SWIMMERS and **RUNNERS**, (i.e. athletes) .. please **ensure** parents have the opportunity to read details on **ALL** Newsletters

100% Right,
is
100% Right

99% Right
is
100% Wrong

50 repeats
forms a habit

North West Athletics

NEWSLETTER '11

Vol. 14; No. 1 (January)

Russell Parsons, OAM, ATFCA4, ASCTA (Bronze)
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No opportunity is ever wasted

Others take up what you let pass

Thousands to change a habit

So? What's the message?

Working with Children approved: 00142786-01

Solid Swims by Team Bolitho

(Sunraysia, Mildura, Dec. 28-29)

Solid swims at the Sunraysia Meet in Mildura, Dec. 28-29, with **Sam** securing multiple pb's on Day 1, including a breakthrough 2:52.09 200IM.

Eric also secured a Backstroke pb and was back to his 26's in 50 F/S.

James again swam consistently …. technique is solid and when growth kicks in, there is plenty to expect.

Training continues as we move towards Country Championships, SV Sprints, and School events in Feb-Mar. 2011.

Plans are afoot for swimmer placement in January at Geelong .. more details soon.

Sam

James

Eric

Swaziland Swimming & North West Athletics: www.nwaswimaths.com

Thanks to the **ASCTA** (Australian Swimming Coaches & Teachers Association) for their support in accumulating resources for Swaziland Swimming.

Training continues

There is time for everything, if you learn to PLAN your time

What does not kill you … makes you stronger

5/1/11: **Training at Bendigo**

Excellent session completed by Rebekah, Morgan, Libby and Harry.

Gradual progression continues !!

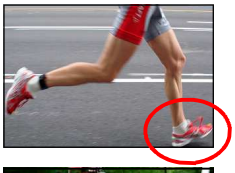
Run, swim, and 2½ hours shopping
.. well done Harry

Athletes are showing the benefits of **regular** attention to training targets

Attachments: with **Newsletter 1-11**
Planner 1-11
Swaziland Swimming - How Lucky are We?
NWA - Sharelle McMahon - 1993 (Preparation for Competition)
An example: A film study - **Chariots of Fire** (**many** more available)
e.g. Breaking Away .. Run for the Dream .. Wilma .. Running Brave ..
Stand & Deliver .. Without Limits .. Ali - When We Were Kings ….
if you are interested, contact me .. film study (test) copies available.
Also worth reading …Wayne Goldsmith
New Sport-Old Sport and **Changing Times**
(attached and www.nwaswimaths.com > PROGRAMS)

A person whose first reaction starts with the word "but"
is likely to be part of the problem, and unlikely to be part of any solution.

In the weeks ahead I will be outlining significant changes to my time allocation to training groups.
Decreasing mobility is a major cause of changes I plan to implement; however, some training involvement and my Newsletter will continue in 2011.



Heel strike first (in front of your centre of gravity) is like putting-on-the-brakes in each running stride; you will find runners almost invariably do it with sneakers on .. with spikes, foot placement usually improves.
US sprint coach Loren Seagrave uses the term
"negative foot speed"
The foot should be travelling (sweeping) backwards (flicking at the ground) - landing on the ball of the foot - contact beneath the knee.
The runner who spends the least time in contact with the ground, runs the fastest.

Training hard is easy … training smart is the real challenge

Any person can thrash up and down the pool to near exhaustion; same for runners, indeed, all sports.
The important (**essential**) thing is to develop basic skills .. as you grow older (>15 years) more challenging training loads can build on these skills; refine the skills .. extend the skills.
BUT, If you do not have basic skills to build on .. frustration ► copping out ► excuses ► dropping out .. **your call**.

Juniors: It's not how fast you swim/run … it's how well you swim/run

Training Hard is Easy .. Training *Smart* is the Challenge

Working with Children approved: 00142786-01

Each Newsletter you will be directed to a program on the web site that may assist some aspect of your progression

www.nwaswimaths.com > PRESENTATIONS > General Presentations > NWA .. Learning Basic Skills (DVD available)
Also: DVD - **Drills for Speed & Agility** .. an introduction
Don't complain help not sought, is unavailable
DVD's: **Various Races 1 & 2** .. and questions sheets, available (loan) on request.
The 400 .. www.nwaswimaths.com > PROGRAMS
Bar Circuits and **Stretches** DVD also available.

Wayne Goldsmith is one of the most articulate writers/speakers about sport and skill enhancement.

WG - The Role of Parents in Sport
www.nwaswimaths.com > PROGRAMS > General Programs

www.sportscoachingbrain.com
Also
Applicable to various sports, coaches and parents, the ATFCA Coaches Code of Ethics presents guidelines that should be considered, understood, and followed:
www.nwaswimaths.com > RESOURCES > General Resources

"Where do you want to go?"

Alice in Wonderland v Cheshire Cat

Alice comes across a fork in the road; seeing a Cheshire Cat in a tree she asks: "Which path should I take?"
The Cat replies: "Where do you want to go?"
Alice: "I don't know."
Cat: "Then it does not matter which path you take."

"**Where do you want to go?**" "**What are YOUR goals?**"
(What is a goal?)
Without a GOAL(s) .. you are unlikely to achieve.

The performance of 2011

(yes, I admit I am biased)

David Rudisha (KEN)
Twice broke the world 800m record.
1:41.01 (Aug. 30)
400: 48.2
600: 1:14.56
i.e. 400 split x 2 + 5 seconds (approx.)
Google: David Rudisha

IF you are **really** into elite performances .. and if you find a few moments (and we all can) .. use today's resources (they have not always been available) .. google a champion you admire .. explore.

Today you can discover / profile / watch almost any athlete or event
It can be daunting, but it's exciting .. don't just rejoice in your very small pond .. see what else is going on .. see what others are doing.
tick .. tock .. tick .. tock .. tick .. tock ..

If you ***can't find the time*** or ***I've been too busy***

You are really saying something about **your** real commitment .. your call .. but, you only get out what you put in.
Use the resources you have access to !!

In relation to **Swaziland Swimming** (again, I know), a statement by US Coach, **Don Heidary**, is especially memorable .. how easy it is to forget how lucky we are … (consider for yourself)

Don Heidary: **Swaziland Swimming 2** www.nwaswimaths.com >RESOURCES

… Soon, a stream of young students, ages 5-8, came running into the gate. School was a ten minute walk away. Here they came, in uniform, excited and adorable (see photo). There were over sixty. The pool is humble but good for teaching. Welcome (the coach) has a brief meeting and the kids begin changing. Changing is actually not accurate because they have nothing to change into. The boys and girls remove their clothes to their underwear and again wait for instructions. **No suits or goggles**, but neither affects their eagerness or ability to learn.
… The most significant thing that I have taken away from the country and my experience is not the rate of aids or TB, not economic strife and limited means, or the overwhelming challenges facing the swimming landscape, but the incredible kindness, sincerity, and humility of the people.
From children to adults, men and women – there is an ironclad respect for everyone. **We did not hear** one word of profanity, see one altercation, see anyone lose their temper, intimidate anyone, or have an attitude about anything. There didn't seem to be a presence or a psychology of crime, gangs, violence, theft, drugs, alcohol, or depression.

One of my favourite DVD's is **BORN TO RUN** .. the story of **Sebastian Coe** (Dual Olympic 1500m Gold medalist: '80, '84)). **Unashamedly** a hero of mine.

A former world 800m World Record Holder ..
1:41.73 (1981); 1500 pb: 3:29.77 (1986)
no Australian athlete has achieved (near) Coe's best time(s).

Focus in Swimming - Running: It's not how fast .. it's how well?

Very, very few will ever swim as fast as Michael Phelps, or, run as fast as Usain Bolt .. **BUT**
BUT, most can swim or run **as well as** these superstars .. **technique can be developed by ALL.**

*"It's not money; we need **costumes** for these kids. We will take anything, no matter the condition. We will patch and sew."*

Cobus Louw
President
Swaziland
National
Swimming
Association

Want to help?
Send items to
Russell Parsons,
North West
Athletics
2/72 Hopwood St.,
ECHUCA, 3564
AUSTRALIA
NWA has sent an initial package (April) and Package 2 (Oct)

Further package
to be sent:

January 2011

Don Heidary .. Swaziland Swimming (TV interview)
Go to:
www.swimmingworldmagazine.com/lane9/news/23412.asp

It takes a while to load.
But, an excellent interview.

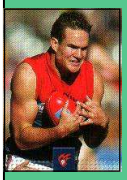
Also,
www.nwaswimaths.com >
RESOURCES >
Swimming Resources >
Swaziland Swimming 2
for a copy of Don's article

Thanks to **Flying Fish Swim School** (Qld), **Northern Stars Swim School** (NSW), **Fiona Skinner Learn-to-Swim** (Geelong, Vic), and **Geelong Swimming Club**.
.. the word is spreading; photographs of resources received in Swaziland will be sent to contributors

▲ First meet 2011 .. Big Bend, October 30 .. 57 swimmers took part ►

Help Support Swimming in Swaziland
… goggles, fins, caps, swimming costumes
(togs)

AFL Wanna-be's .. "serious" footballers



2011 is too late to start your fitness and skills enhancement for the forthcoming season.

If **YOU** want to extend your performances next season (2011)
NOW is the time to organize your program
It's what you do now that will launch you in 2011.

So-called "natural ability" will only take you so far.
When growth ceases to offer "easy" success, you need skills to rely on .. no skills .. performance can stagnate, even regress.

Read Bill Sweetenham's comment, page 5

Fiona Skinner has confirmed to me today that she will be sending a package to **Swaziland Swimming**.

Fiona has built her Learn-to-Swim in Geelong to over 500 youngsters in 12 months, and is eager to offer an opportunities to skill-focused young persons to experience what working with youngsters is like.

I had the privilege of watching her work in India in 2006, and highly recommend any opportunity Fiona presents.

IF
You are interested in expanding your skills, and have an AUSTSWIM or ASCTA certificate,
please contact me and I will take the matter further with Fiona.

Learning New Skills is FUN

Quality
is more important than
Quantity

Goals

Height is not the only factor in achievement,
but in many situations,
height plays a critical role.
In many sports, being *the-tallest-person-you-can-be* is a goal to be sought.

How tall will you be?
Consult Sports Medicine.

Seek a Height Predictive X-Ray

Let the result play a role in your aspiration and endeavour.

It's not just about pursuing a goal,
It's not about wishing things will happen

It's about
Pursuing a Realistic
(appropriate)
Goal
Learning what is likely .. helps **YOU** select an achievable outcome.

Latif Thomas: U.S. T & F Coach
Useful Presentations:
Short Sprinters
http://www.athletesacceleration.com/stslides
The Truth about 400 Training
http://www.athletesacceleration.com/lgslides

My experience

Late(r) maturers usually go further

Don't be too quick to place yourself or your athlete in the *exception* category

Never place skill acquisition ahead of skill perfection
Bill Sweetenham

BASIC DATA: Athletes would be aware I have been maintaining progressive Height and Arm Span measurements over a period of time; this basic data is on your personal files. Of greater significance to the swimmers, this data provides an interesting set of measurements as each of you grows .. age groupings, while the most convenient and popular way of grouping are of little long term value … every athlete grows out of age-groups into senior (open) competition.

Of arguably greater significance, as you age, are height and arm span;
e.g. for swimmers, length of levers in relation to height.
Again, **the data is merely a guide**;
e.g. in AFL, it does not matter how tall you are if you can't get, or at least get to, the ball; skills, attitude, commitment play very important roles.

But, I suggest you follow the Bill Sweetenham advice:
If it's measureable, measure it
One of the better pieces of advice I have heard is to *try to improve every season* .. **sustained improvement** (in all things) is a key to elite achievement.

A belief of mine

You can't criticize people for not knowing, because, often they do not know that they don't know.

What does this mean? Well .. we know about our own experience levels, but we should not assume that our experience level, or our commitment, or, our performance is *the standard*.
(I enjoy eating fresh bread, but, I do not know how to make a loaf.)
Working for Athletics Australia for a year, I went on many trips around Australia and overseas .. I very quickly learnt that there are standards (often) beyond that which we so easily (locally) identify as "great".

A friend once said: "Try to improve every year .. success may come."
Juniors - develop and consolidate your skills
Parents - be objective (or, at least try to be) .. applaud **all** endeavour !!

If you make improvement your goal ... the rewards are yours.
Read: **Age Group Achievement** (final page of this Newsletter).

Tick - Tock - Tick - Tock

5/1/11: More photos .. **Libby**, **Harry**, **Morgan**, **Rebekah**

Middle distance running is not about just speed .. it's about ***repeatable speed*** .. many can run a fast split or produce a fast finish off a slow pace;
very few can produce
speed off a fast pace.
Learning and developing is based on feeling .. **there is no easy way**.

Get as far as you can, on as little as you can (with a strong skill focus)

… there is plenty of time for youngsters to train harder … later
Developing athletes need skills to refine when the advantages offered by early maturity cease .. and cease they do, as **all** athletes progress out of the protection of age groups.

Memberships for competition swimmers: Geelong Swimming Club

North West Athletics swimmers compete (by choice) with **Geelong Swimming Club** .. registration and membership details > www.geelongswimmingclub.com.au > Membership

Competition entry requires swimmers to be registered with Swimming Victoria

NWA swimmers must be registered to compete in official meets; or, may swim for fitness and fun .. any queries contact me.

It simply does not matter which club you belong to; NWA-Geelong swimmers are treated with respect, have fun, learn technique enhancing skills, have access to all individual events and can earn relay participation at competitions.

*The amount of knowledge that it takes to improve an athlete at 13 years, is **very** small. Given that the athlete will be totally focused on their swimming career, will be more than likely training a significant number of hours, and will more than likely be over-committed to frequent competitions where improvement in terms of time is often more related to growth spurts, sometimes early strength development and frequency of exposure to the stimulus of training rather than coaching expertise.*

Master Coach: Bill Sweetenham

These sentiments apply to **all** sports and agree with the assertion that most improvements in "the early years" are related to growth and maturity as long as fundamental technique issues are addressed.

Coaches working with young swimmers / athletes, can be Junior Coaches or Development Coaches .. your call.

Important Dates: Swimmers & Runners, 2010

* = qualifying times or results apply

Fri. Jan 14-16, **2011**: Vic. Open LC (MSAC)
Fri. Jan. 21-Sun. Jan. 23: Vic. Country T&F .. Ballarat
Fri. Jan. 28–Sun. Jan. 30: 2011 Vic. Country Swim Champs* .. Geelong
Sun. Feb 6: State LA Relays (Oly. Park)
Sat.-Sun. Feb. 12-13: Victorian Sprint Championships* (MSAC)
Fri. Feb. 25-Sun. Feb. 27: Vic. Youth T&F* (Oly. Park)

Thurs. March 10-Sun. Mar. 13: National Junior T&F * .. Sydney
April 18-23: National Age Swimming*

Fri. Nov. 4-Sun. Nov. 6, **2011**: AV Vic. All Schools T&F (Albert Park)

Every Victorian Swimming Club with an email contact has been approached.

Check out our Swaziland Page, p. 3
CAN YOU .. WILL YOU HELP ???

No one has ever become poor by giving
Anne Frank

NWA Swimming Costume Regulation
Please Note! ALL NWA swimmers MUST wear one-piece costumes .. no "bikini" costumes (to ensure the modesty and privacy of swimmers) - this is an **NWA rule** .. **no exceptions**.

PRACTICE does **NOT** make Perfect
PRACTICE MAKES PERMANENT
so,
ONLY PERFECT PRACTICE makes **PERFECT**
Let this guide your endeavours

Team Australia: Athlete Training Log

Introduction

A Training Log is kept by all elite athletes, many keep daily records going back ten and more years

Daily records, if properly kept and maintained, will help you and your coach to determine an optimal training program for YOU.

Daily records can also help identify factors, that if explained, will help you achieve your best

This booklet has been developed for you, as a member of the Olympic Athlete Program, to assist in your planning and preparation for key competition(s).

The booklet also contains some practical tips that will help you in your pursuit of "personal best" performances in these key competitions

Have you ever wondered why you perform well at some competitions and poorly at others? Why you become injured or ill? How to maintain your motivation and focus?

Keeping track of how training and competing are affecting you technically, physically and mentally will help you to answer these and other questions.

Keeping a Training Log will enable you to:

- set challenging but realistic goals
- analyse the effects of your training
- monitor your progress
- develop a systematic plan to improve
- avoid over-training and injury
- stay motivated

ATHLETICS AUSTRALIA

The Training Log has been kept simple. It's easy to use.

The log will help you develop a clear profile of your physical and mental readiness, and help ensure that you arrive at the key competition prepared to compete to the best of your ability.

Don't be afraid to ask for help from your coach. Maybe to a recognized expert in your sport, and will be able to give specific information beyond the general concepts contained in this booklet.

Istvan Balyi, Ph.D
Advanced Training & Performance Consultant
Victoria, Canada, B.C.

The difference between ordinary and extra-ordinary is that little ... extra

Edited by: Loren Seagrave, *Speed Dynamics*
Sprint Coach, Atlanta, USA

Russell Parsons, Athletics Australia
Elite Juniors Co-ordinator

Olympic Athlete Program

Recently I had occasion to find and copy an Athlete Training Log I prepared for athletes preceding the World Junior Track and Field Championships in Sydney in 1996, in my capacity as AA Elite Juniors Co-ordinator.

As with most home teams, the results obtained by the 1996 team were very, very good.

The Training Log was one of a number of initiatives that coaches considered in preparation for the event.

The Training Log is some 38 pages, but if any coaches and athletes feel they could benefit from the publication, please feel free to contact me.

NWA Swimming (2010 -2011)

Mornings
Monday, **Tuesday** // **Thursday**, **Friday**
6.15 - 7.30 a.m.
Swimmers to arrive at the pool by 5.50 a.m.
with sneakers .. 500m - 1K jog + stretches before swim.
Seniors and selected Intermediates

Evenings
Seniors, Intermediates, Juniors
Tuesday (6.15-7.15 p.m.) and **Thursday**, (6.00-7.00 p.m.)

Variations will be advised in the NWA Newsletter, NWA Planner, both of which are sent by email, and displayed on the notice board at the YMCA next to the Special Olympics notices.

During the Christmas-New year period special arrangements will apply and be advised to individual swimmers.

Junior sessions on Tuesday and Thursday evenings will be suspended after December 16, until school resumes.

Swimmers are to have one-piece costumes, goggles (incl. a spare pair) and fins. Caps are optional.

Any queries .. contact Russell Parsons, direct
nwa@iinet.net.au
54-801-705
NWA Newsletter: www.nwaswimaths.com > RESOURCES > General Resources

Athletics Bendigo Fixture

Check in by: 12.45 p.m. - 1:30 p.m. .. first event
2011 Vic. Country Championships: Fri. Jan. 21-23
Sat. 15/1/11: Program 1
Sat. 29/1/2011: Program 2; Sat. 5/2/2011: Program 1
Shield Final: Sat. 12/2/2011

Several **DVD's** and question sheets have been or are being prepared that focus on specific event categories; these are available on request on a **4 week loan** basis. If a sport is going to progress, it **must** attend to the issue of expanding awareness of ..
the sport's elite performers, and,
what the sport involves.

So far: Various Races 1: 1500-10,000
Various Races 2: 400's
400H .. 1991-2003
Kick – Kick Down / Coe .. The Races
Wilma / The Jesse Owens Story
Checkout: The 400 (in PROGRAMS)
Swimmers: Basic Drills & Progressions
and, many more
DVD's are available on request
and **must** be returned within 4 weeks.

Bar Circuits & General Fitness

Well Done to **all** athletes who have accepted the challenge of the Bar Circuits.

YOU can decide on the weight of your bar.
YOU can ensure how each activity is completed
(Remember: body position determines muscle recruitment)
(**Technique is Everything**)
YOU can decide how often you complete the circuit
(Recommended at least twice a week: 2-3 times through)
(I can lend good music-to-exercise-by - **real** music, e.g. AC/DC, Jimmy Barnes, Midnight Oil, …..)

There are numerous circuits .. No one circuit suits all
Ask questions .. ***Do what is best for YOU***

Athletics .. Times
Hand / Electric comparisons
100, 200, Hurdles up to 200H
Hand add .24 = Electric
300H & 400H Hand add .14 = Electric

Pulse Rates

Quick calculation: carotid artery .. gentle pressure: count the beats for 6 seconds, then add a 0. e.g. 15 beats = 150 beats/min.
Hand on chest after exercise yields same (and an easy result) .. subject to error since a single beat is actually 10 beats, BUT, an easy approach.
You will quickly relate how you feel to pulse rate.

Follow Your Dreams
www.nwaswimaths.com > Programs > General Programs

Tick - Tock - Tick - Tock - Tick - Tock

Be patient .. be persistent
11 year olds do not have to match the training emphasis of 17 year-olds.
Plan to progress, but also enjoy your time as a junior .. **it will never come again** (that's a promise).

Skills are forever

There is no easy way

***Speed* is a Skill**
Being the fastest YOU can be.

Catherine Freeman, 2000 Olympic Champion, 400m

Debbie Flintoff-King '88 Olympic Champion 400H

Herald-Sun: 14/12/'08

"For some reason, athletes maybe don't want it enough … don't want to be an Olympic champion ... or want it in a different way … Debbie Flintoff-King (Seoul '88 Olympic 400H Champion), there wasn't enough I could do to be like her."
Catherine Freeman (2000 Olympic Champion, 400)

8/1/11: **Denya** running well on a hot day

My Guarantee

Young Men & Women

You will be treated exactly the same way

(by **your** children)

as **you** treat your parents.

Saying you want to win is not the same as working towards your goal.
Well Done .. is **better** than **well said**
What are YOU doing .. that others may not be doing???
(**may** not be doing)
Don't insult the efforts of others by expecting to match the best by doing 1-2 sessions per week. Do what you want, but, remember, outcome = input.
"Swimmers .. don't even dream about being in a State or National Team, unless you are doing 8 sessions in the pool, each week, plus support activities" (e.g. gym, stretches).Master Swimming Coach **Bill Sweetenham**

Not every person wants to make the commitment required that's fine
but .. let your expectations match your commitment

Leadership
Happy Birthday to **Libby**
Few follow through to 18
Your leadership and example have been outstanding
The power of flight lies in the mind that has wings

Michael Phelps in response to the comment by his coach: *"great session; you really worked hard; you must be tired"* (Phelps) *.."I don't get tired."*

Practice is when you are allowed to make mistakes .. experiment … Rate yourself (5-4-3-2-1)
every session - every repetition
You and the coach can see, but **only you can feel**.
Trying different things & doing your best
= perfect practice

Session content
should be
coach driven
but
athlete focused

Here's a little test? You can choose any sport(s)
Go to any ten (10) people .. any age, but different ages; male and female; and, not just your friends:
Question: Name 6 (six) elite performers:

Netball	Basketball	Soccer
Athletics	AFL	Cricket
Swimming	Hockey	Golf

The results suggest which sports market themselves best; hey, if your first response starts with "**but**", you are reflecting your sport's problem .. are you part of the problem?

Perception is the reality we must live with

It is not a question of what we mean, feel, intend .. it's how we appear to others: body language is our strongest message.
The **30 second rule applies** .. perhaps even a 10 second rule
(The impression made in the first 30 seconds of contact is very often, permanent)

People often advise me that the programs etc. **I "produce" should not be available free on my web site**

(Well .. not all are .. "current" files are only posted after athletes have first option)

1. As a young teacher, a former Principal (in 1970) said to me: *"the only original idea in the 20th century has been the invention of plastic"* … now, don't get involved in thinking of exceptions (if there are any) … think: **what did he mean?**

2. Ideas are one thing, implementing the idea or some circumstance-specific variation thereof, is another. Having "possession" of a program or idea is **not** the important thing … **implementing the idea effectively is everything**. (Want to check what I mean? How many sheets, DVD's, tags, …. are just collected? or, as I say, *collect dust on the bedroom floor* .. you have possession, but …….?)

Coaching/Teaching is not about talking-the-talk or wandering around laden down by stopwatches, or wearing "Coach" labeled Polo Tops to reinforce personal insecurity .. coaches/teachers who know their craft seldom need to seek reassurance.

Teaching/Coaching .. it's not about qualifications .. great teaching - coaching is about empathy.

Distance Running

Running distances (5K +) is as much about mental readiness (self-belief) as physical preparation.

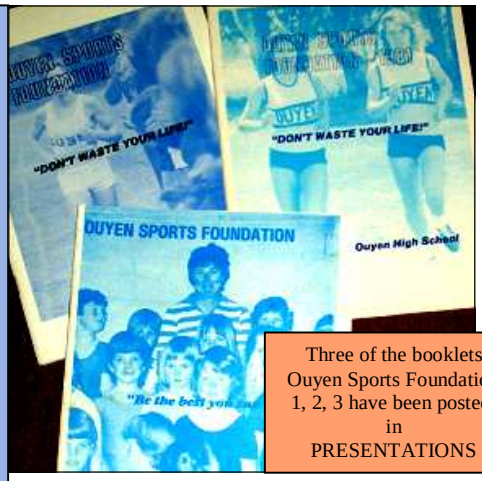
In 1971, and in the years following more than 50 runners in my care, aged 15-35 years completed marathons, in Australia and overseas.
(Full documentation available .. 3 booklets ►)

Distance Running is about self-belief .. it's not for everyone, and it requires commitment and patience.

We had a 14 week program .. with a reasonable pre-program fitness level, I maintain any person can complete a marathon (26 miles 385 yards / 42.2 km.).

Of course, completion at an advanced level,
e.g. sub-3:30 for Men and sub-3:45 for Women,
requires careful, sustained progression.

Thousands run (complete) marathons every year; it's an achievement to be proud of .. it takes courage and self-belief .. finding out what YOU are capable of.
The skill of commitment is transferable – a life skill.



Three of the booklets Ouyen Sports Foundation 1, 2, 3 have been posted: in PRESENTATIONS

There is no one program that will address all interests.

Young athletes should develop and refine **their** generic and specific skills, and, then decide how or if **they** wish to apply **their** skills.

Late maturers often go further.

Young achievers .. well done, but work on your skills.

To young skill-focused athletes > **persist** .. your time is ahead.

North West Athletics

Too often

Opportunity

is

a

non-renewable resource

www.nwaswimaths.com

◄?

Tick - Tock

Tick - Tock

What is that sound?

The Opportunity Clock

Time
is the only thing
we
can
never
have
again

Seize every moment

Cathy Freeman

Benita Willis

Debbie Flintoff-King

Do you have sporting heroes?

◄ **Some of my female sporting heroes.**

Many more .. always know why?

e.g. one of these very special women ran 53.17 to win Olympic Gold in Seoul, 1988.

What is right is not always popular … what is popular is not always right

To check out other fee structures: example .. Melbourne VicCentre Swimming Club:
www.clubsonline.com.au .. Membership > Squad Fees

NWA Session Fees: (2010)

► **Swim**: Juniors & Intermediates - **$6.00** per session; Seniors .. ($4 per session) to a maximum of $90.00 per month.

Runners: **$5.00** per session, or, **$8.00** per **week**.

(Variations may be made for 2nd, & 3rd children, and/or swimmers and runners who endure significant travel .. **coach discretion**)

Payments may be made at sessions, or, invoices will be forwarded at the end of each month. **Payment** on **invoiced amounts** **MUST be made within 7 days of receiving the invoice. ALL Senior & Intermediate swimmers will be invoiced**.

Adjustments may have to be made in response to any charge increases I am confronted with. The aim is to cover all costs, including Newsletter costs … an increase may be necessary to approach this.

Any person with a question should contact me direct.

You'll never rise higher than your dreams
but to be realized
dreams must become goals
How?
www.nwaswimaths.com > PROGRAMS
> General Programs
> Setting Goals (Naber)

RICH RIVER PHYSIOTHERAPY & ACUPUNCTURE CLINIC
Ph: (03) 5480 1655
342 High St, Echuca, 3564
rrphysio@bigpond.net.au

Warren Lowry
Soft Tissue Therapist
66 Sturt Street,
ECHUCA, 3564

03-54-801-991
0419 637 358

Control what you can control – **cope** with what you can't control – **prepare as if everything will go wrong**.

Seek and follow experienced professional advice with injuries.

Setting Goals

Everybody's circumstances are different
but, we can learn from the experience and of others
www.nwaswimaths.com > PROGRAMS > General Programs > Setting Goals (Naber)
Goal Setting is not hoping something happens,
Goal Setting involves planning,
then
executing YOUR plan to **make** it **happen**.

AIM to LEARN ONE THING EVERY DAY
KNOWLEDGE ACCUMULATES QUICKLY
but
ONLY in an OPEN MIND

365 things / year
x ?? years
+ school
+ life
+ gatherings

ALL NWA
SENIOR & INTERMEDIATE RUNNERS & SWIMMERS
MUST
discuss meet / event entries with me
in advance of entering
if they wish to remain NWA athletes.

Too many coaches (all sports) can pronounce the words
Sharing … Co-operation
Very few live their meaning
Sports are coach-driven .. there are great coaches in all sports; finding them may be the issue.
Finding a coach who will tell you what you want to hear is the easiest of tasks.

◄ **A-Skip** Drill .. establishing correct form should be the prime aim of junior and intermediate programs.

What is a drill? .. a drill is a part of a full movement you are seeking to develop.

The Part-Part-Full Method .. practice the parts then re-assemble the full movement.

Drills must be **closely supervised**, or risk, fixing in place, the wrong movement.

Age-Group sports achievement (running, swimming, football, netball, basketball, ….) is **temporary** - **ALL** athletes eventually progress to open age competition .. so, develop your skills .. focus on being the best you can be - explore options; **don't specialize too early**.

Who won GU15 100m at Vic. All Schools T&F or Swim in 2005? Answer: **Well Done!!** (polite answer)
Important to that athlete on-the-day .. **but**, move on to your next goal.
Many youngsters (**and parents**) dream of (their athlete) reaching elite levels ..
VERY, VERY, VERY, VERY few have the **skills** or **commitment**.
"Reaching the Top" is **far** more than a practice or two each week. **We can't all be winners**, but **we can all be champions** .. **how**?
Be the best you can be in anything you take on .. but, appreciate that *moving on* is part of life.
Getting started (recruiting) is the **easy** part .. persistence is the real test .. why persist?
(Praise Promotes Persistence)
Focus on skills - don't over-commit - don't become an athlete who reaches 18 years with few life experiences.
One of the **biggest problems** faced by sports and in life is .. ***I want it now*** ….. be patient.
Late maturers **very** often go further.
Check out the Little Athletics National Records .. **very, very** few Olympic representatives ..
so, work on your skills .. **be patient** .. **be persistent** .. **aim to improve each year - keep your options open**.
www.littleathletics.com.au > Competitions > Championships > Records > Aust. Best Performances
Isn't it somewhat funny that young people talk-up their individuality, but insist on collectively following trends? We have all done this, but let's see our actions in perspective.

50 repeats forms a habit
Thousands of correct repeats to change the habit
What's the message ??

Flatter me, and I may not believe you.
Criticize me, and I may not like you.
Ignore me, and I may not forgive you.
Encourage me, and I will not forget you.
(William Arthur Ward)