

Relationships / Associations

A **relationship** between (two or more) factors suggests there is a cause - effect link, e.g. an athlete's performance may be related to their coach and his/her program.

An **association** implies that the factors are independent but supportive.

NWA is related to some, but, associated with many young athletes.

A caution: there are quite a few "coaches" out there taking credit for outcomes largely the result of natural growth and maturity.

The primary role of coaches of junior athletes (development coaches) is to enhance skills, and enthuse the youngsters with the positive aspects of sport.

Responsible coaches who specialise in refining elite athletes, want them to be empowered with skills, not exhausted from over-training.

In terms of quantity of training, young athletes should try to get as far as they can on as little as they can .. emphasis should be on quality of endeavour. There is plenty of time for young athletes to train "harder".

Athletes get one chance in life to reap the rewards from the endeavour they bring to training strategies; train "too hard" / "too often" when you are young, and the opportunity for progression is achieved but may not come again.

Beware the Attrition Approach .. too often seen

*Take a group of young athletes who show "potential"
Train the guts out of them
Claim the survivor(s) as your champion*

	<p>Potential is what you may be capable of doing</p> <p>Motivation directs what you do</p> <p>Attitude determines how well you do</p> <p>www.nwaswimaths.com</p>
	

<p>"Training hard" is easy</p> <p>Training Smart is the real challenge</p> <p>Don't be afraid to politely ask of your coach: "Why am I doing this?"</p>

"You can't put in .. what God left out"
(Chariots of Fire)