

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. 13 (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 for 2009-2010 SOON</p>	

More Cross Country Success

Several runners have recently posted very good performances in cross country races:

At the VPSSA Zone at Bendigo
Logan Power (2nd)
Olivia Pellegrino (10th)
Eliza Healey (16th)
and **Kloe Miechel** (14th)
in races that had nearly 200 starters.
Well Done.



Tom McMinn, placing 8th,
CIS XC (Sydney), was an
excellent result. XC is one
of the toughest sports
(e.g. no inter-change bench).
Cross Country = Courage



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.

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



Visitors from Lilydale
with Coach Brendan
Dixon; more photos p.4

**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**
whatever task you choose

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



"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.

Brock is moving on to join the
Geelong Coaching group. Over the
past years Brock has made an
outstanding contribution to the
North West Athletics Swimming
Program, but as in all sports,
progression to higher standards
requires contact with more
advanced programs .. **Brock** and
Tyler have made that inevitable but
necessary step and carry with them
our **very** best wishes.



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

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)
Sun. Sept. 20:	Y-Swim-in-Spring (Echuca)
Sept. 24-Oct. 2:	NWA Sports Camp (Gold Coast)
Thurs. Oct. 8:	VSSSA Nthn. Zone T&F (Bendigo)
Tues. Oct. 20:	VSSSA State T&F (Oly Park)
Sun. Oct. 25:	Kyabram LC Swim Meet (Echuca)
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)
Sat/Sun. Nov. 21/22:	Geelong Open/City-by-the-Bays Sprints (Geelong)
Dec. 4-7	Aust. All Schools T & F (Hobart)
Sun Dec. 6:	Echuca Swimming Carnival
Sat/Sun. Dec. 12/13:	GV Two-Day Swim Series (Shepparton)
Sun. Dec. 13:	Bendigo Swim Meet (Bendigo Aquatic Centre)
Dec. 19-20:	SV LC 12 11&U Championships
Dec. 28/29	Sunraysia Two-Day Swim Meet (Mildura)
Jan. 6-10, 2010:	SV LC 13-18 Championships
Jan. 15-17:	SV LC Open and SWD Championships
Sat. Jan 23 – Mon. 25:	2010 Country Swimming Championships Warrnambool
Mar. 20/21:	Vic. Country All Juniors Semis & Finals (MSAC)
April 5-10:	Aust. Age Swim Championships (Sydney)

Other events/dates to be added

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."

Life is not fair - get used to it!

Bill Gates

**The power of flight lies in
the mind that has wings**



Thanks to Matt Griffen, AV Development Manager for his support of the Lilydale visit, and for the give-aways (Gracie pictured).

The visit of Lilydale athletes may be a development that we can expand and enhance.



Every time I put out a Newsletter there seems to be something special about the swimming of **Erin Gumbleton**. This time, in the Special Olympics Regional Games (Echuca), a significant 200 B/K pb. Coach **Shirley Milgate** is very proud of her efforts, as are we all.



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.

So far: no one

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.**



New Friends Working Together

Congratulations to **Brendan Dixon**, coach of the **Lilydale Athletics** Group who recently visited Echuca for a weekend.

It was a great opportunity for NWA and Lilydale athletes to get together, learn, apply and extend their skills with sessions at the YMCA Pool, Vic. Park and on Sunday at the “hills” behind Echuca College.

Mitch remarked, with Richmond FC bravado, “when you come to Lilydale to visit we’ll show you some real hills”.

I am very proud of the leadership shown by **Libby, Courtney, Harry, Logan, and Rebekah**, and the willingness of several athletes to take opportunity to join in and display their progression on the fitness requirements they are working towards for the late September Sports Camp in Queensland.

It’s not about how fast you run ..
It’s how well you run

All NWA and Lilydale athletes demonstrated great enthusiasm; our thanks to **Matt Griffen** and **AV**, and parents who supported, especially **Jamie** and **Jenny** who helped transport and organize the visitors.



Thanks to **Brendan** and to parents **Jamie** and **Jenny** .. 3 skill sessions, a movie, La Porchetta, new friends .. a very worthwhile two days.
Thanks also to the NWA athletes who took part and to the NWA Sports Camp athletes who took the opportunity to work together.

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

Newsletter (14-09) will outline plans for 2009-2010; a great deal of thought over a considerable period of time has been involved. Please read details carefully .. further changes may take place in early 2010.

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)



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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@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 > 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

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 ?????



One of my very favourite quotes

Not having-a-go, when the opportunity presents itself, may mean .. wondering all your life.

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.

Some additions may be made

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*, Denya Heap* Adults: Michelle Lonergan, Russell Parsons

Group 2: departing Melbourne on Sunday, September 27: Laura Angove*, Jacqui Nolen*, Morgan Power*, Keeley Murrphy, 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*

Flight deposits **paid** May 26

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

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

Information booklets and Code of Conduct forms (to be signed by athletes and parents) **will be sent out in late 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, Sam Bolitho, Eric Bolitho, Laura Angove, Jacqui Nolen, Andrew Dixon, Morgan Power, Ayla Pearson, Eric Stephens, Kia Lonergan, Macey Sly, Sarah Bugoss, Keeley Murrihy.

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 mid-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**.

Some late additions to the groups to be made