



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

	100% Right, is 100% Right
	99% Right is 100% Wrong
50 repeats forms a habit	

North West Athletics NEWSLETTER '11

Vol. 14; No. 19 (June)
Russell Parsons, OAM, ATFCA4, ASCTA (Bronze)
2/72 Hopwood Street
ECHUCA, 3564
03-54-801-705 0438-318-528 nwa@inet.net.au www.nwaswimaths.com

**No opportunity
is ever wasted**

**Others take up what
you let pass**

Thousands to change a habit	So? What's the message?
--	--------------------------------------

Working with Children
approved: 00142786-01



12/6/11: Another fine result by **Ian Brade** winner of the Mallee 12K Fun Run in Mildura in the commendable time of 42:16. Ian continues to churn out fine performances which include distinguished performances in Adelaide. (Best 12K is 40:09)

I have immense respect for those who persist.

PB's: 10K: 33:18 (solo time trial); Marathon: 2:32.04 (Melbourne, 2009, 19th)

½ Marathon: 1:12.52 (Adelaide, 2008, 1st); 1500: U17 4:17; 800: U17 2:02

45 years of age .. has lost 12kg since arrival in Mildura in 2000 .. started running focus.

Focusing on marathons does allow a long and progressive build-up, especially when there are two close supporters like yourself and Bernie (Kelly) who don't mind lending an ear and providing valuable feedback. Every athlete should watch footage from the Coe/Ovett era - gives goosebumps.

Lesson: If a 40+ year-old can surpass your late-teen achievements - do not be satisfied - work harder.

**Geelong Swimming Club
Camp: Sat. July 9-Wed. July 13**
We are expecting 35 Geelong swimmers and 14 parent/coaches + NWA-Geelong swimmers
Details attached
Entry open to **NWA Intermediate and Senior Swimmers**

SWIMMERS An exciting opportunity

Is this the soft knock of opportunity ??

Wayne Goldsmith
is to lead a **2-Day Swim Clinic**, in Echuca.

Oct. 7(p.m. coaches), 8 & 9
Check out Wayne

www.sportscoachingbrain.com



Geelong Swimming Club Swim Camp: July 9-13

Details have been distributed .. John is bringing 36 swimmers
+3 coaches +15 parents +NWA group

NWA-Geelong Swimmers attending the **Welcome Dinner**
on Sunday, July 11 at 6.00 p.m. at the Border Inn (Moama)
should get their meal selections in to me ASAP;
payment also in an envelope on arrival.

A Menu is available and will be distributed at training or on your request.

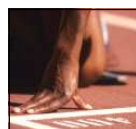


There will be a **SPIN Session for Runners**
on **Monday, June 27** (Y-Central): 4.30 p.m.
60 Mins. of "Hell" with Kylie
NWA Tops, Track suit or tights, full water bottle.
Be 5-10 mins. early.
Harry .. as soon as you can get there.



RUNNERS NOTE!!

Runners: No water bottle (full), **no track suit** or **tights in winter** .. **no watch**
NO RUN .. not in my group .. **no exceptions !!**



A Basic Task for Swim Coaches (1)

This is an open book **task** that will be emailed to all swim coaches who register in the *Power of Potential* program.

This is the first, of several, tasks available to, coaches (and swimmers) to **stimulate** their **thinking about their sport**.

Register interest for the Wayne Goldsmith, 2-Day Swim Clinic .. *The Power of Potential*
Swimmers / Coaches / Parents who are interested should seek further information from NWA.

Friday, October 7 (evening for coaches); **Saturday** and **Sunday, Oct. 8&9** .. Swimmers & Coaches

Details: www.nwaswimaths.com > Programs > General Programs > WG - Swim Camp

Details attached to this Newsletter **So far, expressions of interest have been very strong !! More developments soon.**

140+ swimmers and coaches registered so far (and growing) - act now, or miss your opportunity

ATTACHMENTS: with Newsletter 19-11 & Planner 19-11

Wayne Goldsmith - Swim Clinic, October (7) 8-9, 2011 .. Echuca

WG-Power of Potential .. Registration Form & Special Offer

NWA - Senior Athlete Expectations

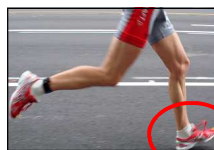
NWA - Junior Swim Test Sample .. pictures not good for copying

Film (DVD) studies available

e.g. Breaking Away .. Gail Devers - Run for the Dream .. Wilma (Rudolph) .. Billy Mills - Running Brave .. Stand & Deliver .. Steve Prefontaine - Without Limits .. Muhammad Ali - When We Were Kings .. Sebastian Coe - Born to Run .. Jim Ryun - America's Greatest Miler .. if you are interested, contact me.

Many more available

DVD's may be borrowed, BUT must be returned according to arrangements.



Heel strike first (in front of your centre of gravity) is like putting-on-the-brakes in each running stride; you will find runners almost invariably do it with sneakers on .. with spikes, foot placement usually improves. US sprint coach Loren Seagrave uses the term

"negative foot speed"

The foot should be travelling (sweeping) backwards (flicking at the ground) - landing on the ball of the foot .. contact beneath the knee.

The runner who spends the least time in contact with the ground, runs the fastest.

Training hard is **easy** ... training **smart** is the real challenge

Any person can thrash up and down the pool to near exhaustion; same for runners, indeed, all sports.
The important (**essential**) thing is to develop basic skills .. as you grow older (>15 years) more challenging training loads can build on these skills;
refine the skills .. extend the skills.

BUT, If you do not have basic skills to build on .. frustration ► copping out ► excuses ► dropping out .. **it's your call.**

Juniors: It's not how fast you swim/run ... it's how well you swim/run

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.



"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.

Wayne Goldsmith is one of the most articulate writers/speakers about sport and skill enhancement.



WG - The Role of Parents in Sport

www.nwaswimaths.com > PROGRAMS > General Programs
Also: **WG - Changing Times** **WG - New Sport - Old Sport**
WG - You still don't get it
www.sportscoachingbrain.com

Also

Applicable to various sports, coaches and parents,
the ATFC Coaches Code of Ethics presents guidelines that should be considered, understood, and followed:

www.nwaswimaths.com > RESOURCES > General Resources

Don Heidary: Swaziland Swimming 2 www.nwaswimaths.com > RESOURCES

... Soon, a stream of young students, ages 5-8, came running into the gate. School was a ten minute walk away. Here they came, in uniform, excited and adorable (see photo). There were over sixty. The pool is humble but good for teaching. Welcome (the coach) has a brief meeting and the kids begin changing. Changing is actually not accurate because they have nothing to change into. The boys and girls remove their clothes to their underwear and again wait for instructions. **No suits or goggles**, but neither affects their eagerness or ability to learn.

... The most significant thing that I have taken away from the country and my experience is not the rate of aids or TB, not economic strife and limited means, or the overwhelming challenges facing the swimming landscape, but the incredible kindness, sincerity, and humility of the people.

From children to adults, men and women – there is an ironclad respect for everyone. **We did not hear** one word of profanity, see one altercation, see anyone lose their temper, intimidate anyone, or have an attitude about anything. There didn't seem to be a presence or a psychology of crime, gangs, violence, theft, drugs, alcohol, or depression.

One of my favourite DVD's is **BORN TO RUN** .. the story of **Sebastian Coe** (Dual Olympic 1500m Gold Medalist: '80, '84).
Unashamedly a hero of mine.

A former world 800m World
Record Holder ..

1:41.73 (1981); 1500 pb: 3:29.77 (1986)

no Australian athlete has achieved (near) Coe's best time(s).



A Sample Test will be attached to the next issue.

A series of **NWA Test Items** will be available to coaches at the **Wayne Goldsmith Power of Potential Swim Camp** (Oct. 7 evening, 8 & 9)
The tests reflect the need to reward or recognize endeavour in young athletes and are directed at runners, swimmers, indeed all young athletes as they develop their movement skills, and, appreciation of their sport.
Copies will be mailed for a small fee (\$10); **cheques payable to Russell Parsons** .. to be received with order.

IAAF .. world and region records ..
www.iaaf.org Stats > Records by Event > Select event (outdoor) ..
Men's Records .. scroll down for Women's Records
Runners - check out 400 / 800 / 1500 WR & Aust. Record
Calculate even pace splits (200) .. **you'll be amazed**

Training in Bendigo (Bendigo Athletics Track) Friday, July 8

Depart Echuca: (bus) 8.55 a.m.

Return to Echuca: (bus) .. depart Bendigo 2.15 p.m.
Arrive Echuca: 3.33 p.m.

Courtney Schultz, Harry McLaurin, Morgan Power,
Rhys Lias .. & other interested runners

11.00 a.m. Session may include 150 or 600 Time Trials on the track,
depending on event specialty
Spikes, sneakers, warm clothes, full water bottle.
Lunch money + spending money.
Others available will be invited.



A helicopter is **not** going to land and whisk you away to play AFL ..
it just will not happen.

YOUR efforts have to earn **YOU** ..
opportunity - in every aspect of your life.

Focus in Swimming - Running: **It's not how fast - it's how well?**

Very, very few will ever swim as fast as Michael Phelps, or, run as fast as Usain Bolt .. **BUT**

BUT, most can swim or run **as well as** these superstars .. **technique can be developed by ALL.**

"It's not money;
we need
costumes
for
these kids.
We will take
anything, no
matter the
condition.
We will patch
and sew."

Cobus Louw
President
Swaziland
National
Swimming
Association



Want to help?
Send items to
Russell Parsons,
North West Athletics
2/72 Hopwood St.,
ECHUCA, 3564
AUSTRALIA

Packages 3 & 4 ..
Arrival has been confirmed Photos
soon
New photos have been received
but I am having trouble opening
the file.

Don Heidary .. Swaziland
Swimming (TV interview)
Go to:

www.swimmingworldmagazine.com/lan9/news/23412.asp

It takes a while to load.
But, an excellent interview.

Also,
www.nwaswimaths.com >
RESOURCES >
Swimming Resources >
Swaziland Swimming 2
for a copy of Don's article



Thanks to Flying Fish Swim School (Qld), Northern Stars Swim School (NSW),
Fiona Skinner Learn-to-Swim (Geelong, Vic), Geelong Swimming Club, & Echuca YMCA

.. the word is spreading; photographs of resources received by Swaziland Swimming will be sent to contributors.

**Help Support
Swimming in Swaziland**

... goggles, fins, caps,
swimming costumes (togs)

Pleased to report a reply from
Naomi Louw; new photos soon.

**Swim/Run performances
MUST** be reported promptly
.. within 90 mins. **by the
athlete**, where feasible.



▲ First meet 2011 .. Big Bend, October 30 .. 57 swimmers took part ►

The **ONLY** performance
over which you have control is
YOUR PERFORMANCE
FOCUS on what you want to achieve and how to achieve

Tick - Tock - Tick - Tock



**East Timor Fund Raising
it's never too late to help**

Fr. Lito Evaristo is making efforts to
raise living standards and bring dignity
to the children of his community ..
(school, boarding house and orphanage
in Ainara, East Timor)

If **you** want to help,
contact **Johanna Nesbitt: 0418599210**
Claire Hogan: 0408826102

Through the 1990's I spent various expanses of time at the
Australian Institute of Sport, both with the Debbie Flintoff-King
Program and Athletics Australia, and at various ATFCA courses.

A **consistent behavioural trait** of **focused athletes** was the
evening "race to the phones" and the constant need for athletes to
ensure they had enough 20c coins to feed those phones.

Today, every athlete has a mobile .. a text option (at least)
empowers athletes to maintain contact with their family and
coach. Prompt, positive use of the mobile phone is **expected**.

Our athletes today have more communication options than those
in the past, but as with so many things too many assume too
often things today have always been available,
e.g. mobiles, text options, internet, video cameras, even
photocopiers, ... but, improved technology does **not**
automatically translate into improved performances, (e.g. in 1968
Ralph Doubell ran 1:43 (Mexico Olympics) .. a then, world best.)
It takes commitment and endeavour from athlete and a whole
range of support persons.

Athletes: with improved communication, comes the
responsibility **for the athlete** to use that resource
promptly / efficiently .. or, have-a-nice day.

Goals

Height is not the only factor in achievement, **but** in many situations, height plays a critical role. In many sports, being *the-tallest-person-you-can-be* is a goal to be sought.

How tall will you be?
Consult Sports Medicine.

Seek a Height Predictive X-Ray

Let the result play a role in your aspiration and endeavour.

It's not just about pursuing a goal,
It's not about wishing things will happen

It's about
**Pursuing
a
Realistic
Goal**
(appropriate)

Learning what is likely .. helps **YOU** select an achievable outcome.

Latif Thomas: U.S. T & F Coach
Useful Presentations:
Short Sprinters

<http://www.athletesacceleration.com/stslides>
The Truth about 400 Training

<http://www.athletesacceleration.com/lgslices>

My experience

**Late(r)
maturers
usually
go further**

**Don't be too quick to
place yourself or your
athlete in the
exception category**

**Never place skill
acquisition ahead of
skill perfection**

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.

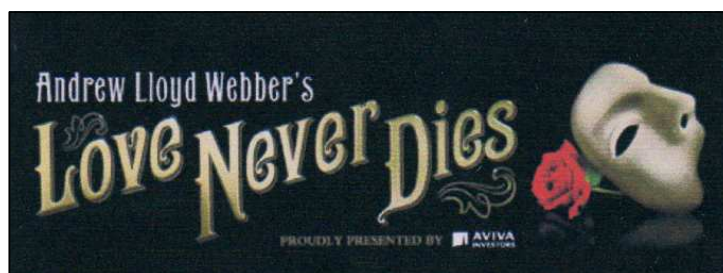
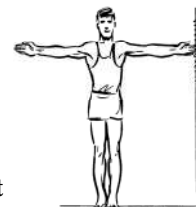
Again, **the data is merely a guide;**

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.



On Sunday, July 3 - Tuesday, July 5, a small group (4) will travel to Melbourne, train, attend *Love Never Dies*, train, shop, train .. should be good.
Opportunities abound for those who commit, especially over a long period of time.

Dear Friend Russell

Communication received June 10, 2011

'Long time no see'. I am sure you are doing well . We are also moving on, albeit gallantly!

Not a complaint, though but just pointing out - these days you do not send me your Newsletters. I have been looking forward for them until I thought may be the project/programme was discontinued.

My main aim of writing to you , however is to kindly request (Pardon me! I am fond of pestering you repeatedly) to kindly introduce me to anyone dealing in USED/NEW Laptops/Desktops. Be they individuals, Companies, Wholesalers, Retailers etc, I would be most grateful to get to know at least one of them.

The reason as to why I looking for this people is because of my burning desire to have my athletes in Kobell Athletics to be computer literate. This they can learn during rest hours.

I can also be buying the used or new Laptops/Desktops for resale to enable the club to raise some much needed income for purposes of training, sourcing of training materials and apparels, travel, food etc.

You have always been of immense assistance to me and the club as a whole - we are sincerely grateful, I am sure you will not tire in assisting us one more step to our self reliance.

We will be grateful Mr. Parsons. **Greetings to all in NWA.**

Kind regards,

Stephen Cheruiyot Bett, Kobel Goor Company Ltd. Jamii Shopping Mall, Suite G83,
Ground Floor, Kigali Road, PO Box 14164-00100 NAIROBI, KENYA
kobellathleticsclub@yahoo.com



We can help: Any suggestions to RP

No one can make you feel inferior without your consent

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 > Membership



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 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

* = qual times or results apply

Term Two School Vacation

Sun. July 3-Tues. July 5: Senior Athletes Training - Melbourne
Fri. July 8: Runners Training - Bendigo

Sat. July 9 - Wed. July 13: Geelong Swimming Club Camp .. Echuca

Tues. July 19: SSV Cross Country Finals .. Melbourne
Sat/Sun. Aug. 13-14: SV Country Short Course Swimming* (Shepparton)

Term Three School Vacation

Fri. Oct. 7-Sun. Oct. 9: Wayne Goldsmith-NWA: Power of Potential Swim Camp .. Echuca

2011: Fri. Nov. 4-Sun. Nov. 6: AV Vic. All Schools T&F (Albert Park)

2012: Fri. Jan. 13 - Sun. Jan. 15: Vic. Countries T&F (Bendigo) NOTE!

Sat. Jan. 21-Mon. Jan. 23: Vic. Countries LC Swimming* (Bendigo)
April 13-15: Aust. & AWD T&F* Vic. Athletics Centre (Albert Park)

Same old
Same old ??
Explore
differences



Distinction
is derived
from
Differences
not conformity

Part of recent message from Bill:

Their learning experience in life and sport serves to make and develop young people with true life values .. a rare opportunity in today's world. Keep up the good work.

Means quite bit when a Legend takes the time to share their thoughts and commend NWA endeavour. Bill conducted two huge swim intensives in Echuca in the early 2000's .. a standard to which we can only aspire.

NWA Swimming Costume 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.

PRACTICE does NOT make Perfect
PRACTICE MAKES PERMANENT
SO,
ONLY PERFECT PRACTICE makes
PERFECT



The Team Have Arrived in Greece!

Shirley Milgate

20 June 2011 | Team Australia have arrived safely in Athens in preparation for the 2011 Special Olympics World Summer Games where they will compete alongside 7,500 athletes from 185 countries in the largest sporting event in the world this year.



There is **no place** in youth involvement in sport for the over-the-top (often vociferous, but, under-equipped) coach.

KEY ISSUE = Progress of the athlete

Access to an **appropriate coach**
is the
fundamental strategy

Only a **very, very** small percentage of triers will achieve elite levels. (<0.5%)

Time with youngsters should be focused on skill acquisition and skill refinement. Coaching skills vary; appropriateness of coaching styles varies; readiness to learn varies - individuals mature at different rates.

BUT, skills are securely acquired are permanent, and, can be acquired by all.

Few youngsters want to be elite performers (regardless of what they say .. they need to gradually become aware of what is expected) .. but, armed with skills **they** can make a better decision about the commitment they are willing to offer .. **about the life they want for themselves.**

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great. - Mark Twain

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
Wilma / The Jesse Owens Story
Checkout: The 400 (in PROGRAMS)
Swimmers: Basic Drills & Progressions
and, many more

DVD's are available on request
and **must** be returned within 4 weeks.

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**

Athletics .. Times

Hand / Electric comparisons

100, 200, Hurdles up to 200H

Hand add .24 = Electric

300H & 400H Hand add .14 = Electric

Pulse Rates

Quick calculation: carotid artery .. gentle pressure: count the beats for 6 seconds, then add a 0. e.g. 15 beats = 150 beats/min.

Hand on chest after exercise yields same (and an easy result) .. subject to error since a single beat is actually 10 beats, BUT, an easy approach.
You will quickly relate how you feel to your pulse rate.

Follow Your Dreams

www.nwaswimaths.com > Programs > General Programs

Tick - Tock - Tick - Tock - Tick - Tock

Be patient .. be persistent

11 year olds do not have to match the training emphasis of 17 year-olds.

Plan to progress, but also enjoy your time as a junior .. **it will never come again** .. (that's a promise).

Skills are forever

There is no easy way

You cannot become an elite footballer by playing bowls .. you cannot become an elite netballer by dreaming, ... some aspects of your preparation must deal with the **specific skills** and **demands** of your **chosen endeavour** ... don't insult those who choose to try by expecting to match their achievements by offering less than they do .. **excellence must be earned**

Practice is when you are allowed to make mistakes .. experiment ... Rate yourself (5-4-3-2-1) **every session - every repetition**
You and the coach can see, but **only you can feel**.
Trying different things + doing your best + personal + coach approval = **perfect practice**



Speed is a Skill
Being the fastest
YOU can be.



Catherine Freeman, 2000 Olympic Champion, 400m

Herald-Sun: 14/12/08

"For some reason, athletes maybe don't want it enough ... don't want to be an Olympic champion ... or want it in a different way ... Debbie Flintoff-King (Seoul '88 Olympic 400H Champion), there wasn't enough I could do to be like her."

Catherine Freeman (2000 Olympic Champion, 400)



Debbie Flintoff-King '88 Olympic Champion 400H



Michael Phelps in response to the comment by his coach: "*great session; you really worked hard; you must be tired*" (Phelps) .. "*I don't get tired.*" .. in a way, kinda scary.

Session Content should be **Coach Driven**, but **Athlete Focused**

Patient Progression (young people) means just that

Progression should be based on **regular** endeavour **not** rushing to achieve. (You will only be 14 once)

The only people who really care about you, are those who are prepared to say "no".

You don't have to like it .. likes and dislikes are not relevant .. only experience counts.
e.g. a referral from a person who has know you for a limited time, or, has limited experience in their role .. what value would you place on it?

My Guarantee

Young Men & Women

You will be treated exactly the same way (by **your** children)

as **you** treat your parents.



Recently I had occasion to find and copy an Athlete Training Log I prepared for athletes preceding the World Junior Track and Field Championships in Sydney in 1996, in my capacity as AA Elite Juniors Co-ordinator.
As with most home teams, the results obtained by the 1996 team were very, very good.

The Training Log was one of a number of initiatives that coaches considered in preparation for the event. The Training Log is some 38 pages, but if any coaches and athletes feel they could benefit from the publication, please feel free to contact me.

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:

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?



Patient Progression
Rhys, Courtney, Morgan, Rebekah and Harry (a XC Man)



When natural growth advantages no longer offer success .. **refinement of skills** offers **further progress**.
Have you developed a basis for further progress?

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 of 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; and, many are not except to a limited audience.)

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.



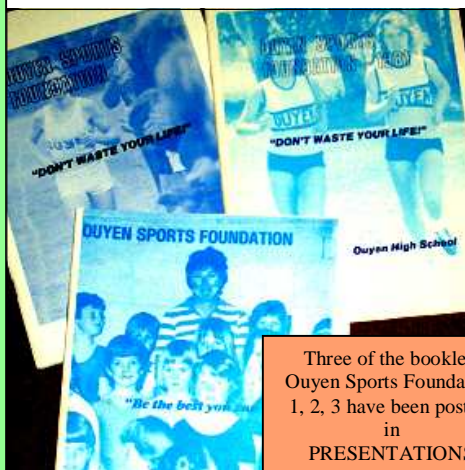
Distance Running

Running distances (5K +) is as much about mental readiness (self-belief) as physical preparation.

In 1971, and in the years following more than 50 runners in my care, aged 15-35 years completed marathons, in Australia and overseas.
(Full documentation available .. 3 booklets ▶)

Distance Running is about self-belief .. it’s not for everyone, and it requires commitment and patience.

We had a 14 week program .. with a reasonable pre-program fitness level, I maintain any person can **complete** a marathon (26 miles 385 yards / 42.2 km.).



Three of the booklets Ouyen Sports Foundation 1, 2, 3 have been posted: in PRESENTATIONS

There is no one program that will address all interests.

Young athletes should develop and refine **their** generic and specific skills, and, then decide how or if **they** wish to apply **their** skills.

Late maturers often go further.

Young achievers .. well done, but work on your skills.

To young skill-focused athletes > **persist** .. be patient .. **your time is ahead.**

Thousands run (complete) marathons every year; it’s an achievement to be proud of .. it takes courage and self-belief .. finding out what **YOU** are capable of. There are many ways, but understand .. **the skill of commitment is transferable – a life skill.**

Worth repeating .. again

A STUNNING SENIOR MOMENT



*A self-important college freshman walking along the beach took it upon himself to explain to a senior citizen resting on the steps why it was impossible for the older generation to understand his generation. "You grew up in a different world, actually an almost primitive one" the student said loud enough for others to hear. "The young people of today grew up with television, jet planes, space travel, man walking on the moon. We have nuclear energy, ships and cell phones, computers with light speed....and many more." After a brief silence, the senior citizen responded as follows. "You're right son. We didn't have those things when we were young....so we invented them. Now, you arrogant little sh*t what are you doing for the next generation? The applause was amazing!*

Bill Gates: Rule 6

Your school may have done away with winners and losers, but **life HAS NOT.** In some schools, they have abolished failing grades and they'll give you chances as **MANY TIMES** as you want to get the right answer.

This doesn't bear the slightest resemblance to ANYTHING in real life.

The funny thing about common sense is that it is not all that common

Of course, I realize very few read the Newsletter text, but I like writing it .. individuals can choose to review .. opportunity often knocks softly.

If you are willing to **take the opportunities** you are offered, and **utilize the abilities** you have, you will constantly fill your life with **special moments** and **unforgettable times.**

NWA Session Fees: (2011-12)

- **Swim:** Juniors & Intermediates - **\$6.00** per session; Seniors .. (\$3-4 per session) to a maximum of \$90.00 per month.
 - Runners:** **\$5.00** per session, to a maximum of **\$10.00** 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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Warren Lowry

Soft Tissue Therapist
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ECHUCA, 3564

03-54-801-991
0419 637 358



Warren will lead a stretching session at the WG-Power of Potential Camp in October, 2011.

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.

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 involves planning .. then executing YOUR plan to make it happen.**

AIM to LEARN ONE THING EVERY DAY
KNOWLEDGE ACCUMULATES QUICKLY
but
ONLY in an OPEN MIND

365 things / year
x ?? years
+ school
+ life
+ gatherings

DARREN SEABROOK

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Everyone **tries hard on-the-day** (hopefully)
BUT
What you do in the **off-season** determines your **try capacity**

Too many coaches (all sports) can pronounce the words
Sharing ... Co-operation
Very few live their meaning
Sports are coach-driven .. there are great coaches in all sports; finding them may be the issue.
Finding a coach who will tell you what you want to hear is the easiest of tasks.



◀ **A-Skip Drill** .. establishing correct form should be the prime aim of junior and intermediate programs.

What is a drill? .. a drill is a part of a full movement you are seeking to develop.

The Part-Part-Full Method .. practice the parts then re-assemble the full movement.

Drills must be closely supervised, or risk, fixing in place, the wrong movement.

Age-Group sports achievement (running, swimming, football, netball, basketball, ...) is **temporary** - ALL athletes eventually progress to open age competition .. so, develop your skills .. focus on being the best you can be - explore options; **don't specialize too early.**

Who won GU15 100m at Vic. All Schools T&F or Swim in 2005? Answer: **Well Done!!** (polite answer)
Important to that athlete on-the-day .. **but**, move on to your next goal.

Many youngsters (**and parents**) dream of (their athlete) reaching elite levels .. **VERY, VERY, VERY, VERY** few have the **skills or commitment.**

"Reaching the Top" is far more than a practice or two each week. **We can't all be winners**, but **we can all be champions .. how?**

Be the best you can be in anything you take on .. but, appreciate that moving on is part of life.

Getting started (recruiting) is the **easy** part .. persistence is the real test .. why persist?

(Praise Promotes Persistence)

Focus on skills - don't over-commit - don't become an athlete who reaches 18 years with few life experiences. One of the **biggest problems** faced by sports and in life is .. **I want it now** be patient (tough).

Late maturers **very** often go further.

Check out the Little Athletics National Records .. **very, very** few Olympic representatives .. so, work on your skills .. **be patient .. be persistent .. aim to improve each year - keep your options open.**

www.littleathletics.com.au > Competitions > Championships > Records > Aust. Best Performances
Isn't it somewhat funny that young people talk-up their individuality, but insist on collectively following trends? We have all done this, but let's see our actions in perspective.

50 repeats forms a habit
Thousands of correct repeats
to change the habit
What's the message ??

Flatter me, and I may not believe you.
Criticize me, and I may not like you.
Ignore me, and I may not forgive you.
Encourage me, and I will not forget you.
(William Arthur Ward)