult with my coach about my performances and progress.	5	4	3	2	1
18.	I report my competition times promptly to my coach.	5	4	3	2	1
19.	Given a choice, or on a voluntary basis, I take the “tough option”.	5	4	3	2	1
20.	I understand and follow the expectations set down for the squad.	5	4	3	2	1
21.	I have reviewed my progress with my coach in the last four weeks.	5	4	3	2	1
22.	I can often rate myself $\frac{9}{10}$ for effort and concentration at training.	5	4	3	2	1
23.	I plan my races and review my performances.	5	4	3	2	1
24.	I feel I am often the best trainer in our squad.	5	4	3	2	1
25.	I look for positives in every performance.	5	4	3	2	1

A few ideas

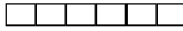
NWA: Swimmers' CIRCUIT (1)

1. Cross Body Lifts:

10 Left Arm-Right Leg +
10 Right Arm-Left Leg

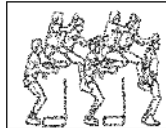


2. AGILITY— Quickstep Ladder (A-Skip x 3 + Ladder)



3. Hurdle Bounds

2 x 5 PreJ + 3 x 5 Expl +
2 x 6 Laterals + 3 x 5 Expl +
2 x 5 PreJ



4. Poolside Push-Ups ... 3 x 15 or, Controlled Push Ups



5. SKIPPING .. rapid form

Try for: 1 x 50 »» 1 x 100 »» 1 x 50
Separate with:

Planning should start with:

1. Where am I now? Performance level?
2. What do I want to achieve?
3. What is the key date(s) on which I want to perform at my best (work backwards from that date).
4. How should I progress?
5. Who can help me?

Where? What? When? How? Who?

I advise that you consult
www.nwaswimaths.com > PROGRAMS >
General Programs > *Follow Your Dreams*

(General) Bar Circuit .. 1

- Bar Clean & Press (10)
- ¼ Squat Springs (15)
- Sit-Ups (20)
- Switch-Over Springs (20)
- Military Press (10)
- Lunges (10)
- Upright Rowing (15)

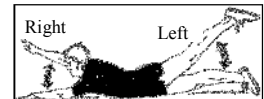


Side Lunges

North West Athletics: www.nwaswimaths.com

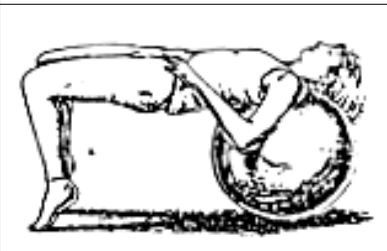
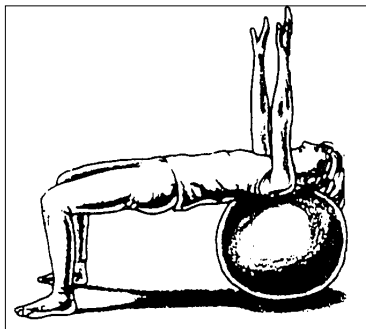
(General) Bar Circuit .. 2

- Revise Bar Circuit 1
- Bicep Curls (15)
- Tricep Curls (15)
- Heel Raises (10)
- Extended Sit-Ups (15)
- Reverse Curls (15)
- Bent-Over Rowing (20)
- ½ Squats (20)



Cross-Body Lifts

North West Athletics: www.nwaswimaths.com



Every athlete is an experiment of one

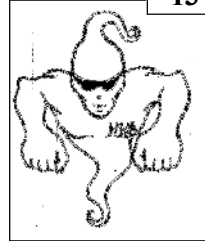
Identify your strengths and weaknesses

Learn from others, but, don't just copy .. plan your activities / program to suit **your** needs

What skills / strengths for my sport
do I want to / need to
enhance?



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 ECHUCA, 3564
 03-54-801-705 nwa@iinet.net.au www.nwaswimaths.com



YOU can complete in your own time, **after** technique confirmation by your coach.

Upper Body Circuit 1

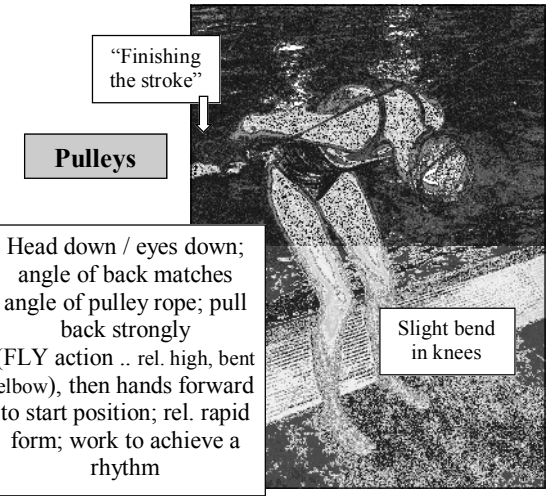
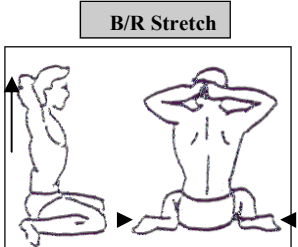
Swimming Focus .. Breaststroke / Butterfly

Many other circuits; just ask.

- Warm-Up**
 Jog / Skip + Stretches: TV Stretch;
 FLY Stretch; B/R Stretch - Total: 10-15 mins.
- Forearm .. Gym Stick (Forearms Unit)**
UNDERHAND CURL (10)
 Handles up, thumbs down grip; hold unit approx. 20cm. from the chest at shoulder level; Twist right hand up and away from the chest, then down and back under towards the chest .. then push up as high as possible, hold for 2 secs. then return. Repeat x 5-10; then, reverse.
 2 x 5-10 each hand.
- ALTERNATING LEG LIFTS**
 Ball, bed, any elevated, rel. stable support.
 2-3 x 6-10 lifts each side; maintain body alignment.
 Can be alternated with Pulleys.
- PULLEYS**
 2-3 x 30-40 .. can be alternated with Alternating Leg Lifts, or Cross Body Lifts (5-6 each side) between sets.
- WALL SQUATS**
 Hold posture; maintain angles (90°); head back against wall; arms should be extended above head; maintain position for at least 60 seconds .. aim for 120 secs.
- Forearm .. Gym Stick (Forearms Unit)**
CHEST CRANK (12)
 Handles Up; unit pointed away from the body; grip near handle with thumbs up .. farthest handle with thumbs down. Rotate far handle downwards and directly towards the chest. Return and repeat x 5-10; then, reverse.
 2 x 5-10 each hand.
- Warm Down**
 Easy Jog (10 mins.) .. 2-3 stretches

Examples of Stretches & Exercises

Note! There are different levels of the Gym Stick. You will be advised of the level appropriate to your progress.



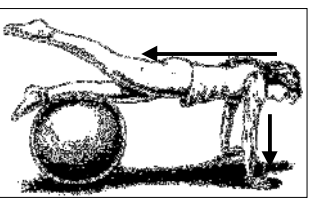
"Finishing the stroke"

Pulleys

Head down / eyes down; angle of back matches angle of pulley rope; pull back strongly (FLY action .. rel. high, bent elbow), then hands forward to start position; rel. rapid form; work to achieve a rhythm

Slight bend in knees

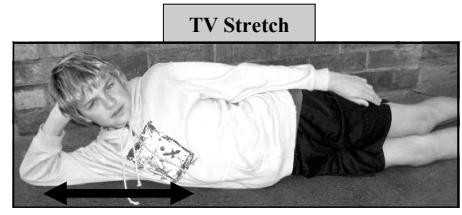
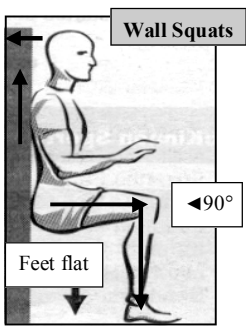
Alternating Leg Lifts
 See also: www.nwaswimaths.com PROGRAMS Superball



Upper Body Gym DVD
 .. excellent demonstrations of Exercises
 It is **critical** that all exercises are done precisely

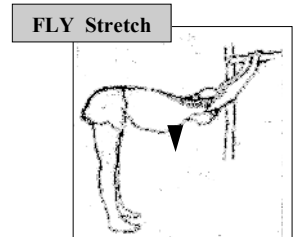
Activities may be varied to make them individual specific with coach consultation .. e.g. Push-Up/Sit-Up Progression, Bar Circuits, etc. should be used to add variety.

Athletes should also consult the DVD **Upper Body Gym Exercises** are numbered, e.g. (10); excellent demonstrations of how each exercise is performed with the Upper Body Gym Stick

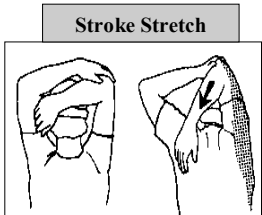


TV Stretch

Swimming Faster
 More force on the water, and/or the same force for longer



FLY Stretch

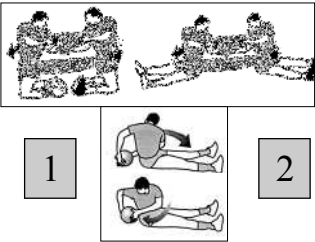


Stroke Stretch

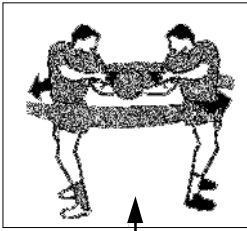
Individual variations at coach discretion .. Circuit 1: 2-3 circuits x 2-3/week for 4-5 weeks
 Every athlete is an experiment of "one"
Return this card to receive the next circuit.

(Some) Medicine Ball Activities

More comprehensive example range is available
 Select and apply what YOU and your sport need



1

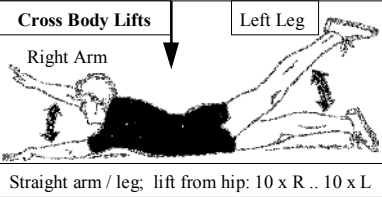


Rocky Half Twist ... Full Twist
 Variations: Seated; Kneeling

Progress gradually to:
 3 x 20 (10L / 10R)
Advanced
 3 x 30 (15L / 15R)

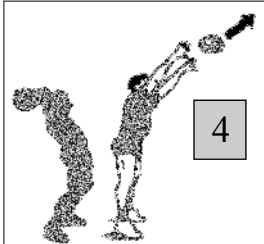
Don't overlook the importance of **Cross Body Lifts**; messages from the brain to the muscles travel diagonally; i.e. the right hand side of the brain instructs the left-hand side of the body ... this relationship needs to be (can be) reinforced.

3



Straight arm / leg; lift from hip: 10 x R.. 10 x L

2-3 Sessions per week
 Use in association with other strength and skill sessions
 (always start on non-preferred side) (understand why?)
 e.g.
Punching Bag Speedball
20-30 Min. Circuit
 (light weights / high (20) repetitions)
Swim / Pool Sessions
 (specific skills – co-ordination and recovery)

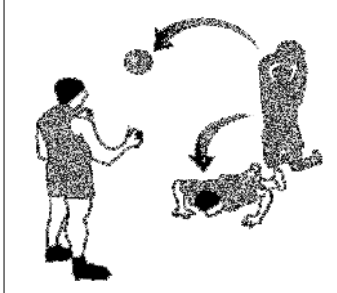


4

Progress gradually to:
 3 x 20 (10L / 10R)

Soccer
(Left foot forward / Right foot forward)
 Variations: Kneeling; Woodchopper

It's not only about training harder .. it's about training smarter
 Specificity
 Regularity Variety
 Quality

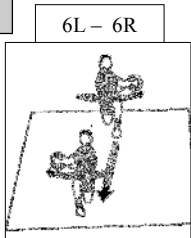


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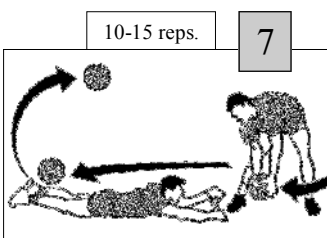
Progress gradually to:
 3 x 10
Advanced
 3 x 15

Medicine Ball Push-Ups
 (with partner, or, a wall)

6
Various
 Select movements that reflect your sport, and, will enhance your performance

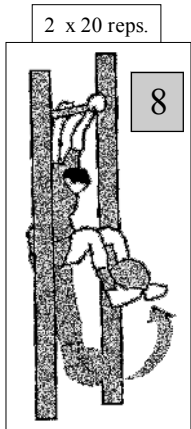


6L - 6R



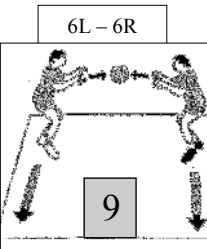
10-15 reps.

7



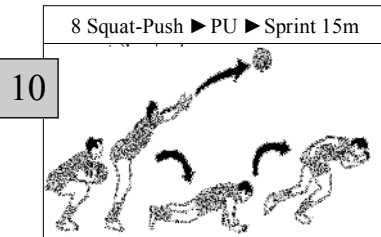
2 x 20 reps.

8



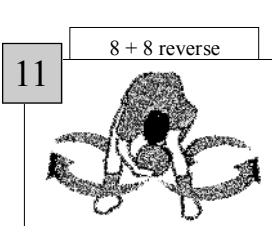
6L - 6R

9



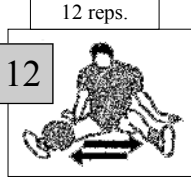
8 Squat-Push ► PU ► Sprint 15m

10



8 + 8 reverse

11



12 reps.

12

Choose carefully: Medicine Ball (1 kg. 2 kg. 3 kg.) - Netball - Football - Basketball
 After working with the medicine ball, the netball-football-basketball feels "light" .. your grip strength is enhanced, your passes will be power-packed. You can use any piece of equipment .. e.g. a weight, a dumbbell, a brick,

Medicine Ball Circuits for various sports available



Pairs Beep Test

Involvement and achievement

Russell Parsons, North West Athletics
2/72 Hopwood Street
ECHUCA, 3564
03-54-801-705
nwa@iinet.net.au www.nwaswimaths.com

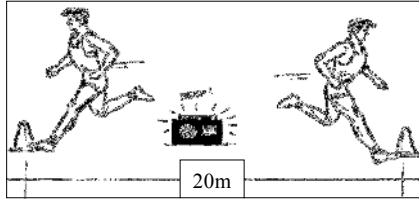


Pairs Beep Test

L5



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20m

Multistage Fitness Test: Shuttle Run ("Beep" Test)

Check the speed of the CD/cassette cadence using the one minute calibration period, and adjust the running distance. (Separate manual)

Athletes are instructed to continue until they can no longer keep up with the progressively increasing pace as determined by the "beep" signal.

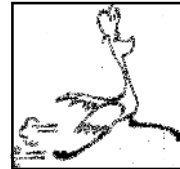
*At every "beep", the athlete's foot **must** be on or over the line.*

The test is complete when the athlete can not maintain the running speed for two successive "beeps".

Note! *After the first miss, the athlete is cautioned and told they must make the line by the next "beep".*

If the athlete's foot is then not on or over the line by the next "beep", the test (for that athlete) is terminated, and the score given

*is the last level and shuttle **attained**.
Tags may be awarded at the last Level-Shuttle completed.*



Pairs Beep Test

L17



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Pairs Beep Test

L6



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Pairs Beep Test

L18



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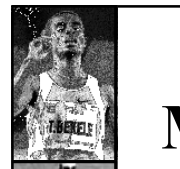


Pairs Beep Test

L7

Photo is at
Pallikoodam School
Kottayam
Kerala
South India
(Aug. 2005)

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Pairs Beep Test

Max. Out I/we reached Level 22 (21-16)

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The Beep Test (Solo) has a scary aspect .. young people often do not want to push (solo) to exhaustion in a very visible display of their fitness level. (Each Level is 1 minute .. Level 6 has 10 shuttles; Level 21 has 16 shuttles; a shuttle = a 20m run)

In the **Pairs Beep Test**, athletes (U19) average their age, setting that standard as the minimum level they will aim to achieve. Runners take it in turns to complete 2 x 20m: e.g. Runner A completes Level 5.1 and 5.2 .. rests; meanwhile, Runner B completes Level 5.3 and 5.4, ... and so on.

If one partner has to stop, the other merely continues, resting during the period when their partner would have run (until such time as they can no longer reach the line by the "beep").

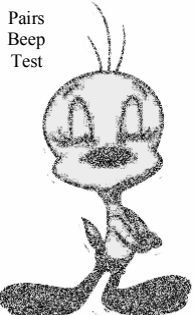
Partners can differ from test-to-test since each pair gains a Pair Score, and also, an Individual Score.

The **Pairs Beep Test** should **not** be used too often (at least 3-4 weeks between attempts is recommended). It is a **motivation, testing, and fun strategy** ... it is **not** a training program. But, it can provide support and encouragement as individuals see their Pair and Individual scores improving. (Distances less than 20m can be used .. be not afraid to adapt the distance to the preparedness of your group; as time passes you can adjust the distance the challenge; youngsters can run with their friends .. team of 2, team of 3 .. establish personal and team goals .. then, **encourage progression**. The variations are only limited by imagination.

Simple awards can be made to participants as they reach a Level, and/or, special awards to groups who exceed their age-average aims. It can be a **real team effort**, with participants striving hard to support their partner.

Reaching Level
22 = Max. Out
The CD goes to
21-16

Keep it Simple: e.g. a Netball Court measures 30.5m in length; 2 x 1/3 cross court lines = 20.34m ... for the Pairs Beep Test, that's close enough .. we are not conducting an Olympic competition; we are not seeking to compare our results with other groups .. it's a personal and pair challenge. We are trying to involve young people, encourage them to work together, to try hard, to improve, to recognise their endeavour, and, have them realise their efforts are valued. Pairs Beep Tests offer a simple-to-apply, easy-to-appreciate, challenge.



Pairs
Beep
Test

Today I did my best

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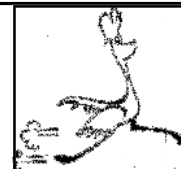
Pairs Beep Test

+3

Age Average + 3 Levels



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Pairs Beep Test

+5

Age Average + 5 Levels



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