


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. 14 (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>				

Nearly two years ago I flagged a number of changes that were about to take place in NWA programs, some changes have been introduced over the past 15 months .. the next Newsletter (15-09) will outline further changes.

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

Rebekah ▼



Well Done to Rebekah Lock, Georgie Whitehead and Rachael Brade. Rebekah performed well in her regional cross country at Benalla (3rd) and Georgie and Rachael placed 1st and 2nd in their age-group in the Mallee 12 race in Mildura recently.

Training continues
Careful Training continues
Patient Progression continues

Each season, focus should be on one or two goals.

All other training, races, matches are merely steps towards those goals.
What have you done today to make yourself feel proud?



Georgie

Well Done to Libby .. took a week off netball to allow an annoying blister beneath her foot to heal.
Training Smart .. thinking longer term for personal and team benefit.



Lachie

Benefits for young athletes lie in developing **skills** and **enhancing fitness** .. **gradually**.
The world is full of under-age superstars that are never heard of again after the early years of "potential".
Many athletes who progress have developed basic skills that can be enhanced and developed as physical maturity kicks-in.
Late maturers (physical and mental) **often go further**.
Under-age "superstars" (and parents) often have trouble adjusting when plateaus in performance occur.



Logan

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



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?"

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



Well Done Rachael .. lookin' good.
An important aim should be to keep improving, every season, by even the smallest margin; you are certainly doing that ... a 49 second pb is great.
I'd say: "Look out Dad .. I'm getting closer."

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 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

Success
is a
Moving
Target

Entry in events
will depend on
interest
and
commitment

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 world won't care about your self-esteem.
The world will expect you to accomplish something **BEFORE** you feel good about yourself.

Bill Gates



Well Done Mitchell ▲, Courtney, Libby, Lachie, Logan, Rebekah and Harry .. morning training on the Queen's Birthday Monday.

Way-to-go !!

VSSSA Northern Country Zone Cross Country .. St. Arnaud, 16/6/09

Congratulations to the runners at St. Arnaud; fine efforts at a well-organised event.

Several notable performances: **Rachael Brade** (Chaffey College) .. 1st, 15 years .. coached by her father, **Ian**, a distance runner of note, Rachael is making excellent progress; also an Afghanistani friend, **Nustrat**, winner of the Boys' 13 years section.

Andrew Dixon (Irymple College) .. **Libby Pellegrino** and **Mitchell Oliver** (Echuca College, both 4th, Girls' 16 Years and Boys' 14 years) advanced their fitness with commendable efforts on a challenging course. **Well done** to **all** who took part.

Georgie Whitehead (Merbein SC) won the Girls' 16 years, with **Kate Robertson** (5th), **Tahni** (7th), **Jasmin** (12th) and **Elyse** (14th) completing a winning team score of 25. Well done girls.

Ouyen SC runners all contested well; specific results are not to hand.

VSSSA Finals are at **Bundoora** on Friday, July 24.



◀ **Rachael and Georgie**, ▶ winners of the Girls' 15 & 16 sections.

Georgie, Elyse, Jasmin, Tahni, Rachael, Kate
▼



VSSSA Northern Country Zone 16 Years Team Winners .. Georgie, Tahni, Jasmin, Elyse, Kate

The hard work starts



◀ **Harry** insists I mention he placed high in his cross country at Goulburn Valley Grammar.



Well done to **Jacqui Nolen** ▶ (Kerang SC), also qualified through to VSSSA State XC.



Libby and Mitchell .. both recording fine efforts .. part of a longer-term plan.

There is a saying: *The moment we forget history we are doomed to repeat it* .. however, in relation to sport, perhaps it should be:

The more we know of the history of our sport, the better equipped we are to exceed it.

Today I received from the U.S. a DVD: **Jim Ryun – America's Greatest Miler** generously sent to me (after an extensive internet search) by **John Rinkenbaugh**

Jim Ryun and his achievements are part of my history in the sport; I marveled at the achievements (3:51 mile = 1600m) of the high schooler.

At some stage a few years ago I lent the video to someone, but never kept track of who; so, it's probably lying on someone's bedroom floor.

My sincere thanks to John for the DVD.

Jim Ryun completed some amazing workouts .. I am not saying we should/could all do the same, but, he, as a young man, showed that challenging personal goals can be achieved.

But, remember, you never get better at anything my not practising.

There is no easy way to the top.



North West Athletics
Cross Country
Be the Best
YOU can be
No More !
No Less !!

www.nwaswimaths.com



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.

WELL DONE

Denya Heap after a series of practices and eliminations, selected in the VPSSA Netball Team



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

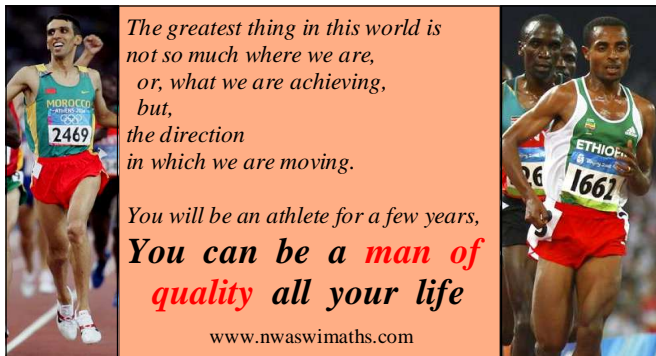
(Well .. not all are)

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.**

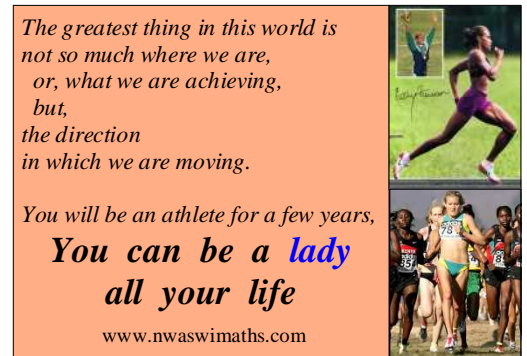


The greatest thing in this world is not so much where we are, or, what we are achieving, but, the direction in which we are moving.

You will be an athlete for a few years,
You can be a man of quality all your life

www.nwaswimaths.com

I believe, and have stated often, track and field (indeed all sports) should be **more skill-based, NOT solely performance-based.** Pyramids are built from their base.



The greatest thing in this world is not so much where we are, or, what we are achieving, but, the direction in which we are moving.

You will be an athlete for a few years,
You can be a lady all your life

www.nwaswimaths.com

As a young (perhaps naive) teacher, for two years. all groupings were based on age-height-weight .. every student in the school had their age-height-weight measured, twice a year, and groups (other than age-groups) were formed .. the “early age-group maturers” were relieved of their “advantages” ... **well** ... the outcry from some parents was deafening, when they saw their age-group advantaged “superstar” suddenly against students of similar physical maturity.

After two years, I discontinued the “experiment”, but it was an “experiment” worth having.

(There is no perfect grouping system .. age-groups are just convenient; for example, to suggest all students mature educationally let alone emotionally at the same rate, is absurd; but, dealing with significant numbers, categories are needed.)

One thing is certain, and we see it every year ... in AFL, athletics, netball .. in all sports, in society:
every athlete/person eventually “grows” out of the not always protective envelope of age-groupings.

The role of the development coach is to empower athletes with skills .. the athlete (in consultation with parents and coach(es)/mentors) can then decide how hard they want to push the envelope.

Often, the sudden confrontation with adult standards is too difficult .. athletes drop out.

I maintain young athletes empowered with skills are:

1. More likely to persevere and progress (they see a point in what they are doing or being asked to do);
2. Acquire enhanced self-esteem through their skill acquisition.

(An enhanced appreciation of the skills involved in a sport, breeds a supporter who understands and respects the sport).



A fundamental question that will spring to the minds of all youngsters:
“What’s in it for me?”

Development Coaches (all coaches) should have an answer.

www.nwaswimaths.com >
PROGRAMS > Standard Strategies (Athletics or Swimming Programs)



Progress is based on regular commitment not irregular one-offs



Monday, June 29 .. Training will take place in Bendigo; invited athletes will travel by train to Bendigo (meeting at the Echuca station at 7.00 a.m., and returning by bus after):

- breakfast
- 10.15 a.m. training at the Bendigo Athletics Track

Warm, comfortable change of clothes essential, and a water bottle.

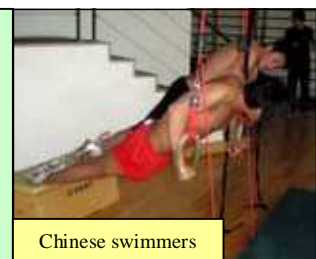
I have been searching extensively for a specific Jim Ryun DVD (foolishly, I “released” mine some time ago); recently a US colleague has advised he is sending a copy to me. Thanks **John Rinkenbaugh** .. a number of preparations centred on races on the DVD will be featured in NWA Sports Camp and NWA programs.

We must appreciate history if we are to match, let alone exceed it.



There is no easy way; if it was easy, everyone would be doing it. Thanks to Bill Sweetenham for the photos .. runners/swimmers, expect the unexpected.

If you are not riding the wave of change, you might end up under it.



Chinese swimmers

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

Newsletter (16-09) 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)



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.

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.

One of my very favourite quotes

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



Brendan



My recent trips to **Melbourne** and **Mildura** confirmed the **Sports Camp** involvement of
◀ **Kia, Eric, Andrew** and **Macey**

It is very difficult to maintain commitment in isolated locations, but the self-reliance developed reflects greatly on the young athletes.

I am very pleased to confirm the involvement of ATFCA Coach **Brendan Dixon** in the 2009 Sports NWA Camp Program .. Brendan recently led a group from Lilydale to Echuca for a very successful Drills & Skills weekend.

At present the arrangements for the **Sports Camp** involve separation into three (3) groups .. **PROVIDING** members meet Fitness Requirements

Testing will commence for ALL aspiring athletes from early June.

Testing will be conducted by each of the coaches ... a separate NWA Sports Camp Newsletter (2) has been/will be sent outlining further details.

Group 1: departing Melbourne on Thursday, September 24: Libby Pellegrino, Courtney Schultz, India Kinsey, Kia Lonergan*, Harry McLaurin, Andrew Dixon*, Denya Heap*, Molly Dixon*, Kirsty Walles*, Mitch Loaring*. Adults: Michelle Lonergan, Russell Parsons, Brendan Dixon.

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*, Emily Marwood*, Jenny Nolen, Maris Carmody

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

All groups will return together on Friday, October 2.

Welcome to our Lilydale athletes and coach .. the running component of the camp continues to increase.

Flight deposits **paid** May 26

* yet to satisfy Fitness Requirements. Persons who do not meet Fitness Requirements will any 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

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.

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.

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

Any registered person who is not selected will have their deposit returned, **unless** flight deposits have already been paid.
Flight Deposits paid May 26.

2009 Sports Camp Athletes

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

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 Murrhly, Emily Marwood, Molly Dixon, Mitch Loaring, Kirsty Walles.

Parents

Teresa Bugoss, Jenny Nolen, Maris Carmody

Coaches

Michelle Lonergan, Russell Parsons, Brendan Dixon.

In July, 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**. **Athletes who do not check their emails will be deleted.**

ALL nominees **MUST** satisfy fitness requirements
Exceptions should not be assumed and will only be granted by RP (in person).