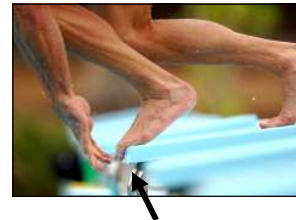




Wayne Goldsmith: [www.swimcoachingbrain.com](http://www.swimcoachingbrain.com)  
 North West Athletics: [www.nwaswimaths.com](http://www.nwaswimaths.com)



## A Swimming Opportunity

**How often does such an opportunity come along?**

**Are YOU interested in achieving your personal peak performance?**

Wayne Goldsmith will present a world class Swimming Camp in ECHUCA in 2011.

**Where?** Echuca YMCA War Memorial Aquatic Centre, Cnr. High & Service Streets, ECHUCA, 3564.

**When?** **Friday, October 7 (Coaches - see program) - (Swimmers) Saturday & Sunday, October 9, 2011**



**THE DATES and VENUE are confirmed**



**Payment Details to be advised soon**

The camp will feature working with coaches and swimmers of different experience.

**Ten pool sessions**, dryland activities, motivational experiences and mental skills development sessions would all be features of the camp.

Coaches would be encouraged and led to teach skills within the program, and can receive up to ten ASCTA Accreditation updating Points.

If support is adequate, interested persons or groups will be sent further details:

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**COST:** **FIRST** swimmer in family: \$150; **SECOND** swimmer in family: \$120;  
**THIRD & SUCCESSIVE** swimmers in family: \$100 ea.; **COACH:** \$200.

**Coaches** receive 5 ASCTA points per day if they attend all sessions on that day (Certificate provided) Coaches are on deck for all pool sessions and work directly with swimmers on technique, skills, etc.

### What do you need to do?

Send your **name** and **address** to Russell Parsons, 2/72 Hopwood Street, ECHUCA, 3564 .. **Email best**, nwa@inet.net.au since **details of the camp will be sent via email**, and not mailed.

- So:
1. Are you interested?
  2. Name, Address, Phone, Date of Birth
  3. Which group do you see yourself in? **BLUE, YELLOW, RED, COACH** .. see following program example
  4. Best Performance: 50 F/S? 100 F/S? 50 B/K? 50 B/R? 50 FLY?

You can detach or copy the following Basic Information Sheet and email to: nwa@inet.net.au  
 Communication of interest is not binding on you in any way.

### The Power of Potential Swim Camp

Echuca, October - Fri.7 - Sun. 9, 2011

Name: \_\_\_\_\_ (Please PRINT) Male / Female (circle)

Address: \_\_\_\_\_ P/C: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_ (please present neatly)

PB's (Swimmers): 50F/S: \_\_\_\_\_ 100 F/S: \_\_\_\_\_ 50 B/K: \_\_\_\_\_ 50 B/R: \_\_\_\_\_ 50 FLY: \_\_\_\_\_

Coach (circle) ASCTA Level/Number: \_\_\_\_\_ Non-ASCTA Coach:  (Cross)

Send to Russell Parsons, North West Athletics, 2/72 Hopwood Street, ECHUCA, 3564  
 Email is best: nwa@inet.net.au

**It's not every day that Victorian Country has access to a special, Swimmers & Coaches Opportunity**

October 7<sup>th</sup>-9<sup>th</sup> 2011. Wayne Goldsmith is one of the world's leading experts in swimming and high performance sport. He has worked with some of the greatest swimmers and coaches in Australia, the US, Great Britain, Canada and New Zealand. Wayne also works with professional sporting teams in the AFL, Super Rugby, the NRL and the A-League and with Tennis Australia's high performance program. Wayne is proud to present THE POWER OF POTENTIAL in Echuca in 2011.

Read more about Wayne at [www.swimcoachingbrain.com](http://www.swimcoachingbrain.com) and [www.sportscoachingbrain.com.au](http://www.sportscoachingbrain.com.au)

**Where: ECHUCA YMCA Pool**

TIME (example only)	ACTIVITY - Coaches
Friday: 3:00-5:00 PM	Work with local swimmers to teach them drills and workout standards to demonstrate at the camp.
5:00 – 6:00 PM	Registration and group allocation
6:00 PM – 8:00 PM	Coaches orientation and preparation

ASCTA Points will be available to coaches Sat. 5 - Sun. 5

- **GROUP BLUE:** NATIONAL AGE / STATE AGE QUALIFIERS
- **GROUP YELLOW:** DISTRICT LEVEL SWIMMERS
- **GROUP RED:** CLUB LEVEL SWIMMERS – FIRST YEAR OF SWIMMING

Unique "Mind-body" program format: Emphasis on swimming skills, dry-land training, self-confidence, mental skills development, racing skills and training behaviors.

**SATURDAY OCTOBER 8<sup>TH</sup> 2011**

TIME	BLUE	YELLOW	RED
6 AM – 7:30 AM	<b>POOL SESSION:</b> HOW TO TAKE 2 SECONDS OFF YOUR 50 PB TIME	REST	REST
7:45 – 9:00 AM	MENTAL SKILLS SESSION - MINDFULNESS	<b>POOL SESSION:</b> HOW TO TAKE 2 SECONDS OFF YOUR 50 PB TIME	<b>POOL SESSION:</b> HOW TO TAKE 2 SECONDS OFF YOUR 50 PB TIME
9:15 – 10:15 AM	SPLIT SESSION: 30 MINUTES DRYLAND / 30 MINUTES SUPER STARTS!	SPLIT SESSION: 30 MINUTES DRYLAND / 30 MINUTES SUPER STARTS!	SPLIT SESSION: 30 MINUTES DRYLAND / 30 MINUTES SUPER STARTS!
10:30 – 11:00 AM	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>
11:00 – 12 AM	<b>POOL SESSION:</b> FLYING INTO FLY.	<b>POOL SESSION:</b> FLYING INTO FLY.	<b>POOL SESSION:</b> FLYING INTO FLY.
12 – 1 PM	LUNCH	LUNCH	LUNCH
1 PM – 2PM	<b>GROUP SESSION:</b> WHO I AM / WHO WE ARE / WHAT SWIMMING IS – CLASSROOM SETTING WITH PENS, PAPER etc. – GROUP PRESENTATIONS.		
2 PM – 3:00 PM	<b>POOL SESSION:</b> BETTER BRILLIANT BACKSTROKE	<b>POOL SESSION:</b> BETTER BRILLIANT BACKSTROKE	<b>POOL SESSION:</b> BETTER BRILLIANT BACKSTROKE
3:00 PM – 4:30 PM	GENERAL FITNESS / ENDURANCE SESSION APPROX 3-4 KMS	GENERAL FITNESS / ENDURANCE SESSION APPROX 3 KMS	GENERAL FITNESS / ENDURANCE SESSION APPROX 2-3 KMS
4:30 PM – 5:00 PM	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>
5:00 PM – 6:30 PM	LONG STRETCH, 15 minute talk then <b>POOL PERSONAL CHALLENGE SESSION</b> – i.e. How can I be all I can be?	REST	REST

Appropriate rest and recovery periods will be scheduled.

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Water and drinks will be available



Helen (Morris) Goldsmith  
former Commonwealth Games  
swimmer, with NWA-Geelong  
swimmers at Runaway Bay, Gold Coast.

**SUNDAY OCTOBER 9<sup>TH</sup> 2011**

TIME	BLUE	YELLOW	RED
6 AM – 7:30 AM	<b>POOL SESSION:</b> LEARNING TO RELAX: FEEL THE POWER.	REST	REST
7:45 – 9:00 AM	MENTAL SKILLS SESSION – SELF- CONFIDENCE	<b>POOL SESSION:</b> FEEL THE POWER.	<b>POOL SESSION:</b> FEEL THE POWER.
9:15 – 10:15 AM	SPLIT SESSION: 30 MINUTES DRYLAND / <b>POOL:</b> 30 MINUTES TERRIFIC TURNS!	SPLIT SESSION: 30 MINUTES DRYLAND / <b>POOL:</b> 30 MINUTES TERRIFIC TURNS	SPLIT SESSION: 30 MINUTES DRYLAND / <b>POOL:</b> 30 MINUTES TERRIFIC TURNS
10:30 – 11:00 AM	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>
11:00 – 12 AM	<b>POOL SESSION:</b> BETTER, BRILLIANT BREASTSTROKE	<b>POOL SESSION:</b> BETTER, BRILLIANT BREASTSTROKE	<b>POOL SESSION:</b> BETTER, BRILLIANT BREASTSTROKE
12 – 1 PM	LUNCH – PARENTS SESSION	LUNCH – PARENTS SESSION	LUNCH – PARENTS SESSION
1 PM – 2PM	<b>GROUP SESSION:</b> TEAM ACTIVITIES / BUILDING THE WORLD’S BEST SWIMMING TEAM – CLASSROOM SETTING WITH PENS, PAPER etc. – GROUP PRESENTATIONS.		
2 PM – 3:00 PM	<b>POOL SESSION:</b> FABULOUS FREESTYLE	<b>POOL SESSION:</b> FABULOUS FREESTYLE	<b>POOL SESSION:</b> FABULOUS FREESTYLE
3:00 PM – 4:30 PM	<b>POOL PEAK PERFORMANCE SESSION</b> COMBINES ALL THE LEARNING FROM THE CAMP INTO A PERFORMANCE SITUATION	<b>POOL PEAK PERFORMANCE SESSION</b> COMBINES ALL THE LEARNING FROM THE CAMP INTO A PERFORMANCE SITUATION	<b>POOL PEAK PERFORMANCE SESSION</b> COMBINES ALL THE LEARNING FROM THE CAMP INTO A PERFORMANCE SITUATION
<b>CAMP CONCLUDES – CERTIFICATES and PRIZES AWARDED. FINAL QUESTION and ANSWER SESSION.</b>			

Appropriate rest and recovery periods will be scheduled.

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Water and drinks will be available

**Interested?** contact Russell Parsons: nwa@inet.net.au

North West Athletics, 2/72 Hopwood Street, ECHUCA, 3564

**The Program will provide:**

1. Parent Education Sessions
2. In-water (pool) sessions (up to 10 sessions);  
(swimmers would be expected to wear appropriate costumes .. no board shorts or similar, have goggles, swim fins,  
(full) water bottle .. kickboards would be provided at the pool.)
3. Mental and Dryland Sessions
4. Team-Personal Development Sessions
5. Coaches College (Friday Evening .. Saturday & Sunday Lunchtimes) .. ASCTA Accreditation Points for Coaches
6. Work Book - Clinic Notes for Swimmers
7. Work Book - Clinic Notes for Coaches
8. Handout for Parents

A **cap** and a **Program T-shirt or singlet** will be **provided** to swimmers.