



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

	<p><b>100% Right,</b> is <b>100% Right</b></p>	<p style="text-align: center;"><b>North West Athletics</b> <b>NEWSLETTER '09</b> Vol. 12; No. 23 (October) Russell Parsons, OAM, ATFCA4, ASCTA (Bronze) 2/72 Hopwood Street ECHUCA, 3564 03-54-801-705 <a href="mailto:nwa@inet.net.au">nwa@inet.net.au</a> <a href="http://www.nwaswimaths.com">www.nwaswimaths.com</a></p>	<p><b>No opportunity</b> is ever wasted</p> <p><b>Others take up what</b> you let pass</p>
	<p><b>99% Right</b> is <b>100% Wrong</b></p> <p><b>50 repeats</b> forms a habit</p>		<p><b>Session Fees</b> for <b>2009-10</b> Page 5</p>



The NWA Sports Camp is as much about friendships as training.

VSSSA Northern Country Zone Track & Field in Bendigo was a chance for **Kia, Ayla and Libby** to follow-up on friendships.

Good to see **Elyse and Georgie** having-a-go.



**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.

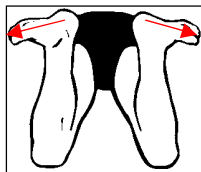
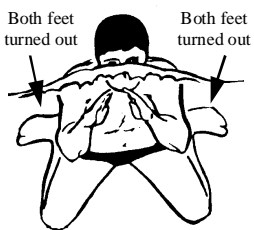
**Wayne Goldsmith** is one of the most articulate writers/speakers about sport and skill enhancement.

**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.sportcoachingbrain.com](http://www.sportcoachingbrain.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](http://www.nwaswimaths.com) > RESOURCES > General Resources



**SKILLS CLINIC for Intermediates SOON**  
Page 5

**Swimming has re-Started**

Time to review and consolidate skills

**Breaststroke**

Both feet turned out on the kick  
Knees inside feet on backward kick  
Arms pull outwards to 10:00  
and 2:00 o'clock **after** the kick  
**Heels together / Hands apart**  
Legs up slowly .. extend back fast(er)  
Hip high position

**Kick - Glide - Hips / Heels - Pull & Breathe**



**Well Done to Libby Pellegrino** who has endured various problems associated with a stress fracture in her foot over the past few months.

**Libby** was able to show on the Sports Camp and with her rehab that successful outcomes are taking place; Libby ran at VSSSA Northern Country Zone in the 200, winning in a creditable time into a 2.9 headwind. Some soreness caused a scratching from the 400, but progress is evident.

We are very proud of the efforts Libby has made, and the composure she has displayed.

Hopefully, by the end of November, recovery will be complete and running standards back-on-track.

**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.

**There will be an announcement in Newsletter 24-09 of any plans for an NWA Sports Camp in 2010.**



**Dates**  
**Fitness Expectations**  
**Number of places**



**General information about pre-camp meetings will be advised.**

**Those who wish to consider the camp in 2010 need to attend to this issue.**

**ONLY a person who really cares about you will have the courage to say "NO"**

## 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)



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, 2009-10

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)**  
I wish to identify **very soon** any swimmers who would go to 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.**



Has the Secret Squirrel finally been spotted?

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



**Thanks to Terry, Annette and Geoff** (Eaglehawk YMCA AC) for their welcome and a fine day on Saturday, October 10.

**Well Done to Harry, Libby, Courtney, Morgan, Rebekah and Lachie, and Denya** on their fine efforts on the day.

Early season runs / jumps are to establish standards .. to find out where you are .. why? to help you think about where you want to go.

Performances have been added to athlete profiles.



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.



**NEWS FLASH**  
 22 athletes (runners & swimmers)  
 went on the NWA Sports Camp (6-9 days)  
**RULE: NO Mobile Phones**

**Result: no deaths; yes, you can survive without texting every few minutes**  
**AMAZING but TRUE**  
**A week of YOU being in control of your life**



*I'll be back*

**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**



**Ayla & Jacqui** .. Jacqui can actually talk with the snorkel in her mouth, and, can dive into the water with her snorkel in place. She is having a operation next week to remove the snorkel from her neck. Yes!! .. she can still talk.

**Ben** .. training not talking



**Sam**

**Eric** (now known as Mr. Clumsy) thought that by breaking bones in his hands he could avoid training.

**WRONG**

Lots of variations to come, but I can assure him he will be sick if kicking after the next 6 weeks.



**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**



**James, Ben and Sam** .. Sunday morning swims in a near empty pool ... way-to-go.

**Cross Training** .. running and swimming are not only sports in themselves, but support improvement in other areas. **NOW** is the time to work on enhancing basic skills for your next winter season.

Those young athletes who wish to pursue the highest standards of which they are capable, in general, need to learn to perform the required movements of their sport **FASTER**.

NWA programs offer skills to enhance speed, agility and co-ordination enhancement, and character building challenges to which young athletes can respond.

Sessions are skill-based .. if you want to just socialize (muck around) you are not welcome. Sessions are 60 – 90 minutes .. focused but fun.

**NOTE !! It is your choice to join, but .. standards are compulsory.**

**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?

**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 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.**



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](http://www.sweatvsteam.com.au)



Families who want FAST service when ordering fins: **PRO-AM** .. fantastic: ordered 3 sets of fins Tuesday afternoon; delivered Wednesday early afternoon .. beat that: **Pro-Am**; Unit 3 Cnr. Keppel Drive & Hallam Road, HALLAM, 3803, Victoria, AUSTRALIA  
Ph: 9796 5000 Fax: 9796 5200 Email: [proam@proamaus.com.au](mailto:proam@proamaus.com.au) I suggest you email them and ask for a catalogue.

But, remember: fins last .. they take a long time to “wear out” .. so swapping / passing on may be the answer.

Check with other swimmers or with me ... money saved on equipment is money available for opportunity.

No swimmer or runner ever performed better by having the newest model .. new shoes, goggles, togs, are only new on Day 1. 29 of us are going to Queensland on a Sports Camp .. many of these athletes are better using funds so saved to finance the opportunities.



**John Beckworth, Head Coach of Geelong Swimming Club**, has launched his web site: [www.swimfast.com.au](http://www.swimfast.com.au). The site will grow ... check it out.



4 x 400 Heat Winners: **Courtney, Morgan, Denya, Rebekah**

**Courtney ► Rebekah**



**Denya ► Morgan**



**Lachie**: excellent runs, incl. 30.08 (200)



“Toughen-Up H”



**Denya** consolidated her skills with another 200H run.

Thorough w/u & w/d is an **essential** aspect of competition.

Focus on what is best for you !!

An excellent first day of competition; several pb times.

Very proud of the manner in which all athletes conducted themselves.

Looking forward to future programs: Saturday, October 17 .. Program 2 espec. 1500, 100, 400 & 4x100 Relay  
**You’ll Never, Never Know .. unless you have-a-go**

**Success is often a matter of hanging-on after others have let go !!**



**Bendigo Senior Athletics**  
10/10/09 ►  
**Eaglehawk YMCA AC**

**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 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  
CLINIC**

*...well 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](mailto: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](http://www.nwaswimaths.com) > PROGRAMS > General Programs > Setting Goals (Naber)

Goal Setting is not hoping something happens.

**Goal Setting involves planning, then executing to make it happen.**

**Well Done to Logan Power and Mitchell Kemp, finalists at VPSSA Zone in Bendigo. Logan won the 200 and progresses to State Finals.**



▲ Mitchell  
◀ Logan



**Well Done to Ian Brade, 44;** Melbourne Marathon: 2-32.04  
Exceptional Time  
approx. 3:36/km .. classy

**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**

**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**