



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 align="center">North West Athletics NEWSLETTER '09 Vol. 12; No. 17 (July/August) 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 Others take up what you let pass</p>
	<p>99% Right is 100% Wrong</p> <p>50 repeats forms a habit</p>		

Merbein Secondary College VSSSA Cross Country Champions 2009

Well Done (again) to **Merbein SC** on winning the Girls' 16 years VSSSA Cross Country .. some team changes, but same result as last year.

Defending is often a more significant challenge than winning.
Congratulations to Jane Priest and Principal Garry Costello on the preparation they have led the girls through and their confidence in the group.
Tahni, Jasmin, Elyse, Georgie, Kate.



Rebekah Lock .. a commendable 7th in LA States Cross Country.

Well Done !!

Wednesday Running Training will be at the pool for the next two weeks.

Approx. 4.00 – 5.30 p.m.

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

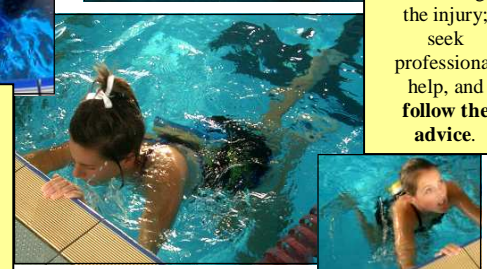
Also

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

Stress Fractures warrant a restrained approach .. here **Libby** is supported in her rehab by **Courtney** and **Rebekah**



There is no easy way .. rest and more rest .. activity **MUST** be non-weight bearing. When it finally feels OK .. rehab should continue for another 2 weeks, at least.



You cannot "train through" the injury; seek professional help, and follow the advice.

Coping with injuries is part of sport after diagnosis, **think about (plan) what you can do** - don't stress about what you can't do.
Seek professional advice ... Follow the advice ... Be Patient !!

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.

Important Dates: Swimmers & Runners, 2009

Sat. Aug. 8:	NWA Sports Camp Testing (Geelong)
Wed. Aug. 12:	St. Joseph's House Athletics
Sun. Aug. 16:	NWA Sports Camp Testing (Echuca)
Tues. Aug. 18:	Moama Grammar Interhouse Athletics
Thurs. Aug. 27:	Moama Grammar Interschool Aths (Wangaratta)
Fri-Mon. Aug. 28-31:	School Sports Aust. Cross Country (Sydney)
Mon. Sept. 7:	Moama Grammar Zone Aths (Shepparton)
Tues. Sept. 15:	CAS Athletics (Oly Park)
Sun. Sept. 20:	Y-Swim-in-Spring (Echuca)
Tues. Sept. 22:	CIS Athletics (Sydney)
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
Fri. Jan 22 – Sun. 24:	2010 Country Athletics Championships Newborough
Sat. Jan 23 – Mon. 25:	2010 Country Swimming Championships Warrnambool
Feb. 26-28:	Vic. Youth Athletics Championships
Mar. 11-14:	Aust. Youth Championships (Sydney)
Mar. 13-14:	Vic. Country All Juniors Semis & Finals (MSAC)
April 5-10:	Aust. Age Swim Championships (Sydney)

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.**

www.nwaswimaths.com >

PROGRAMS > General Programs & Athletics Programs

Skills - Self-Esteem

An approach to enhanced self-esteem

If you are into developing skills in youngsters, Movement and Agility skills that transfer to many situations (as does learning to learn) .. take the opportunity; look .. you may learn something

Be nice to nerds. Chances are you'll end up working for one.

Bill Gates



Harry, Courtney, Rebekah and Emily

Progress should be regular but gradual; basically a 4 week cycle for most:
3 weeks gradual progression (approx. 8-10% load increase)
+ 1 week consolidation and recovery.
SKILLS .. SKILLS .. SKILLS



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.

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.

Sample Bar Circuit Activities



Upright Rowing



Extended Sit-Ups



Lunge

In the weeks ahead, Bar Circuit 1 and 2 should be alternated, or, the circuits blended, e.g. BC1 + BC2 + BC1

*Too tough ?? Fine .. your call ... (scores are doing it)
 "Have a nice day"*

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**



Rachael

Well Done the Georgie and Rachael on their fine efforts in the AV All Schools XC (July 18) .. averaging close to 4:00 on the hilly Bundoora Course is a commendable effort.

Great Result by Rachael (8th) at VSSSA Finals (24/7/09); a proud girl and even prouder Dad flying home .. look out Ian, she will soon (not yet) be breathing down your neck. **Mum, Dad .. all of us are super-proud of YOU.**

Well Done .. Logan Power .. solid run in the VPSSA XC Finals.

Experience is what you get, when you don't get what you want.

Cross Country is a contact sport



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

BASIC DATA: Athletes would be aware I have been maintaining progressive Height and Arm Span measurements over a period of time; this basic data is on your personal files. Of greater significance to the swimmers, this data provides an interesting set of measurements as each of you grows .. age groupings, while the most convenient and popular way of grouping are of little long term value ... every athlete grows out of age-groups into senior (open) competition.



Of arguably greater significance, as you age, are height and arm span; e.g. for swimmers, length of levers in relation to height.

Again, **the data is merely a guide;**

e.g. in AFL, it does not matter how tall you are if you can't get, or at least get to, the ball; skills, attitude, commitment play very important roles.

But, I suggest you follow the Bill Sweetenham advice:

If it's measurable, measure it

One of the better pieces of advice I have heard is to *try to improve every season .. sustained improvement (in all things) is a key to elite achievement.*



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?

Sun. Aug. 16, 2:00 p.m. (YMCA Pool)

Echuca

SPORTS CAMP FITNESS EXPECTATIONS REVIEW

Bring your Bars .. please notify me if you are coming



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

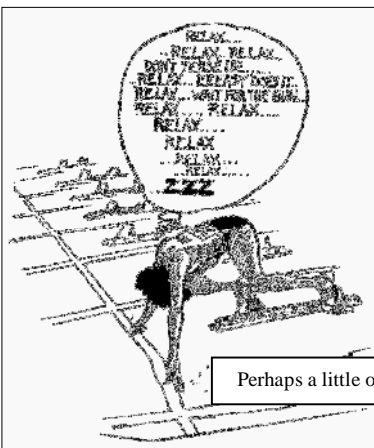
(Well .. not all are .. “current” files are only posted after athletes have first option)

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.**



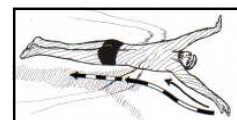
Perhaps a little over the top .. remember to focus, but also remember to enjoy.

Swimmers Note ▶

The aim is **control**.
YOU being in control of your performance.
Take control of your environment;
Take control of your performance;
Don’t shut all your systems down;
Don’t be afraid of being nervous (it means you care).
Relax, enjoy .. focus on **process** not outcome.

**WSC News (July 23, 2009) ..
Swimming Technical Congress**

re-wording was made to the dolphin-kick in breaststroke, to the point that the single dolphin kick (now termed “butterfly kick”) must occur **during** the first arm stroke (off the start or turn) and be followed by a breaststroke kick.



NWA SWIMMING RE-COMMENCES

The Plan

Start back mornings: Mon. Tues. // Thurs. Fri, from August 10; 6.15 – 7.30 **a.m.** 1 lane poolside .. swimmers at the pool by 6.00 a.m.

6.00-7.00 **p.m.** swimming will resume (SE corner .. Lanes 1 & 2), from Tuesday September 8 and Thursday, September 9.

Sundays to resume at the commencement of “summer hours”: Term 4; 9.15-10.15 a.m. 1 lane, poolside.

Competition Swimmers .. first meet will be **Echuca Y Swim in Spring Meet**, Sunday, September 20; Commences 9.30 a.m. Warm-Up: 8.30 a.m.

Entries close: Wednesday, September 9. Entry Form available.



Eric



Andrew & Eric



Martin



Rachael & Ian



Swimming in Mildura (July 25-27) .. a chance to practice together
Don’t focus on what you don’t have .. focus on what you do have, and, make the most of it.

**Sports Camp Fitness Requirement Testing continues ..
T-shirts are on order ... what have YOU done today????**
Next stop: Geelong

It’s not what you do that is important,
It is how well you do it.
**50 Repeats forms a habit
thousands of repeats to change the habit**

Normal Never Creates History

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)



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rrphysio@bigpond.net.au

Warren Lowry

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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.

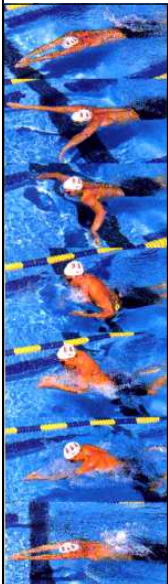
If you wish to register contact me ASAP, or

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)



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)

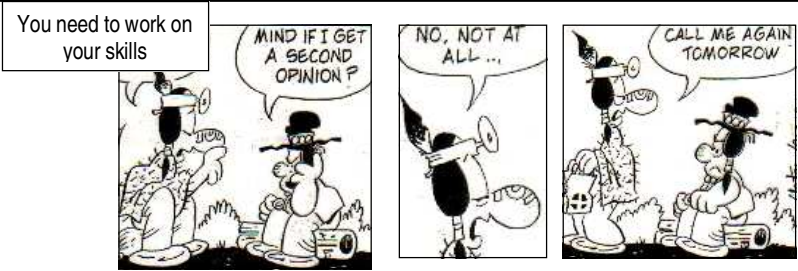
Goal Setting is not hoping something happens,
Goal Setting: planning and executing to make it happen.

On Sunday, July 12 several athletes met to present their response to NWA Sports Camp Fitness Requirements .. others to complete and report in the **very** near future.

Thanks to Kay and James McLaurin
(Kay Knight, Rich River Physiotherapy & Accupuncture)

\$200 donated for use on the Camp

The funds will go towards the hire of the bus that takes the group to their afternoon at the beach.



Muscle Memory & Skill Acquisition

When we **learn a skill**, it **requires repeated and continuous practice** before it becomes **automatic**.

An **automatic skill** is a movement we can do without thought. Walking is the obvious example.

From our early years, repeated practice day in, day out, result in our arms and legs eventually co-ordinating into an efficient walking action.

Think about the almost countless arm movement variations you can perform while walking. **Simply:** Your muscles develop a (correct) "*muscle memory of walking*" ... your mind and body is free to focus on other tasks, and, develop a muscle memory of those tasks.

Like walking, running – sprinting (running faster) – swimming faster are acquired skills that can become automatic when our body develops **a muscle memory of running – swimming**.

This takes time, and is strongly dependent on **regular, ever-improving practice**.

We are what we repeatedly do ... excellence can be(come) a habit

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 after** Fitness Testing.

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

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

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**. **It is assumed you have read this and all other directions.**

Final confirmations (*) will be made AFTER demonstrated Fitness Expectations Fitness Testing has started