



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

	<p>100% Right, is 100% Right</p>	<p style="text-align: center;">North West Athletics NEWSLETTER '09 Vol. 12; No. 25 (October) Russell Parsons, OAM, ATFCA4, ASCTA (Bronze) 2/72 Hopwood Street ECHUCA, 3564 03-54-801-705 nwa@inet.net.au www.nwaswimaths.com</p>	<p>No opportunity is ever wasted</p> <p>Others take up what you let pass</p>	
	<p>99% Right is 100% Wrong</p>		<p>Thousands to change a habit</p>	<p>So? What's the message?</p>
<p>50 repeats forms a habit</p>			<p>Session Fees for 2009-10 Page 5</p>	



**4x400
Eaglehawk
Teams**
**Harry, Grant,
Ben, Kane;**
**Morgan, Emily,
Courtney,
Rebekah;**
**Amanda, Tanya,
Libby, Jessica.**



**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.

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

Note! Swimming Victoria Swim Suit Guidelines .. page 2.



Harry, Morgan, Libby, Emily, Courtney, Rebekah
warming down ..
the most important training session



Harry McLaurin, 15 - 400: 51.47 ... confirmed at the Gold Coast City Athletics Track (Sept. 25) .. this represents a Nationals Qualifier. Accordingly, Harry joins Courtney as a qualifier for National Schools to be held in Hobart, Dec. 4-7, 2009. WELL DONE.

WINNING
is temporary
SKILLS
are permanent



"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.

4x400 Relay Change

ONLY
Plenty of Perfect
Practice
Produces
Professional
Performance

**Knowledge Accumulates Quickly
BUT
only in OPEN MINDS**
Relay Changes
www.nwaswimaths.com
PROGRAMS > Athletics Programs >
NWA - Relays + Indoor Relays

**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



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

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)
Sun. Nov. 15: Bendigo East Open Sprint Meet
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

Swimwear worn by competitors in Age Group Events shall conform to the following design – **effective November 1, 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.

NOTE! Swimwear shall comply with the FINA By-laws as per BL 8.2 and FINA Press Release 59.

Check SV website: www.swimmingvictoria.org.au

It is your responsibility to know and follow the rules; no exceptions.

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.**

After YOU perform .. Evaluate

(Attached: Always Evaluate)

The following are extracts from a report sent to me by **Ian Brade** after his fine run at the Melbourne Marathon.

Ian, 44, completed the course in 2:32.02 (19th), 1st 40-44 years, and his detailed self-evaluation is an excellent example to all.



After the gun I was a bit boxed in for what felt like 100 metres or more, until a gap opened and I could find some room to stretch my pace. The presence of a larger number of elite runners compared with the previous year meant that I would be likely to find several others looking for a similar time. Fekadu and his pace-man pulled smoothly away as expected, they had been reported in the press as going in search of the race record of 2.11 and with the good weather it was half believable

I was conscious of feeling much closer to my threshold than in any of the previous 4 marathons since April 2007. As we ticked along the first half, I pondered whether this was due to any residual effect of having run Adelaide, or just an indicator of the effort required to step up to a new level of performance. I was mindful that we were still about a minute up on schedule at this point: Whilst I was grateful for the 'cushion', I was also aware that things were likely to get tougher in the latter part, if I continued to push at this rate.

Ian's report was impressively detailed (much more is on file) and reflects the strategy of all athletes to evaluate their performance soon after the race.

ALL serious athletes, ALL ages need to evaluate IF they aspire to being their best.

◀ Ian and Marathon Legend Steve Moneghetti

★ www.nwaswimaths.com > ★

PROGRAMS > General Programs & Athletics Programs

Skills - Self-Esteem

An approach to enhanced self-esteem

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

Coaching Strategies ... Young Athletes

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

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



Several DVD's and question sheets have been or are being prepared that focus on specific event categories; these are available on request on a **4 week loan** basis. If a sport is going to progress, it **must** attend to the issue of expanding awareness of ...

the sport's elite performers, and, what the sport involves.

So far: Various Races 1: 1500-10,000
 Various Races 2: 400's
 400H .. 1991-2003
 Kick – Kick Down
 Coe .. The races

in production: Hurdles; Sprints 200's;
 Sprints 100's; Swim Sprints
 Checkout: The 400 (in PROGRAMS)
 DVD's are available on request and **must** be returned within 4 weeks.



Lachie & Jeremiah
fine runs at Bendigo



Ben, Olivia, Sam .. solid starts to the season

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**

Excellent Swims at Kyabram LC Meet (Echuca, 25/10/09)

Several encouraging swims at a well organized Kyabram Meet, led by a 13 second 200IM pb by **Ben Carmody**.

Sam Bolitho, Jacqui Nolen, James Bolitho, and Olivia Pellegrino also had strong performances.

Despite injury and illness that prevented the involvement of all swimmers a commendable start to the season.

Forthcoming Meets

Sun. Nov. 15:	Bendigo East Open Sprint Meet (Entries close: 30/10/09)
Sat/Sun. Nov. 21/22:	Geelong Open (6/11/09) / City-by-the-Bays Sprints (2/11/09)
Sun Dec. 6:	Echuca Swimming Carnival (25/11/09)
Sat/Sun. Dec. 12/13:	GV Two-Day Swim Series (Shepparton) (4/12/09)

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



Recovery

is your **most important** training session

It's when you prepare yourself to train/compete again; it is when **YOU** decide how good your next effort will be.

Sunday, 18/10/09; 10.15 a.m.
 What were you doing?



Two VERY special young ladies

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 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



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 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 check it out.



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

**365 things / year
x 15 years
+ school
+ life
+ gatherings**



NWA SPORTS CAMP 2010

Following the success of the 2009 Sports Camp

a booking has been made at Runaway Bay for 2010: **September 25 – October 1** (second week of Vic. School Vacation)

At this stage, and you will be advised of changes, an athletics group **may** go to Queensland a couple of days before, linking up with a second group at the Runaway Bay Camp on September 26.

September 25, 2010, is a long way off, BUT, for me, the process of planning the camp has started.

I suggest that persons should look at: www.nwaswimaths.com > PRESENTATIONS > General Presentations > **NWA Sports Camp 2009**

Athletes (runners and swimmers) **MUST** earn their place on the Camp. The total group size will number 30 (athletes + coaches + parents).

ONLY those athletes completely supportive of **ALL** regulations and capable of demonstrating **ALL** fitness expectations will be considered for the camp ... this will require commitment .. **every athlete will be tested** .. expectations will be similar to previous years.

But, every athlete starts from scratch (today) .. details of fitness expectations will not be advised until February 2010.

The cost is yet to be determined, but will be greater than in 2009. Costs will be advised in early 2010.

Athletes, Coaches, Parents may indicate their interest and a list of persons will be maintained; **no guarantees of participation** are made until early 2010.

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

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**

www.thelazywell.com

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**

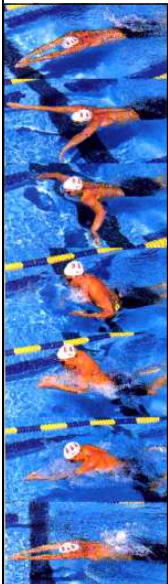
\$10 per swimmer; swimmers will receive skill tags.

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 involves planning, then executing to make it happen.



Rosy Miechel .. birthday girl

2010 Sports Camp Interest

(30 to be accepted, incl. 8 adult positions)

- Russell Parsons
- Libby Pellegrino
- Brendan Dixon
- +7 athletes
- Sam Bolitho
- Eric Bolitho

ALL NWA SENIOR and INTERMEDIATE RUNNERS & SWIMMERS MUST

discuss meet / event entries will be **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