



**SWIMMERS and RUNNERS .. please ensure parents have the opportunity to read details on ALL Newsletters**

	<b>100% Right,</b> is <b>100% Right</b>
	<b>99% Right</b> is <b>100% Wrong</b>
	<b>50 repeats</b> forms a habit

## North West Athletics NEWSLETTER '09

Vol. 12; No. 10 (May)  
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**Session Fees**  
from  
**Jan. 1 2009**  
page 5

No opportunity is ever wasted

Others take up what you let pass

Thousands to change a habit

So? What's the message?

### VPSSA State Swimming (MSAC, 27/4/09)

**WELL DONE** to **Olivia Pellegrino** and **Logan Power**, (reeling after the Pies last minute loss to the Bombers), summoned all their strength to record significant pb's:

**Olivia**, 10, 50F/Spb: 35.10, 50B/Rpb: 45.97 (**finalist, 9<sup>th</sup>**)

A Pellegrino breaststroker .. amazing.

**Logan**, 10, 50B/R: 50.70 (2 second pb) .. well done Champ.

**Dimity**, 8, continued her progression with another 50B/K pb: 49.26  
Excellent season-ending (at last) swims by **Eliza** (50 F/Spb) and **Kloe**.



Olivia & Dimity



Logan

It is a credit to these youngster who have swum on for a few extra weeks to represent themselves and their schools - well done - **we are all very proud of you.**

### 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](http://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](http://www.nwaswimaths.com) > PROGRAMS

**Wayne Goldsmith** is one of the most articulate thinkers and writers about sport and skill enhancement.

#### The Role of Parents in Sport

Part 1 of "The Role of Parents" Newsletter 25-08

Part 2 was in Newsletter 28-08

Past Newsletters are to be found in RESOURCES

[www.sportscoachingbrain.com](http://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](http://www.nwaswimaths.com) > RESOURCES > General Resources

### Walking-the-Walk or just Talking-the-Talk

Are we really responding to the persistent concerns expressed about childhood obesity .. a complex problem, with no one solution. Young people have diverse interests and skills .. solutions must reflect this diversity.

Running and swimming are two things I know a little about .. unfortunately perhaps we can (nearly) all walk-jog-run and most can swim .. but this does not mean we are experts. (I eat bread but would not know how to make it.)

Take cross country running as an example. Youngsters are too often expected to do what their leaders cannot. Everyone does not want to become an elite runner or swimmer .. every person is an experiment of one .. but ..

Why would any group seeking to involve more youngsters in active pursuits (and cross country running is one of the most demanding pursuits .. e.g. no inter-change) expect untrained, unmotivated, can't-see-what's-in-it-for-me youngsters, to respond to a "do as I say" not "do as I do" approach. Why should they labour over a 3K or 5K course at school inter-house competition level, when almost exactly the same result can be achieved by a 1.5K or 2K? .... very, very few changes occur beyond 1.5K ... take note of your own event.

The bonus of **shorter school-based cross country runs**, is a better chance of involvement .. increased participation. Fancy costumes merely reflect that your program is failing. The answer, is to make the task achievable; establish a standard that more can achieve .. respect for achievers comes from personal appreciation of the challenge.

**Winners and placegetters can be trained to achieve the extra demands of Inter-School and State competitions** .. but, at a school level, the key element is **involvement**. (Would you attempt to run 3K if you had no preparation, just because someone says to you? "*have-a-go, it's good for you*")

### NSW CIS Secondary Swimming (Sydney, April 29/30)

**More PB's: Morgan and Brooke** representing Moama Anglican Grammar in Sydney: **Morgan**, a brave, gasping 200IM, 50B/R, 50B/K and **Brooke**, 50B/R.

All the swimmers who trained-on (both Sydney & Melbourne) swam pb's in every race .. **WELL DONE !!** .. be proud of your achievements ..

**we are proud of you.**



Increased involvement means more will appreciate and potentially support those who excel; after all, so many of us go to the football or netball each week - to support. Many of us have played the game, and can respect the skills and commitment of players.

There is no one solution .. no one strategy that will succeed with all.

But, clearly, in many situations, current strategies are not working; all too few make a sustained, commendable effort. Many programs are well documented and publicised as successful, but, despite successes, they are simply not as good as their publicity.

It's all about setting challenging yet achievable goals, and acknowledging endeavour - promptly .. immediately - no excuses.  
Old news is no news.

In my opinion, youngsters have one basic right; the right to be educated in life skills .. but, with every right there is a responsibility .. sure, compromise has it's place, but, **standing still is just another way of going backwards.**

**What is right is not always popular .. what is popular is not always right**



## 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](http://www.geelongswimmingclub.com.au)

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 all 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, 2009

Fri. May 15: CAS Cross Country (Bundoora)  
Thurs. June 18: VSSSA Nthn. Zone Cross Country  
Sat. July 18: AV All Schools Cross Country (Bundoora)  
Fri. July 24: VSSSA & VPSSA State Cross Country (Bundoora)  
Sun. July 26: LA .. State Cross Country

Fri-Mon. Aug. 28-31: School Sports Aust. Cross Country (Sydney)  
Thurs. Oct. 8: VSSSA Nthn. Zone T&F (Bendigo)  
Tues. Oct. 20: VSSSA State T&F (Oly Park)  
Mon. Oct. 26: VPSSA State T&F (Oly Park)  
Nov. 5-8: NSW All Schools Athletics  
Fri.-Sun. Nov. 6-8: Vic. All Schools T&F (U14-18)  
Dec. tba Aust. All Schools T & F  
Dec. 19-20: SV LC 12 11&U Championships  
Jan. 6-10, 2010: SV LC 13-18 Championships  
Jan. 15-17: SV LC Open and SWD Championships

Sat. Jan 23 – Mon. 25, 2010: 2010 Country Swimming Championships Warrnambool

**SENIOR and INTERMEDIATE Swimmers** have all been sent a swim PB's sheet .. please check this sheet carefully, and send any alterations.

**Note!** Only official times are recognized on your season certificate; School times (other than State or zone performances) are **not** official times.

## NWA Sports Camp (Sept. 27-Oct. 2)

A few adjustments are being made to the Sports Camp Program. Last year several athletes took part, while we were on camp, in a meet at Griffith University .. my thanks to Melbourne Grammar for assisting us to enter last year..

This year, the meet takes place before our Sports Camp and promises to be an exciting opportunity; in view of this, several NWA athletes may travel up on Friday, September 25, run in the Friday evening meet, train Saturday, and meet up with the balance of NWA Sports Camp athletes and coaches at Runaway Bay on Sunday, then completing the remainder of the camp program.

Several athletes have been invited to take part, dependent on them, as with all Sports Camp athletes, satisfying the Fitness Expectations.

Athletes invited so far are Libby Pellegrino, Courtney Schultz, India Kinsey, Brock Norwood, Harry McLaurin.

Confirmation of details will take place in the next week.

## Swimsuit Guidelines for Age Group Events

(1) All swimwear worn by competitors in Age Group Events (18 and under) conducted in Australia by SAL shall be commercially available products.

(2) Swimwear worn by competitors in Age Group Events shall conform to the following design – **effective 1 April 2009:**

- (i) Men's swimwear is limited to one (1) swimsuit that covers at most the body surface from hips to knee. Swimwear must not extend above the waist or below the knees;
- (ii) Women's swimwear is limited to one (1) swim suit that is of "open back" and "open shoulder" designs that may extend down to the knee. Swimwear must not extend below the knees.

Swimwear must not have a zipper or any type of fastening system.

An **Age Group Event** is defined as any 18 and under SAL (Swimming Australia) swimming event.

### Additional NWA 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.**

The current controversy regarding swimming costumes rages. **NO Exceptions:** NWA will follow Swimming Australia's lead. Swimming is a physical contest, not a wealth/resources contest.

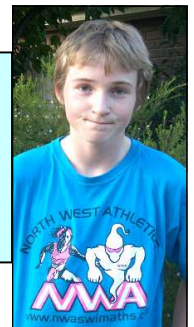
**Cross Country** is under way, (what I call "real running") with excellent performances by **Tom McMinn** (1<sup>st</sup>), **Courtney Schultz** (2<sup>nd</sup>) and **Rebekah Lock** (1<sup>st</sup>), for Moama Anglican Grammar in their inter-school meet, and **Mark** (1<sup>st</sup>) and **James McQuillan** (4<sup>th</sup>) at St. Josephs; **Libby Pellegrino** (1<sup>st</sup>) and **Brock** (*who said fish can't run*) **Norwood** (1<sup>st</sup>) at Echuca College.

The great thing about Cross Country is that if you put in the work, you will get the result .. as a teacher I selected cross country as our cornerstone .. if the students were prepared to put in the work (and they did), they would achieve outcomes of which they could be proud. **Hard work does make a difference.** But remember, cross country is longer FAST running, not longer slow running. The body has to be taught to more than just to endure.



**Rebekah & Mark**

**Well Done to Rebekah on her LA successes**



**Truth is not determined by how many people believe in it**



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  
 in production: Hurdles; Sprints 200's;  
 Sprints 100's; Swim Sprints  
 Checkout: The 400 (in PROGRAMS)  
 DVD's are available on request and **must** be returned within 4 weeks.

## The Achievement Run Challenge

**Here's the deal:** Male / Female .. no distinction.

Any athlete (runner or swimmer) who can run the Scenic Drive in one of the following time categories (must be timed by me) will receive ....

<27:00 mins.                    **Laminated Poster**  
 27:00 – <30:00 mins.      **Laminated Achievement Tag**

Run must be continuous; the **Scenic Drive** is **5.5 km**.

Check the Planner for group training days/times.



**Be the Best YOU can be !!!** (Don't do it .. OK, fine; but, don't claim "I can't do it" or "It's too hard" .. You'll never, never know, unless you have-a-go.)

### 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**

If you are fortunate enough to have access to a **Bar Circuit Group**, e.g. such as Greg Cadd's group at **Moama Anglican Grammar** .. **go-for-it**.

Otherwise, plan Bar Circuit Strength/Flexibility enhancers into your training week. Just playing your game is not enough if you want to excel.



Upright Rowing

#### Sample Bar Circuit Activities



Extended Sit-Ups



Lunge

## To grow

Take a chance

Try something new

**Mistakes are allowed (almost encouraged) at practice.**

**Mistakes are to learn from.**

**Mistakes are made by risk takers.**

**Risk Takers are achievers**

#### Sample Bar Circuit Cards are available

Gyms are good .. working with direction, support and company is the best, but, a Bar Circuit is something YOU can do in YOUR time (when it suits you).

**Are you tough enough to train yourself when necessary?**

2-3 x 30 mins. a week is no a big price to pay.

Of course, **Sports Campers 2009, Bar Circuits** are a **must do**.

Have fun .. enjoy your sports, but,

do not expect to match it with athletes who do the extras .. this insults their endeavours.

**If you want to be the best you can be** (at anything) not just try your best .. then **the extras are critical**.

Don't just say "I can't do it" ... **Be the Best You Can Be: NO More! No Less!! No Excuses !!!**  
 Trying your hardest on-the-day .. important, but anyone can do that.



Laura, 11

**Bar Circuits**

way-to-go

You'll never, never know unless **YOU** have-a-go

There are many good programs; **careful, progressive** bar circuits are **one** program. The essential ingredient is your willingness to have-a-go. **Don't put it off .. do it today**  
**It takes courage !!**

**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 in:

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 on contact is very often, permanent)

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

1. As a young teacher, a former Principal (in 1970) said to me: “the only original idea in the 20<sup>th</sup> 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.**



Photos from **Ben** (pictured above with **Roger/Maris** and **Isobel**) recently returned from South America. The NWA T-shirt pops up everywhere .. India, Loch Ness, Queensland, Paris, Honolulu, Mildura, London, Eugene (Oregon, USA) and many more ..... and now South America (border of Argentina-Paraguay-Brazil; overlooking the sacred valley in Peru; and with some Peruvian friends).

**Travel = Education**



**Well Done to Nikki Flemming**

Very close to making finals at VPSSA. In F/S and Fly (fractions of a second).

**Fine effort from Warracknanbeal**

**Brooke ▲ and Morgan** swimming in Sydney at the Sydney Olympic Park Aquatic Centre; a special end to a very long season .. pb’s all round .. **well done girls.**

**Giving your best on-the-day is not the same as being the best you can be**

**Being the best you can be requires COMMITMENT to TASK**

**Remember: By Failing to Prepare, YOU are Preparing to Fail**



North West Athletics

**Cross Country is Courage**

[www.nwaswimaths.com](http://www.nwaswimaths.com)



The revised fee structure will operate from June 1, 2009; to be announced.

### NWA Session Fees: (2008)

► **Swim:** Juniors & Intermediates - **\$6.00** per session; Seniors .. (\$5.00 per session) to a maximum of \$80.00 per month.

**Runners: \$6.00 per week.**

(Variations may be made for 2<sup>nd</sup>, & 3<sup>rd</sup> 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; please retain your invoice which I will initial when payment is made.** Adjustments may have to be made in response to any charge increases by the YMCA.

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.

Russell Parsons



You'll never rise higher than your dreams but to be realized

**dreams must become goals**

**How?**

[www.nwaswimaths.com](http://www.nwaswimaths.com) > PROGRAMS

> General Programs

> Setting Goals (Naber)



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**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.

## NWA SWIMMING SKILLS CLINIC Echuca War Memorial Aquatic Centre

date tba

Will be scheduled in late August or September

There will be follow-up sessions if there is interest

**Breaststroke Skills**

**Tumble Turns**

\$10 per swimmer; swimmers will receive skill tags.

If you wish to register contact me ASAP, or

If you know of swimmers who would like to participate, they can phone or

email me for more details

54-801-705

[nwa@iinet.net.au](mailto:nwa@iinet.net.au)

**ALL** swimmers

Goggles

one-piece costumes (**no** exceptions)

Fins (flippers)

Water bottle (full)



### Hands on Massage

Sports & Remedial Therapy

Annie Pitcher

12 Roberts Court, ECHUCA,

0409-027-254

annieboo3311@hotmail.com

### Setting Goals

Everybody's circumstances are different but, we can learn from the experience and of others [www.nwaswimaths.com](http://www.nwaswimaths.com) > PROGRAMS > General

Programs > Setting Goals (Naber)

Goal Setting is not hoping something happens.

Goal Setting is planning and executing to make it happen.

### So, whose brave enough to stand up and state their current goal?

What is the difference between a **dream** and a **goal**?

If you do not know, you are probably just dreaming.

Whose brave enough to be a **Billy Elliot**?

### Seeking National Qualifying Time Goals

(S = Swimming; R = Running) \* = achieved

Brock Norwood (S): 100\* 200\* B/R; 100\* FLY

Ayla Pearson (S): 100 / 200 B/R

James Oberin (R): 400H\*

Libby Pellegrino (R): 200 / 400

Courtney Schultz (R): 400\* / 800

Harry McLaurin (R): 200 / 400



Your school may have done away with winners and losers, but life **HAS NOT**. In some schools, they have abolished failing grades, and they'll give you chances as **MANY TIMES** as you want to get the right answer. **This doesn't bear the slightest resemblance to ANYTHING in real life.**

**Bill Gates**

**Parents: Don't (ever) compare the achievements and standards of your child with another child .. good or bad (and never out aloud).**

**This creates barriers and resentments between young people and can seriously erode your child's faith in your support.**

**In Newsletter 11-09** I will be presenting a few examples of **progression** .. young athletes should not compare themselves with older athletes .. they can look towards comparisons with the achievements of those older athletes when they were younger .. look at the progression these old guys and girls produced .. say to themselves, *at similar age I am doing ...*

10-11 year old athletes are not and should not be expected to train and perform as 16 year-olds

10-11 years .. focus on skills; skills are something we can all enhance.

Time (and commitment) can (may) do the rest.

Dates are **confirmed**

North West Athletics: **SPORTS CAMP 2009** ... Sunday, September 27 – Friday, October 2, 2009

Sports Super Centre (Gold Coast): [www.sportssupercentre.com.au](http://www.sportssupercentre.com.au)

A **Photo Report** on the 2008 camp: [www.nwaswimaths.com](http://www.nwaswimaths.com) > PRESENTATIONS > Sports Camp 2008

The following details are for your consideration.

**Only** those who register interest will be sent further details .. the information below will be included in NWA Newsletters 23-28 - 08.

There may be some departure differences for runners .. watch this space

**Bottom Line:** all have the option of seeking selection, but, all expectations **MUST** be met .. I retain the right to select all involved. So, it's *my way or the highway*. Camp duration (5 days) is one day more than 2008.

**Expectations will be achievable, fair ... but very, very firm.**

Agility Ladder Drills .. Sept. 2008



**Total Cost** will vary, but you should budget at **least \$600**, incl., flights, accom, evening meals.

**The camp is self-funding** i.e. participants pay for the opportunity .. tba.

I am not in a position to fund as extensively as past years.

There will be 3-4 coaches (including myself) and 2 female parents. Coaching positions to be finalised.

**Fundamental Expectations:** (there are other expectations - there are **no exceptions**)

- **No mobile phones** (except coaching staff)
- **No boys** in girls areas and **no girls** in boys areas
- 100 Push-Ups and 100 Bent Knee Sit-Ups (or coach variations) **every day**

All persons will be levied \$30 upon arrival at the Camp; these funds will purchase requirements for breakfasts and lunches. Evening meals are in the Super Sports Centre Dining Hall.

All athletes **must** wear their NWA T-shirt at all dining hall meals. Other information will be communicated in due course. 2009 T-shirts will be provided to the final group selected.

**Fitness Expectations .. 2008** (likely in 2009):

- 1. Push Ups:** Male: <15years: 50; 15+: 60; Female: <15 years: 40; 15+: 50
- 2. Bent Knee Sit-Ups** (feet anchored): 40SU cont. + 5L / 5R Cross Body Lifts + 40SU cont. (Time allocation: 5 minutes max.) (Push-Up and Sit-Up Progression sheets will be available)
- 3. Bar Circuits:** General Circuit 1 & 2; each 7 exercises 3 times through each (separate sheet(s) & DVD) Swimmers will be given their own event-specific routines.
- 4. Flexibility:** +10 Sit & Reach & 9 Stretches (separate sheet) .. practice regularly
- 5. Drills & Agility Tasks:** 6 Basic Drills for Speed + 6 Basic Agility Tasks (DVD)

Athletes who work regularly (3-4 x a week) will have no trouble with these expectations. **They are a measure of your commitment as much a measure of your fitness.**

**Note!** These expectations may change although not substantially; registered interest athletes will be informed. DVD's of Fitness expectations will be sent to athletes.

Registrations **must** be accompanied by \$50 deposit (Cheques payable to Russell Parsons).

Any registered person who is not selected will have their deposit returned.

### 2009 Sports Camp Athletes

Listed below

**2009 Program Booklets will be sent out in the first week of June**

Basic Info sheets have been emailed

**The 2009 NWA Sports Camp Group .. subject to satisfying Fitness Expectations.**



Group Training dates (Sundays) will be announced SOON .. any Sundays to avoid, please advise.

**Confirmed athletes:**

Courtney Schultz, Libby Pellegrino, Denya Heap, Harry McLaurin, India Kinsey, Ben Carmody, Brock Norwood, Sam Bolitho, Eric Bolitho, Laura Angove, Jacqui Nolen, Andrew Dixon, Morgan Power, Tallis George, Ayla Pearson, Eric Stephens, Kia Lonergan, Macey Sly, Sarah Bugoss, ..... 2 more (awaiting confirmation.)

Deposits (\$50) should be forwarded if not already sent.

**Parents**

Teresa Bugoss, Jenny Nolen, Maris Carmody

**Coaches**

Michelle Lonergan, Russell Parsons, at least one athletics or swim coach to be added.

All athletes will receive a Fitness Expectation outline; later, there will be a Program Booklet

**All athletes must** get into the habit of checking their email **regularly**. **Do NOT send me text abbreviations; I am not amused.**

The group gets stronger every year; I look forward to finalizing admissions and communicating with these young athletes who have taken on board the challenge of the 2009 Sports Camp .. this year, 6 days.

**All group members MUST** ensure I have their text contact; each will be contacted regarding fitness expectations ... regularly. You may regret teaching me how to text.