

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;"><b>North West Athletics</b> <b>NEWSLETTER '11</b> Vol. 14; No. 2 (January) Russell Parsons, OAM, ATFCA4, ASCTA (Bronze) 2/72 Hopwood Street ECHUCA, 3564 03-54-801-705 <a href="mailto:nwa@iinet.net.au">nwa@iinet.net.au</a> <a href="http://www.nwaswimaths.com">www.nwaswimaths.com</a></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><b>Thousands</b> to change a habit</p>	<p>So? What's the message?</p>
	<p>50 repeats forms a habit</p>		<p>Working with Children approved: 00142786-01</p>	

**Control what you can control .. cope with, but don't worry about, what you cannot .. Floods in Echuca area (16-17/11)**



Thank You

Swaziland Swimming & North West Athletics: [www.nwaswimaths.com](http://www.nwaswimaths.com)

"Hey .. what's happened to our Track?"



Do what you can do .. **better**

Thanks to the **ASCTA** (Australian Swimming Coaches & Teachers Association) for their support in accumulating resources for Swaziland Swimming.

**Fine Swims at Vic. State Open**

(14-16/1/11.. MSAC)

Excellent efforts by **Ayla Pearson** at Vic. State Open, in view of the restrictions imposed by a knee issue in recent weeks: 100 B/R: 1:22.92 (38.52-44.40); 50 B/R: 38.70



Training continues with a few flood disruptions .. **focus on the thing(s) you have control over**

**Special Congratulations to Tyler Parkinson** (17) finalist in an excellent 2:13.15 200IM (8<sup>th</sup>), and 200 B/R 2:30.77 (8<sup>th</sup>), and to the many other Geelong swimmers .. all did very well.



**Well Done to Ben Carmody and Laura Angove** .. training pb's on 16/1/11 at 50 & 200 F/S Kick, and 200IM respectively.

In February I will be outlining significant changes to my time allocation to training groups.  
Decreasing mobility is a major cause of changes I plan to implement; however, some training involvement and my Newsletter will continue in 2011.

At the conclusion of the 2010-2011 Swimming and Running seasons I will be restricting my attention to a new schedule of sessions .. details will be emailed with Newsletter 3-11 and sent to all swimmers, runners and families.  
Please read carefully .. any question contact me direct

**Attachments:** with Newsletter 2-11 Planner 2-11

**NWA - Sharelle McMahon** - 1993 (Preparation for Competition)  
An example: A film study - **Chariots of Fire** (many more available) e.g. Breaking Away .. Run for the Dream .. Wilma .. Running Brave .. Stand & Deliver .. Without Limits .. Ali - When We Were Kings .... if you are interested, contact me .. film study (test) copies available. If you have taken the trouble to look at the Chariots of Fire example you may be interested in others .. **there are many.**  
**Also worth reading ... Wayne Goldsmith**  
**New Sport-Old Sport and Changing Times**  
(attached and [www.nwaswimaths.com](http://www.nwaswimaths.com) > PROGRAMS)

A person whose first reaction starts with the word "but" is likely to be part of the problem, and unlikely to be part of any solution.



**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](http://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](http://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.



#### WG - The Role of Parents in Sport

[www.nwaswimaths.com](http://www.nwaswimaths.com) > PROGRAMS > General Programs  
Also: **WG - New Sport - Old Sport** **WG - Changing Times**  
[www.sportscoachingbrain.com](http://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](http://www.nwaswimaths.com) > RESOURCES > General Resources

In relation to **Swaziland Swimming** (again, I know), a statement by US Coach, **Don Heidary**, is especially memorable .. how easy it is to forget how lucky we are ... (consider for yourself)

**Don Heidary: Swaziland Swimming 2** [www.nwaswimaths.com](http://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.



"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.

#### CHAMPIONS are distinguished by differences

The different things they do .. and .. the things they do differently

Here is a good example from Roger Federer's new coach (Paul Annacone)

Annacone said he was stunned by Federer's enthusiasm for the sport after 10 seasons on tour.

"One of the things I found very intriguing from day one was to see the energy level he still had to try to get better and his desire and love for the game ... as soon as I had spent an hour and half on the phone with him and after about 20 minutes on the practice court, there was no doubt about what he wanted to do and how much joy he had for the game.

**"No matter how good you are, if you're not trying to get better, you're getting worse because everyone is trying to get better.** (how true)

Federer has won 16 Grand Slams, his **goal** is to get to 20!!

Thanks to **John Beckworth** (Head Coach - Geelong Swimming Club) for this insert



**Good is not enough**

**When BETTER is possible**



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).



## 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  
NWA has sent an initial  
package (April) and  
Package 2 (Oct)

Further package  
to be sent:

Jan.-Feb. 2011



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

[www.swimmingworldmagazine.com/lane9/news/23412.asp](http://www.swimmingworldmagazine.com/lane9/news/23412.asp)

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

Also,  
[www.nwaswimaths.com](http://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), and Geelong Swimming Club.**

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



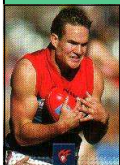
▲ First meet 2011 .. Big Bend, October 30 .. 57 swimmers took part ►

**Help Support  
Swimming in  
Swaziland**

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

**AFL Wanna-be's .. "serious" footballers**

2011 is too late to start your fitness and skills enhancement  
for the forthcoming season.



If **YOU** want to extend your performances  
next season (2011)

**NOW** is the time to organize your program  
It's what you do now that will launch you in 2011.

So-called "natural ability" will only take you so far.  
When growth ceases to offer "easy" success, you need skills  
to rely on .. no skills .. performance can stagnate, even regress.

Read Bill  
Sweetenham's  
comment,  
page 5

Tick - Tock - Tick - Tock

**Quality**  
is more important than  
**Quantity**



**Fiona Skinner** has confirmed to me today that she will be  
sending a package to **Swaziland Swimming**.

Fiona has built her Learn-to-Swim in Geelong to over 500  
youngsters in 12 months, and is eager to offer an  
opportunities to skill-focused young persons to experience  
what working with youngsters is like.

**I had the privilege of watching her work in India in 2006,  
and highly recommend any opportunity Fiona presents.**

**IF**

You are interested in expanding your skills, and have an  
AUSTSWIM or ASCTA certificate,  
please contact me and I will take the matter further  
with Fiona.



**Learning New Skills is FUN**

## 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**  
(appropriate)  
**Goal**

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**

Bill Sweetenham

**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.

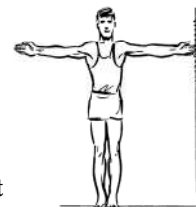
Again, **the data is merely a guide;**

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.



### A belief of mine

*You can't criticize people for not knowing, because, often they do not know that they don't know.*

What does this mean? Well .. we know about our own experience levels, but we should not assume that our experience level, or our commitment, or, our performance is *the standard*.

(I enjoy eating fresh bread, but, I do not know how to make a loaf.)

Working for Athletics Australia for a year, I went on many trips around Australia and overseas .. I very quickly learnt that there are standards (often) beyond that which we so easily (locally) identify as "great".

A friend once said: "Try to improve every year .. success may come."

**Juniors** - develop and consolidate your skills

**Parents** - be objective (or, at least try to be) .. applaud **all** endeavour !!

**If you make improvement your goal ... the rewards are yours.**

**Read: Age Group Achievement** (final page of this Newsletter).

Tick - Tock - Tick - Tock



**RECOVERY** is the most important part of your training program .. it is when you grow and get stronger in response to the challenges you set yourself in training.

**Recovery** may refer to breaks between runs / swims (activity), or days when you rest or follow a "casual" non-specific training program .. your recovery may be at the pool, reading a book, watching a race, stretching, performing your drills, sleeping, ....

Learn to read your body and what it needs.

**Better always to do a bit too little, than a bit too much.**

If you do a little less than optimum, you can always try harder on the day.

If you do too much, your body will not respond to attempts to "try harder".

So .. try to do something EVERY day to enhance your progression as an athlete. This may mean training harder, but, in can also mean adopting an **appropriate recovery** to allow your next training or competition effort to be at a progressive level.

I am **not** saying take it easy more often .. I **am** saying plan your activity / recovery activities to gain the best response to your training.

**Get as far as you can, on as little as you can (with a strong skill focus)**

**... there is plenty of time for youngsters to train harder ... later**

Developing athletes need skills to refine when the advantages offered by early maturity cease .. and cease they do, as **all** athletes progress out of the protection of age groups.

# 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](http://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, 2010

Fri. Jan. 21-Sun. Jan. 23, **2011**: Vic. Country T&F .. Ballarat  
 Fri. Jan. 28-Jan. 30: Vic. Country Swim Champs\* - Geelong  
 Sun. Feb 6: State LA Relays (Oly. Park)  
 Sat. Feb. 12-13: Victorian Sprint Championships\* (MSAC)  
 Fri. Feb. 25-Sun. Feb. 27: Vic. Youth T&F\* (Oly. Park)

\* = qual times or results apply

Thurs. March 10-Sun. Mar. 13: National Junior T&F\* .. Sydney  
 April 18-23: National Age Swimming\*

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

## NWA Swimming (2010 -2011)

### Mornings

**Monday, Tuesday // Thursday, Friday**

6.15 - 7.30 a.m.

Swimmers to arrive at the pool by 5.50 a.m. with sneakers .. 500m - 1K jog + stretches before swim.

**Seniors and selected Intermediates**

### Evenings

**Seniors, Intermediates, Juniors**

**Tuesday** (6.15-7.15 p.m.) and **Thursday**, (6.00-7.00 p.m.)

**Variations will be advised** in the NWA Newsletter, NWA Planner, both of which are sent by email, and

displayed on the notice board at the YMCA next to the Special Olympics notices.

During the Christmas-New year period special arrangements will apply and be advised to individual swimmers.

**Junior sessions will resume in February**  
**Newsletters and emails will advise**

Swimmers are to have one-piece costumes, goggles (incl. a spare pair) and fins. Caps are optional.

Any queries .. contact Russell Parsons, direct  
[nwa@iinet.net.au](mailto:nwa@iinet.net.au)  
 54-801-705

NWA Newsletter: [www.nwaswimaths.com](http://www.nwaswimaths.com) >  
 RESOURCES > General Resources

## Athletics Bendigo Fixture

Check in by: 12.45 p.m. - 1:30 p.m. .. first event

**2011 Vic. Country Championships: Fri. Jan. 21-23**  
**Sat. 29/1/2011: Program 2; Sat. 5/2/2011: Program 1**  
**Shield Final: Sat. 12/2/2011**

**BEST WISHES** (not just good luck) to all athletes at **T&F Countries** (Ballarat) and **Swimming Countries** (Geelong). Luck has nothing to do with it if you are hot - nothing to do with it if you have prepared to be your best.



Every Victorian Swimming Club with an email contact has been approached.

**No one has ever become poor by giving**  
*Anne Frank*

Check out our Swaziland Page, p. 3  
**CAN YOU .. WILL YOU HELP ???**

**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**

Let this guide your endeavours



**Team Australia: Athlete Training Log**

**Introduction**

A Training Log is kept by all elite athletes, many keep daily records going back ten and more years.

Daily records, if properly kept and maintained, will help you and your coach to determine an optimal training program for YOU!

Daily records can also help identify factors, that if replicated, will help you achieve your best.

The booklet has been developed for you, as a member of the Olympic Athlete Program, to assist in your planning and preparation for key competitions.

The booklet also contains some practical tips that will help you in your pursuit of "personal best" performances in their key competitions.

Have you ever wondered why you perform well at some competitions and poorly at others? Why you become injured or ill? How to maximize your motivation and focus?

Having a record of your training and competing can enhance your motivation, productivity and eventually will help you to achieve your best and other goals.

Keeping a Training Log will enable you to:

- set challenging but realistic goals
- monitor the effects of your training
- monitor your progress
- develop a realistic plan to improve
- avoid over training and injuries
- stay motivated

The Training Log has been kept simple. It's easy to use.

The log will help you develop a clear profile of your physical and mental capabilities, and help ensure that you arrive at the key competitions prepared to compete to the best of your ability.

Don't be afraid to ask for help from your coach. He/she is a recognized expert in your sport, and will be able to give specific advice based on the general concepts contained in this booklet.

**Senior Athlete, Phil**  
 Athlete of the Year at the Commonwealth Games, Canada, 2002

**Editor:** Lynne Douglas, Head Coach, Olympic Athlete Program, USA

**Assistant Editor:** Russell Parsons, Athlete Australia (USA National Coach)

**The difference between ordinary and extraordinary is that little extra.**

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.

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 pulse rate.

## Follow Your Dreams

[www.nwaswimaths.com](http://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**



**Speed is a Skill**  
Being the fastest  
YOU can be.



**Catherine Freeman**, 2000 Olympic Champion, 400m



**Debbie Flintoff-King**  
'88 Olympic Champion 400H

Herald-Sun: 14/12/'08

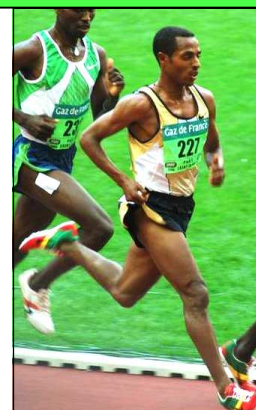
"For some reason, athletes maybe don't want it enough ... don't want to be an Olympic champion ... or want it in a different way ... Debbie Flintoff-King (Seoul '88 Olympic 400H Champion), there wasn't enough I could do to be like her."

Catherine Freeman (2000 Olympic Champion, 400)



A

Can YOU identify the athletes?  
Can you identify their special achievement(s)?



B

**Session content**  
should be  
**coach driven**  
but  
**athlete focused**

## My Guarantee

### Young Men & Women

You will be treated exactly the same way

(by your children)

as you treat your parents.

*Saying you want to win is not the same as working towards your goal.*

**Well Done .. is better than well said**

**What are YOU doing .. that others may not be doing???**  
(may not be doing)

*Don't insult the efforts of others by expecting to match the best by doing 1-2 sessions per week.* Do what you want, but, remember, outcome = input.

"Swimmers .. don't even dream about being in a State or National Team, unless you are doing 8 sessions in the pool, each week, plus support activities" (e.g. gym, stretches). Master Swimming Coach **Bill Sweetenham**

**Not every person wants to make the commitment required that's fine**

**but .. let your expectations match your commitment**

**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.*"



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 = perfect practice

**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?

## 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)

1. As a young teacher, a former Principal (in 1970) said to me: “the only original idea in the 20<sup>th</sup> 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 ▶)

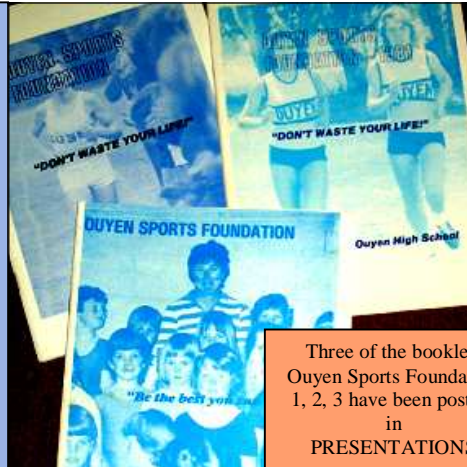
Distance Running is about self-belief .. it’s not for everyone, and it requires commitment and patience.

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.).

Of course, completion at an advanced level, e.g. sub-3:30 for Men and sub-3:45 for Women, requires careful, sustained progression.

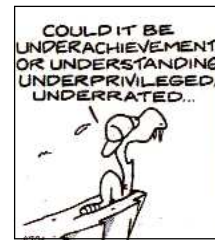
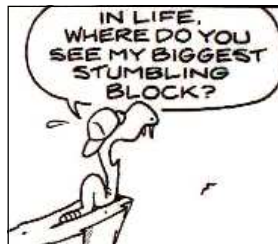
Thousands run (complete) marathons every year; it’s an achievement to be proud of .. it takes courage and self-belief .. finding out what YOU are capable of.

**The skill of commitment is transferable – a life skill.**



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** .. your time is ahead.



Can you name this elite Australian athlete?

Who? Why famous?

There is a well-known saying: “The moment we forget history, we are doomed to repeat it” ..  
This has foundation (in my opinion) when we consider events such as the Holocaust, or specific (preventable) disasters that have occurred from time-to-time.  
**BUT**  
**In sport** (in life)  
Knowledge of ... Awareness of .. Appreciation of .. the triumphs of the past can but enhance attempts to repeat or surpass standards.  
I maintain that very few of our elite aspirants have any real knowledge of awareness of the achievements and endeavours of past champions .. there is no easy way to be the best you can be.  
(Remember: a Champion is not necessarily the athlete/person who wins ..  
A **CHAMPION** is that person, in whatever field of endeavour, who **always tries their best.**)  
**We can’t all be winners .. but .. we can all be champions**  
If your sport, if your coach, does not provide you with an insight into the history associated with your sport, the ball has been dropped.  
Of course, if the opportunity to learn and familiarize is there, and you choose not to take it up ... fine .. your call.

**GOOD is not enough ... when BETTER is possible**



To check out other fee structures: example .. Melbourne VicCentre Swimming Club:  
[www.clubsonline.com.au](http://www.clubsonline.com.au) .. Membership > Squad Fees

## NWA Session Fees: (2010)

► **Swim:** Juniors & Intermediates - **\$6.00** per session; Seniors .. (\$4 per session) to a maximum of \$90.00 per month.

**Runners:** **\$5.00** per session, or, **\$8.00** per week.

(Variations may be made for 2<sup>nd</sup>, & 3<sup>rd</sup> 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](http://www.nwaswimaths.com) > PROGRAMS

- > General Programs
- > Setting Goals (Naber)

**RICH RIVER  
PHYSIOTHERAPY  
& ACUPUNCTURE  
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*and we'll stay well*

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rrphysio@bigpond.net.au

**Warren Lowry**

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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.

### Setting Goals

Everybody's circumstances are different  
but, we can learn from the experience and of others  
[www.nwaswimaths.com](http://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**

## ALL NWA SENIOR & INTERMEDIATE RUNNERS & SWIMMERS MUST

discuss meet / event entries with me  
**in advance of entering**  
**if they wish to remain NWA athletes.**

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.

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](http://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)