



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

	<p>100% Right, is 100% Right</p>	<p style="text-align: center;">North West Athletics NEWSLETTER '09 Vol. 12; No. 12 (June) Russell Parsons, OAM, ATFCA4, ASCTA (Bronze) 2/72 Hopwood Street ECHUCA, 3564 03-54-801-705 nwa@iinet.net.au www.nwaswimaths.com</p>	<p>No opportunity is ever wasted</p> <p>Others take up what you let pass</p>	
	<p>99% Right is 100% Wrong</p>		<p>Thousands to change a habit</p>	<p>So? What's the message?</p>
<p>50 repeats forms a habit</p>			<p>Session Fees from Jan. 1 2009 page 5</p>	

Cross Country Successes

Well Done to **Mark McQuillan** and **Emily Marwood** on their fine cross country runs at Bundoora (CAS). With the cross country season upon us, several athletes will be competing in the weeks ahead .. best wishes to them all .. not good luck – best wishes.

Those who have done the work don't need luck – they have prepared themselves to be the best they can be .. No More, No Less, No Excuses.



Well Done to the **Merbein SC girls**, who along with **Rachael Brade** performed well at **Sunraysia Secondary Schools** Cross Country: **Georgie Whitehead, (Rachael), Kate Robertson, Tahni, Jasmin, Elyse, & Amy.**

Campaspe Secondary Schools also had their cross country, in Echuca; **well done** to **all** who took part on their participation. Runners jogged around the relatively flat course; of course, progression to zone, and perhaps, states, requires far higher endeavour: **Libby** ran well, **Mitchell** also, and **Brock**; and, **Sam** and **Eric** for Rochy.

It was great to see **Sarah Park** (Rochester) again setting a fine example in the Senior Girls event.



Libby .. approx.
250m from the **start**
U16 CSSSA XC



Mitchell

Careful, patient
progression saw
Rachael win the
U15 Sunraysia XC.
Well Done

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 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

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

Sports Camp Athletes will be issued with their first Part Payment invoice .. **AFTER** they have demonstrated their progress on Fitness Expectations.

The group will travel to the Gold Coast at three different times according to their involvement in meets:

Group 1: Thursday, Sept. 24;

Group 2: Sunday, Sept. 27; Group 3: Monday, Sept. 28
All will return home together on Friday, October 2.

A list of each group will be available **after** Fitness Expectations are confirmed. Testing dates will be **soon**.

Two (2) athletes have had to withdraw from the Sports Camp Flight and Accommodation bookings are being finalised VERY SOON.

NWA Newsletters are posted on the notice board in the foyer of the Echuca YMCA War Memorial Aquatic Centre.



"Where do you
want to go?"

Alice in Wonderland v Cheshire Cat

Alice come 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.

My mistake .. I lend things out without taking enough care to record who's got what .. **SO** .. who's got the following DVD's: **Running Brave** // **Wilma**. Please return DVD's ASAP .. they are needed by other athletes. I have many DVD's .. we need to enhance our appreciation of the past if we are to aspire to repeat or exceed it.

I understand that people simply do not know things, because they are not aware things exist .. too often I am the same.

We can't criticise people for not knowing things .. usually they do not know that they do not know.

BUT, we should all make every effort to learn what needs to be known.

We live in a world of specialisation. Specialist knowledge should be sought out, and respected .. we are all specialists.

I find it difficult to believe any person who professes an interest in running has not seen "Chariots of Fire"

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

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

Sun. June 7:	Mallee 12 (Mildura)
Sun. June 14:	Fitness Testing - Mildura
Tues. June 16:	VSSSA Nthn. Zone Cross Country (St. Arnaud)
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 (Bundoora)
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. 4-7:	Aust. All Schools T & F (Hobart)
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



Harry & Emily (hard at it) .. what does not kill you, makes you stronger

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.

Aaron Peirsol: a five-time Olympic gold medalist and world-record holder in the 100-meter backstroke. "I want to see people race people, not so much the suits next to them."



◀**Courtney.** Gradually learning their limits:
Mark, Mitchell, Tom, Logan, Mitchell

NWA athletes are **expected** to report their performances promptly (within 24 hours) .. it's **not** the job of parents .. young athletes have to learn to report if they wish to be part of the NWA program .. of course, some already know this, and respond accordingly; failure to report or failure to read Newsletters, can (and has) led to athletes missing out on opportunities.

Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you FIND YOURSELF. Do that on your own time.

Bill Gates



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 .. don't tell me you are too busy.

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.



WORLD CHAMPIONS

Who ??? Names ???

One of my basic messages to athletes is:

Seize each Moment .. don't come to training and just show me what all those who do not come can do. (i.e. accept the challenge to learn)

Dare to be different



CHAMPIONS are not necessarily Winners ... **CHAMPIONS** always do their best, **and, are the best they can be.**

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

(Well .. not all are)

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?)

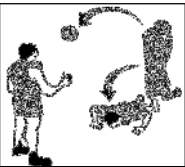
Coaching/Teaching is not about talking-the-talk or wandering around laden down by stopwatches, or wearing “Coach” labeled Polo Tops to reinforce personal insecurity .. coaches/teachers who know their craft seldom need to seek reassurance.

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

Breaking News from **Lachie Schultz**: playing at Broken Hill in the NSW selection carnival for the NSW State Primary Schools team .. team finished 4th, BUT, **Lachie** has been selected to take part in the late July carnival in Maroochydore. Great outcome .. Lachie is considering offers from the Demons.

WELL DONE LACHIE !!

Trying hard does make a difference .. more expense, more time, more commitment. It’s a long way to the top if you want to rock ’n roll.



Could be a football, a netball, a basketball, a (2-3kg.)medicine ball .. **patient progress is essential**

Don’t say “*It can’t be done*” .. you may say “*I can’t do it*”

At the moment I am reading Michael Phelps book,
No Limits

There are some very interesting segments where he reveals his thinking and commitment.

Natural talent .. sure,

but, only **talent + commitment produces potential**



Program: Saturday, May 30 – Sunday, May 31

Saturday: 8.50 a.m. Meet at pool; comfortable training gear + togs + goggles + fins (+ Bars - Sports Camp athletes)

9.00 -10.00 a.m. Drills (+ Bar Circuits for any Sports Camp athletes)

10.00 – 11.00 a.m. Drills in-the-water

2.15 p.m. Film: Night at the Museum 2

4.30 p.m. Vic. Park .. training .. runners: drills + simple interval runs.

Sunday: 9.30 a.m. Training .. Hills (behind Crofton Street, Echuca College oval. (If you are not sure of any location, contact me direct: nwa@inet.net.au)

Note! Attached outline - (May 29-31) .. there have been a few **changes** to times, consistent with the above .. please note carefully.

An excellent opportunity for Sports Camp athletes to demonstrate their progression on Fitness Requirements. Some athletes will only be attending some of the sessions.

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



Fiona Skinner conducts her **Learn-to-Swim** at the magnificent Geelong Grammar Pool (Corio).

Over the period June 29 – July 3, a **Stroke Progression Intensive** is to be conducted for Beginners and Intermediate standard swimmers. **Flyers have been attached** to the current Newsletter email for the interest of swimmers who may wish to access this great opportunity.

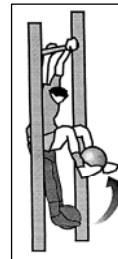
Later in 2009, Fiona will visit Echuca to be part of the NWA Echuca Skills Clinic which will focus on Breaststroke and Starts/Turns (see p. 5)

Lower Abs

don’t overlook their importance

All too often focus is just on Bent Knee Sit-Ups, often with feet anchored.

While the value of this movement is considerable, the importance of lower abdominals in the enhancement of core body strength and your ability to deliver power and make sudden changes in direction should not be overlooked.



★ **The revised fee structure will operate from July 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 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; 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 > PROGRAMS
 > General Programs
 > Setting Goals (Naber)

**RICH RIVER
 PHYSIOTHERAPY
 & ACUPUNCTURE
 CLINIC**
www.riverstaywell.com
Ph: (03) 5480 1655
 342 High St, Echuca, 3564
 rphysio@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.

**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@inet.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 > PROGRAMS > General Programs
 > Setting Goals (Naber)
 Goal Setting is not hoping something happens,
Goal Setting: 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
 Others ?????



At present the arrangements for the **Sports Camp** involve separation into three (3) groups .. PROVIDING members meet Fitness Requirements Two (2) places are available due to two withdrawals; these places are available until June 5, BUT, persons who apply MUST complete Fitness Expectations.
Testing will commence for ALL aspiring athletes from early June.

MILDURA: I will be in Mildura on the afternoon of Sunday, June 14 .. Testing: 3.30 p.m. precise details to be confirmed.
 Testing will be conducted at this time; if unavailable, athletes from Mildura and Ouyen **must** notify me in advance, and arrange to meet with me in **Echuca** on at date **on or before** Sunday, July 19 to retain their status.

Group 1: departing Melbourne on Thursday, September 24: Libby Pellegrino, Courtney Schultz, India Kinsey, Kia Lonergan, Harry McLaurin, Andrew Dixon*, Brock Norwood*, Denya Heap* Adults: Michelle Lonergan, Russell Parsons

Group 2: departing Melbourne on Sunday, September 27: Laura Angove*, Jacqui Nolen*, Morgan Power*, Keeley Murrhny, Ayla Pearson*, Ben Carmody*, Sam Bolitho, Eric Bolitho, Eric Stephens*, Macey Sly*. Adults: Jenny Nolen, Maris Carmody

Group 3: departing Melbourne on Monday, September 28: Teresa Bugoss, Sarah Bugoss*

* yet to satisfy Fitness Requirements. Persons who do not meet Fitness Requirements will have payments refunded, except for any funds already applied to deposits.

Flight deposits paid May 26

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

A **Photo Report** on the 2008 camp: 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 coaches (including myself) and 2-3 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 - NO EXCEPTIONS**
- 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.

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

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

Fitness Expectations .. 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.

2009 Sports Camp Athletes

Listed below .. there have been two withdrawals.

Information booklets and Code of Conduct forms (to be signed by athletes and parents) **will be sent out in early June**

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 subject to satisfying Fitness Expectations:

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, Ayla Pearson, Eric Stephens, Kia Lonergan, Macey Sly, Sarah Bugoss, Keeley Murrhuy.

Parents

Teresa Bugoss, Jenny Nolen, Maris Carmody

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.

Final confirmations will be made AFTER demonstrated Fitness Expectations
Testing will start SOON .. from the start of June.

Coaches

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

After this issue, all athletes will receive a booklet outlining the program; there may be some additional opportunities that will be outlined.

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