



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

	100% Right, is 100% Right	North West Athletics NEWSLETTER '09 Vol. 12; No. 15 (June/July) Russell Parsons, OAM, ATFCA4, ASCTA (Bronze) 2/72 Hopwood Street ECHUCA, 3564 03-54-801-705 nwa@iinet.net.au www.nwaswimaths.com	Session Fees for 2009-10 Page 5	No opportunity is ever wasted
	99% Right is 100% Wrong		Others take up what you let pass	
	50 repeats forms a habit		Thousands to change a habit	So? What's the message?

In the past week, several athletes have earned the tag below; if you can identify the athletes, you could win a prize .. at least the first ten to communicate a correct answer will do so.



Can you name the athletes? A prize if you get them **all** (7).
Think for a moment .. Dream for a moment ..
Then, make the dream, a **goal!**

NOT EVERY PERSON WANTS TO BE AN ELITE ATHLETE
Every coach does not want to be a coach of athletes
at the elite level
BUT
ALL SHOULD ASPIRE TO BE THE BEST THEY CAN BE
within the limits of their aspiration and capacity
SUCCESS = Being the BEST YOU CAN BE

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.

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

As from **October, 2009**, I will be aiming the focus of my efforts
towards **Running** as a **first priority**.

Swimming sessions will remain, and the program for 2009-2010
will follow similar lines to that which has been operating:
Monday a.m; Tuesday a.m. & p.m; Thursday a.m. & p.m; Friday, a.m.
No significant changes are planned for the immediate future.

The **Sports Camp** draws together both groups, but arrangements
of the type we have pursued and enjoyed may not continue in the
future .. the effort and input of athletes and families over many
years has been greatly appreciated.

Sunday, July 12: Sports Camp Fitness Requirements
Echuca Group: YMCA Pool, 2.00 p.m.

BYO Bar

All group members have been notified by mail & email; this
is a **compulsory** meeting for all Echuca (RP) group members.

I will be away in Mildura, July 25-27



I will be attending the **AV (Roy Boyd) Hurdles Clinic** at
Sandringham on Saturday, July 4; however, back home for
training on Sunday, July 5.

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

Not trying, when the opportunity presents itself, may mean wondering all your life



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.

**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.**

**If you mess up, it's not your parents' fault,
so don't whine about your mistakes,
learn from them.**

Bill Gates

Important Dates: Swimmers & Runners, 2009

Sun. July 12:	Sports Camp Fitness Testing (Echuca), 2.00 p.m.
Sat. July 18:	AV All Schools Cross Country (Bundoora)
Fri. July 24:	VSSSA & VPSSA State Cross Country (Bundoora)
Sat-Mon. July 25-27:	Training - Mildura
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. 24/27-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



Delighted to have **John Beckworth** join the Sports Camp; John is a **Gold Level ASCTA Coach** and **Head Coach of Geelong Swimming Club** .. final fitness testing is rapidly approaching; final groups will be confirmed in August.



Teresa and Sarah
Echuca v Tatura
27/6/09
It's not about trying your best ..
it's about **being the best**
you can be

With 168 hours in every week,
5-6 hours of focus and commitment is not a big ask.



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

So far: Various Races 1: 1500-10,000
 Various Races 2: 400's
 400H .. 1991-2003
 Kick – Kick Down
 Coe .. The races
 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: a few only

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 ..

(trying your best is something everyone can do)

.. 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.



Skill Acquisition should be incorporated into every session .. **Harry & Libby** practice 4x400 Relay Change-overs within a session.

An eye-ful is better than a mouthful
Only plenty of perfect practice produces professional performance.

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.**

An extract from Wayne Goldsmith’s article: Better Coach Education
(Whenever he says “coach” you could say “athlete”)

2. **Don’t assume all coaches want to be elite coaches** ... We are teaching advanced aerodynamics to people who just want to learn how to make a good model airplane.

Don’t assume all coaches will be in it for life.

The majority of coaches around the world are not career coaches. They are usually some poor parent who got thrown in the deep end and got forced to coach the local team because no one else had the time or knowledge to do it.

Coaches: The article is definitely worth considering:

www.sportscoachingbrain.com > Coach Education > Better Coach Education Part 2

Also: Hot Topics > More with Less

Many of Wayne’s thoughts are found in www.nwaswimaths.com > PROGRAMS > General Programs

Into sport?? Into coaching??
Worth a look.



Best
12+
Years



Stand & Deliver .. I have recently been going back over a few things that made a great difference to me and many others .. every young person (and older person), should, in my opinion view Stand & Deliver.

It offers many clichés, but some of them are memorable; so many of my students were confronted with “Stand & Deliver”, and “Breaking Away”

Yes .. the films were made some time ago, but the issues presented are as relevant today, as then.

We must learn from the past before we can progress .. we ignore history at our peril .. I have the DVD or go to the video store.

Which quotes impress you ???

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.

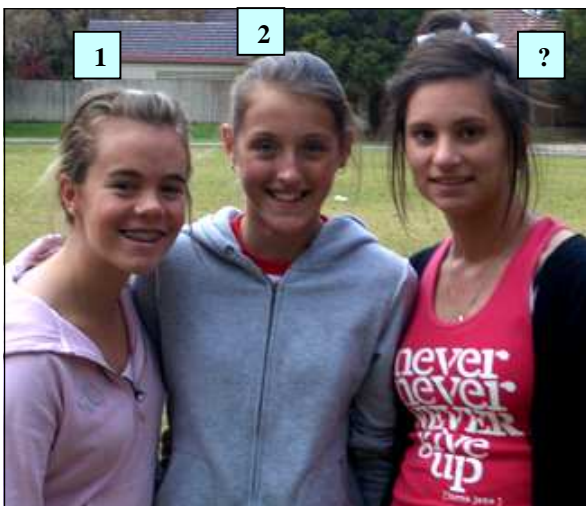
(An enhanced appreciation of the skills involved in a sport, breeds a supporter who understands and respects the sport).



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)



Hey it’s winter ... not that the cold causes the flu, but it certainly lowers resistance to any virus that’s around.

1. Had the flu; 2. Has the flu; ? Who knows.

Harry, Emily, Denya, and others are all at various stages.

If you do “catch the flu”, **be sure to look after yourself** .. your best behaviour is to **stay warm**, eat sensibly (incl. lots of liquid); wash your hands; cover your mouth and nose if you cough/sneeze .. be sure you have a handkerchief, and use it); rest and recuperate.

Don’t assume “it will never happen to me”; **don’t** try to train through it .. this will drive effects deeper and prolong recovery.

When you resume training, progress after back gradually; a general rule is that if you are “ill” for 5 days, **it will take 5 days you feel well**, before you before you can approach pre-illness training.

So far, I have not contracted any virus .. the future? Who knows, and neither do you.

Do you remember when? 'Race issue' meant arguing about who ran the fastest?

The revised fee structure will operate from July 1, 2009
 . Please read details carefully .. further changes may take place in early 2010.

NWA Session Fees: (2009)

► **Swim:** Juniors & Intermediates - **\$6.00** per session; Seniors .. (\$5.00 per session) to a maximum of \$90.00 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.**

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

Any person with a question should contact me direct.



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

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

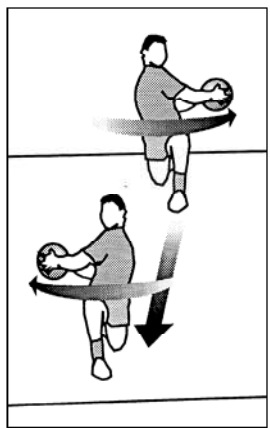
\$10 per swimmer; swimmers will receive skill tags.
 If you wish to register contact me ASAP, or
 If you know of swimmers who would like to participate, they can phone or email me for more details
 54-801-705
nwa@inet.net.au

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.

One of my very favourite quotes
Not having-a-go, when the opportunity presents itself, may mean .. wondering all your life.



Medicine Ball Lunge & Twist

Step forward into a lunge position, and twist; swing the ball to the side of the forward leading leg. Moderate speed. (rel. slowly "down" .. controlled movement). Medicine Ball: 2 – 3 kg.

Try not to rear knee touch the ground. Upright posture; ball – arms approx. 90° bend.
 2 x 10 repeats (5 left leg lead, 5 right leg lead); build to 3-4 x 12 repeats ... drills between sets. No more than twice a week.

Do not do too many .. challenges the eccentric strength of your leg .. muscle challenged as it lengthens.

Very important drill to develop strength to maintain posture when running.

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.

Group 1: departing Melbourne on Thursday, September 24: Libby Pellegrino, Courtney Schultz, India Kinsey, Kia Lonergan, Harry McLaurin, Denya Heap*, Molly Dixon, Mitch Loaring, Kirsty Walles. Adults: Michelle Lonergan, Russell Parsons, Brendan Dixon. (12)

Group 2: departing Melbourne on Sunday, September 27: Laura Angove*, Jacqui Nolen*, Morgan Power*, Keeley Murrhly, Ayla Pearson*, Ben Carmody*, Sam Bolitho, Eric Bolitho, Eric Stephens*, Macey Sly*, Andrew Dixon*, Emily Marwood*.
 Adults: Jenny Nolen, Maris Carmody, John Beckworth (15)

Group 3: departing Melbourne on Monday, September 28: Teresa Bugoss, Sarah Bugoss* (2)

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

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

ALL persons to confirm spelling of full name and T-shirt size ASAP

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.

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 are 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

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

Parents

Teresa Bugoss, Jenny Nolen, Maris Carmody

Coaches

Michelle Lonergan, Russell Parsons, Brendan Dixon, John Beckworth

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**.

Final confirmations will be made **AFTER demonstrated** Fitness Expectations Testing will start **SOON** .. athletes have been notified by email and mail Echuca Group: Sunday, July 12, 2.00-3.30 p.m.