



Eugene



Phases of Life

Russell Parsons

Recently (Feb. '10) I received an email from **Eugene Bernaudo**, 32, who along with **Scott Thom, Jarrod Monaghan, Sharelle McMahon, Lisa Bruty, Lauren Hewitt, and many others**, formed a vital part of not just the Debbie Flintoff-King Track Program in the early-mid '90's, but also North West Athletics.

I was looking at joining a new local athletics club next season (need to start keeping healthy), and started looking through a few things on the net, and I saw your name pop up and thought I had better see how my old coach was doing these days.

When I first finished athletics there was an initial sigh of relief, but it certainly didn't take long for the penny to drop as to what I had lost. Of course, in time, you only seem to remember what you want.... in particular that feeling of whipping around that bend onto the straight, the friendships and relationships, the goals and achievements.

It's only in these day of reflection that I can fully appreciate those wonderful days on the track with you, Debbie and Phil and all the other athletes.

(**Eugene:** 200: 20.93; 400: 46.13 .. hard to make comparisons, but must relate to about 50-51 sec. 100 F/S)

So many have moved on in their lives to explore and develop skills in so many fields: Dr. Louise O'Donnell; Kylie & Simone, Physiotherapists; **Joel Hocking**, Fitness Leader at Melbourne FC (**Go Dees**); Matt Griffin, Development Manager at Athletics Victoria; Chantal (Minchin) Meek, Mum and Dual Olympic Paddler; Cory Prout (Physiotherapist); Melanie & Sonya Bradley, Ian Prendergast, Jenny Marshall, Kylee Ziino, Paul Jamison, Marni Hutton, Bree, Jessica, Penny, the list goes on and on and on

(In my opinion) .. Important things for young people to carry with them include:

1. **Make the most of your talents and opportunities;** change is essential to development, and, change comes to all .. often quite abruptly. Appreciate that nothing lasts forever .. **carpe diem** (seize the day).
(Opportunity may knock softly .. and, often only once.)

It's not just about World Juniors Medals or Team Membership, National Championships, elite junior performances .. it's about being the best you can be ... in each phase of your life.

Recently, a fine young man failed (very narrowly) to reach specific qualifying standards .. but, he offered the best he was capable of, on the day, in the environment he found himself. I could not be more proud of his efforts ... so often, those who mature later, go further. Regardless of outcome, **to go as far as you can go in some phase of your life is the goal to which we should all aspire.**

Roger Federer, Debbie Flintoff-King, Usain Bolt, Dawn Fraser, Michael Phelps, Cathy Freeman, Lance Armstrong .. their careers and achievements reflect great commitment and very special talents .. but .. life presents us **all** with the opportunity to show **our very best endeavour.**

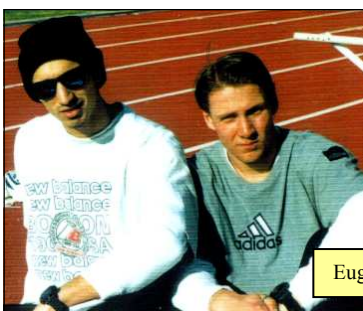
You can never be better than your best

2. If you really believe .. **don't compromise your standards** .. **compromise is another way of going backwards.** Eugene and Scott didn't compromise .. they worked hard, achieved National selection and more; but, **the same commitment can be reflected by us ALL in pursuit of our respective goal(s).**

Moving on to the next phase of your life is important, and natural. Athletic prowess is temporary .. very, very, **very** few make a living out of athletic endeavour. **But**, the lessons learnt from sports involvement can be life lessons; indeed life lessons are there for all who commit to a pursuit of personal excellence.

It's up to you .. the world does not owe you a living. Take charge of your life .. formulate and pursue your dream(s).

We can't all be winners ... but ... we can all be **CHAMPIONS !!**



Eugene & Scott

www.nwaswimaths.com > PROGRAMS > General Programs > Are We Fully Challenging Our Athletes?



Jarrod and wife Sommer .. (son, Fergus) .. teaching in Cambodia .. a long way from Tempy

I have a very comprehensive collection of images from the DFK days. Indeed each athlete and coach was given copies many years ago.

Athletes need only contact me; useful for showing your kids and friends **how great you were (are).**

nwa@iinet.net.au

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