


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

	100% Right, is 100% Right	North West Athletics NEWSLETTER '09 Vol. 12; No. 20 (September) Russell Parsons, OAM, ATFCA4, ASCTA (Bronze) 2/72 Hopwood Street ECHUCA, 3564 03-54-801-705 nwa@iinet.net.au www.nwaswimaths.com	Session Fees for 2009-10 Page 5	No opportunity is ever wasted
	99% Right is 100% Wrong		Others take up what you let pass	
	50 repeats forms a habit		Thousands to change a habit	So? What's the message?

Tuesday & Thursday p.m. swimming is about to commence,
as football and netball draws to a close
6.00-7.00 p.m. swimming will resume (SE corner .. Lanes 1 & 2),
Tuesday, September 8 and/or **Thursday, September 10.**
All swimmers need fins, goggles, one-piece costumes

**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.

Moama Grammar Interschool Athletics (Wangaratta)
27/8/09

Well Done to Rebekah and Tom, Age Champions, and fine efforts and wins in several events, and to **Courtney,** battling nerve spasms, on her wins in the 200, 400, 800.
Excellent start to the season.





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
(NWA Sports Camp .. Qld.)
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

Titanic

Choose your kick
include Titanic and a personal selection of other drills in your w/u and warm down.




Alice in Wonderland v Cheshire Cat

Alice comes across a fork in the road; seeing a Cheshire Cat in a tree she asks: "Which path should I take?"
The Cat replies: "Where do you want to go?"
Alice: "I don't know."
Cat: "Then it does not matter which path you take."

"Where do you want to go?"


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



WELL DONE Jan Brade (Mildura) on his recent win (30/8/09) in the Adelaide Marathon (26 miles, 385 yds / 42.195 km.).

Excellent effort considering the head cold he has endured for the past few weeks.

His time of 2:35:53 is **highly commendable.**
Life in the "old" dog yet. (approx. 44 secs./200m .. try it)



Bill Gates Rule: The world won't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.



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

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
Sun. Nov. 8:	Sweat v Steam Fun Runs (Echuca: 5K & 13K)
Fri.-Sun. Nov. 6-8:	Vic. All Schools T&F (U14-18)
Sat/Sun. Nov. 21/22:	Geelong Open/City-by-the-Bays Sprints (Geelong)
Dec. 4-7:	Aust. All Schools T & F (Hobart)
Sun Dec. 6:	Echuca Swimming Carnival
Sat/Sun. Dec. 12/13:	GV Two-Day Swim Series (Shepparton)
Sun. Dec. 13:	Bendigo Swim Meet (Bendigo Aquatic Centre)
Dec. 19-20:	SV LC 12 11&U Championships
Dec. 28/29:	Sunraysia Two-Day Swim Meet (Mildura)
Jan. 6-10, 2010:	SV LC 13-18 Championships
Jan. 15-17:	SV LC Open and SWD Championships
Fri. Jan 22 – Sun. 24:	2010 Country Athletics Championships Newborough
Sat. Jan 23 – Mon. 25:	2010 Country Swimming Championships Warrnambool
Feb. 26-28:	Vic. Youth Athletics Championships
Mar. 11-14:	Aust. Youth Championships (Sydney)
Mar. 13-14:	Vic. Country All Juniors Semis & Finals (MSAC)
April 5-10:	Aust. Age Swim Championships (Sydney)

Swimsuit Guidelines for Age Group Events

- (1) All swimwear worn by competitors in Age Group Events (18 and under) conducted in Australia by SAL shall be commercially available products.
- (2) Swimwear worn by competitors in Age Group Events shall conform to the following design – **effective 1 April 2009:**
 - (i) Men's swimwear is limited to one (1) swimsuit that covers at most the body surface from hips to knee. Swimwear must not extend above the waist or below the knees;
 - (ii) Women's swimwear is limited to one (1) swim suit that is of "open back" and "open shoulder" designs that may extend down to the knee. Swimwear must not extend below the knees.

Swimwear must not have a zipper or any type of fastening system.
An **Age Group Event** is defined as any 18 and under SAL (Swimming Australia) swimming event.

Additional NWA Regulation

Please Note! ALL NWA swimmers MUST wear one-piece costumes .. no "bikini" costumes (to ensure the modesty and privacy of swimmers) - this is an NWA rule .. no exceptions.

www.nwaswimaths.com >

PROGRAMS > General Programs & Athletics Programs

Skills - Self-Esteem

An approach to enhanced self-esteem

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



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".



31/8/09: Rain .. (not much, but a bit).
No reason to halt training .. change the venue and the nature of the session.
Drills in the grandstand

**Do the best you can,
where you are,
with what you have**



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**



With only a few weeks to go to the Sports Camp swimmers and runners are gradually improving their preparedness.
Ayla and Jacqui are showing patient progression.

All Senior Swimmers have been or are to be given a laminated copy of all progressions:

FLY – B/K – B/R – F/S and IM
Read

**Consider
 Learn**

Progression Drills are familiar in that they are used frequently, and should be used within your w/u and w/d.

Collect (ask for) your copy if you have not received your print and associated tags.

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?

Welcome to **◀Tahlia and Sophie▶** working hard to learn and demonstrate their basic drills.

50 repeats forms a habit .. hundreds (perhaps thousands) of repeats to change a habit.



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.**



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



Sophie, Emily, Rebekah and Tahlia .. Intro to Relay Drills



Eric, Ayla, Erin, Shirley .. Laura, Eva, Jacqui and Sam

**Tough Times Don’t Last
Tough People Do**

Libby’s stress fracture rehab continues to challenge her patience, but not her character



An eyeful is better than a mouthful



EXCELLENT
tight, compact, streamline



Another morning .. progress continues

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)



**RICH RIVER
PHYSIOTHERAPY
& ACUPUNCTURE
CLINIC**

...and stay well!

Ph: (03) 5480 1655
342 High St, Echuca, 3564
rrphysio@bigpond.net.au

Warren Lowry

Soft Tissue Therapist
66 Sturt Street,
ECHUCA, 3564

03-54-801-991
0419 637 358



Control what you can control – **cope** with what you can't control – **prepare** as if everything will go wrong.

Seek and follow experienced professional advice with injuries.

**NWA
SWIMMING SKILLS CLINIC
Echuca War Memorial Aquatic Centre**

date tba

Will be scheduled in late 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.

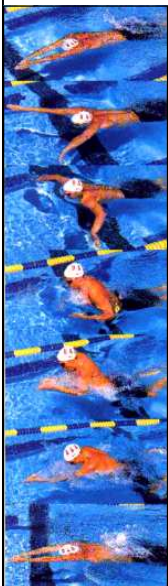
If you wish to register contact me ASAP, or

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.

ALL NWA SENIOR and INTERMEDIATE RUNNERS & SWIMMERS MUST

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

The ONLY exceptions will be advised in person
(at this moment, I can think of only one exception)

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