



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. 19 (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</p> <p>Others take up what you let pass</p>	
	<p>99% Right is 100% Wrong</p>		<p>Session Fees for 2009-10 Page 5</p>	<p>Thousands to change a habit</p> <p>So? What's the message?</p>
<p>50 repeats forms a habit</p>				



Laura, Eric, Sam, Ayla, Olivia
Persistence produces Progress

WELL DONE to James Oberin
significant pb's
400: 50.9h
200: 22.8h

We are all very proud of the progress he is making; thanks for passing on the info.

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.



James .. Bounding to enhance power



One the "trends" clearly obvious in today's communication options is: persons who send an email or text think that their action represents communication. **It does not** .. communication is not complete until the recipient opens the message. Do **not** assume that what you have sent is immediately read.

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



NWA SWIMMING has re-COMMENCED

The Plan

Mornings: Mon. Tues. // Thurs. Fri, 6.15 – 7.30 **a.m.** 1 lane poolside .. swimmers at the pool by 6.00 a.m.
Details for the vacation period will be communicated - no sessions Sept. 24 – October 4, inclusive

6.00-7.00 p.m. swimming will resume (SE corner .. Lanes 1 & 2), from **Tuesday, September 8** and **Thursday, September 10.**

Sundays: resume at the start of 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.

Swimming is Re-Starting
Time to review and consolidate skills

Lateral F/S Kick & Stroke
with and without fins

50: 9 – 9 – 7 – 7 – 5 – 5
Do you remember ??



"Where do you want to go?"

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



Bill Gates Rule: Life is not fair - get used to it!



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

Thurs. Aug. 27:	Moama Grammar Interschool Aths (Wangaratta)
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.**

DIET and EXERCISE

An extract from Ouyen SC Newsletter .. Sports Report (Michelle Lonergan)

When completing exercise, the muscles that are working require lots of blood to deliver oxygen to them. If you eat prior to a race or training session, much of this blood is directed to the stomach to digest your food.



This means that you CANNOT perform to the best of your ability.

The way to get around this when training at lunchtime is to have a good snack at recess (preferably not greasies) and then eat after your run. Your muscles can store energy very quickly after exercise. Indeed, you should have something nourishing in the 20 minutes following exercise, when your body is craving nourishment, and set to process foods you take in.

Lots of questions specific to individual circumstances arise; food for thought.

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

Coaching Strategies ... Young Athletes

Review Skills from the previous session; 10-20% of time allocated should be associated with this purpose.

Do **not** prioritise "skill extension" ahead of "skill acquisition".





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

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**



India & Keeley



Denya



Ben

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 measureable, 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?

Measurements: near enough is **not** good enough .. be precise !! It is exciting to see the growth evident in youngsters.

Taller and increased arm span. Remember the main ways to swim faster:

1. **More force on the water**
2. **Same (or greater) force for longer.**



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.**



Moama Anglican Grammar House Athletics: Rebekah and Courtney, Lachie, Courtney and friends .. great weather, an impressively, colourful day.



On Sunday, November 8, the YMCA is staging its annual **Sweat v Steam Fun Run** .. there is a 13K course and a 5K course; those NWA athletes entering should consult with me .. we may be entering teams.

A training program is available to those who are interested in having-a-go. It represents a great opportunity for Sports Camp follow-up, and for athletes entering the 2009-2010 athletics season. **NWA** athletes are affiliated with **Eaglehawk YMCA AC**

More details: go to www.sweatvsteam.com.au



Runners should note there will be changes to training venues in the near future .. **be sure** you consult your **Planners**



22-23/8/09: Vic. Country Short Course: encouraging swims by **Eric** and **Andrew** .. significant “pb’s” in a low key meet; Andrew 1st in 14-15 100 B/R and 14-15 200IM, along with a number of other good swims; Eric also swam converted “pb’s” in all swims.

Kate Robertson, leader of the **Red Frog Squad** in Mildura, also had several wins and encouraging swims.

Short Course is basically a start-turn-finish competition, but swims can be used as a guide to progress and likely improvement, and help formalize season goals.

PB’s are the measure of personal progress

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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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 October or November

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

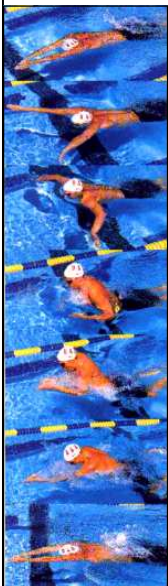
nwa@iinet.net.au

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.



◀ **Agility enhancement at Ouyen SC .. lunchtimes spent learning**

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