



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

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

North West Athletics NEWSLETTER '09

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Session Fees for 2009-10 Page 6

No opportunity is ever wasted

Others take up what you let pass

Thousands to change a habit

So? What's the message?



Courtney & Harry Excellent Runs

All Schools NSW, Sydney, Nov. 5-8
All Schools, AV, Melbourne, Nov. 6-8

Excellent runs by **Courtney** and **Harry** to consolidate their qualifying times for National Schools in December.

Courtney

400: 60.83pb 4th
200: 26.78pb 6th

Harry, U16 400: 52.59 5th

Libby had a fine run, unfortunately falling 3-4m from the line in a very close 400, just as she seemed destined to win.

Congratulations also to **James Oberin** winner of the U18 400H - a very creditable 54.95.



Harry, Courtney and **James** are off to National Schools in Hobart, December 4-7

In all, a fine weekend of results. Several fine runs at AV All Schools, in particular the BU18 400 and 1500 races producing very impressive performances.

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.



WG - The Role of Parents in Sport

www.nwaswimaths.com > PROGRAMS > General Programs

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.



Mitchell, Olivia and James .. (also **Ayla, Sam, Laura and Ben**): a 1 hour session on "Cup" Day - **well done**.



Fine 400's by **Harry**; 52.59 5th in Final U16

Experience is what you get,
When you don't get what you want

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.

Bendigo Senior Athletics Results
www.athsvic.org.au

Results

2009-10 AV Shield Bendigo

How does My PB rate?

Using the IAAF Scoring Tables (and remember these are for elite athletes) I am going to score aggregate points in your best two (2) events.

www.iaaf.org/competitions/technical/scoringtables
▶ IAAF Scoring Tables of Athletics
– Outdoor – 2008 Edition

e.g. Harry McLaurin (as at Nov. 9, 2009)
200: 23.85 - 708
400: 51.47 - 804 Total: 1512
Ratings for Seniors: next Newsletter.

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

Memo

26/10/09

Swimming Victoria Inc ABN 31 750 785 541 PO Box 230 South Melbourne VIC 3205
T 03 9686 5222 F 03 9682 7888 www.swimmingvictoria.org.au

To: District & Club representatives and other SV Stakeholders

From: Kellie McMillan, CEO

Date: 26 October 2009

Update to Swimming Victoria Swimwear By-laws

The SV Board has decided on this approach to have the new rule in place so that all competitors and officials can adapt to the new requirements before the 2010 Victorian Championships.

Please be advised that SV Competition By-law 1.5 has been amended to the following:

Swimwear (effective as of 1 November 2009)

Swimwear shall comply with the FINA By-laws as per BL 8.2 and FINA Press Release 59, or, unless otherwise directed by SVI, in all levels of competition within Victoria, competitors may wear 'traditional' suits provided the suits meet the following criteria:

- (i) Suits must be of a textile material and may not contain any material such as polyurethane, neoprene or like materials.
- (ii) **Male** costumes or briefs may not extend above the waist, nor below the knee.
Female costumes may be one or two piece and shall not cover the neck, extend past the shoulders, nor below the knee and may not utilise zippers or other fastening devices.
- (iii) Only one costume may be worn in competition.



NB! FINA will publish listings of the approved suits, this information will be on the FINA web site (www.fina.org), look under News and search for information on approved costumes.

The intent of this rule is to permit competitors to use standard (traditional) costumes rather than the advanced racing costumes required to be approved for use in FINA competitions.

Referees seeking specific advice or rulings should submit their queries to the Technical Committee, together with photographic detail of the costume under query.

Ignorance of the law is never an excuse .. it is the swimmer and (parent) responsibility to know and to follow all SV and NWA regulations.

What does the future hold ??

www.nwaswimaths.com > PROGRAMS > General Programs > Changing Times

One thing is **sure**

progress does **not** come from doing the "same old" a little bit better

CHANGE can/will stimulate PROGRESS .. in training .. IN ORGANISATION

but .. **CHANGE requires open minds**

***If you keep doing what you've always done, you will not even get what you've always got.
and, standing still is just another way of going backwards***

Closed minds please consider what is happening to cricket .. deny the growing impact of 20-20 at Test Cricket's peril.

Athletes, families do not want to, are increasingly not prepared to, commit a whole day to a few events.

Swimming / Athletics take note

In my opinion, no meet (other than State or National meets) should ever extend beyond 4.5 hours duration.

Far too often, youngsters are merely the chopping block for pseudo-elite competitors,

e.g. slogging their way down a pool doing *Make-It Butterfly*.

(i.e. *Make-it-to-the-other-end* .. not technically valid butterfly) .. youngsters very quickly recognize their performance status.

Sports grow .. support for the elite grows from understanding ..

understanding the complexities of the skills the elite apply ... understand elicits respect and support.

To enrich our sports, to increase and maintain involvement, **FAR** more focus should be on skills.

Our sporting competitions do **not** reward skills .. they only reward performance (competitive outcomes).

Performance outcomes will always be there .. the fastest sprinters will come to the top .. they do not need a chopping block.

VERY few athletes reach elite standards if they do not have skill refinement to "fall back on" when natural growth advantages cease .. and .. cease it does for **all** athletes ..

Many years ago I remember reading an article by famed US Sprint Coach Bud Winter .. his words were that elite female sprinters would produce 12.2e seconds and better in their early years (<15 years) .. how many pursue a futile performance dream, rather than a self-esteem enhancing pursuit of a skills-based goal in an event that suits their skill potential?

Football, Netball, Basketball, Hockey, etc., have team focus advantages + turn up at a certain time, play the game, then get on with your life. (Don't say "but" ... I know the special circumstances).

SPORTS that do not recognise the increasing variety of options will die .. some are dying.

New Blood .. New Ideas .. Skills-Based Coaching and Rewards for Juniors.

Change or Die .. your call

Please Note, this SV Memo must be read in conjunction with Swim Suit Guidelines (page 3):

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.**



In 1995 working as Elite Juniors Head Coach for Athletics Australia I gave a video of ideas to a former Development Manager .. a hair was in place drawn across the box.
4 Weeks later, the box retrieved, the hair was still in place.

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

Sun. Nov. 15:	Bendigo East Open Sprint Meet (30/10/09)
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 (25/11/09)
Sat/Sun. Dec. 12/13:	GV Two-Day Swim Series (Shepparton) (4/12/09)
Sun. Dec. 13:	Bendigo Swim Meet (Bendigo Aquatic Centre)
Dec. 19-20:	SV LC 12 11&U Championships
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.**

Sweat v Steam, Sun. Nov. 8



Harry, Sam, Eric, James, Laura
Well Done to those who made the effort; a great morning reported.
Your efforts will be rewarded in the new year.



James

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".



Steve, Jamie, and Harry.
Harry in Melbourne Saturday for All Schools, Sweat v Steam Sunday morning, Crofton Street Times Sun. p.m. It's all happening.

Middle Distance Running is a contact sport
Assert yourself if progression is your aim.

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.

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**

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

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?

Life in the Australian Army

Text of a letter from a kid from Eromanga to Mum and Dad. (For those of you not in the know, Eromanga is a small town, west of Quilpie in the far south west of Queensland)

Dear Mum & Dad,

I am well. Hope youse are too. Tell me big brothers Doug and Phil that the Army is better than workin' on the farm - tell them to get in bloody quick smart before the jobs are all gone! I wuz a bit slow in settling down at first, because ya don't hafta get outta bed until 6am. But, I like sleeping in now, cuz all ya gotta do before brekky is make ya bed and shine ya boots and clean ya uniform. No bloody cows to milk, no calves to feed, no feed to stack - nothin'!! Ya haz gotta shower though, but its not so bad, coz there's lotsa hot water and even a light to see what ya doing!

At brekky ya get cereal, fruit and eggs but there's no kangaroo steaks or possum stew like wot Mum makes. You don't get fed again until noon and by that time all the city boys are bugged because we've been on a 'route march' - geez its only just like walking to the windmill in the back paddock!!

This one will kill me brothers Doug and Phil with laughter. I keep getting medals for shootin' - dunno why. The bullseye is as big as a bloody possum's bum and it don't move and it's not firing back at ya like the Johnsons did when our big scrubber bull got into their prize cows before the Ekka last year! All ya gotta do is make yourself comfortable and hit the target - it's almost too easy!! You don't even load your own cartridges, they comes in little boxes, and ya don't have to steady yourself against the rollbar of the roo shooting truck when you reload!

Sometimes ya gotta wrestle with the city boys and I gotta be real careful coz they break easy - it's not like fighting with Doug and Phil and Jack and Boori and Steve and Muzza all at once like we do at home after the muster.

Tums out I'm not a bad boxer either and it looks like I'm the best the platoon's got, and I've only been beaten by this one bloke from the Engineers - he's 6 foot 5 and 15 stone and three pick handles across the shoulders and as ya know I'm only 5 foot 7 and eight stone wringin' wet, but I fought him till the other blokes carried me off to the boozer.

I can't complain about the Army - tell the boys to get in quick before word gets around how bloody good it is. **Your loving daughter, Shiela**



Allyson Felix: 200: 21.81
 IAAF World Champs 2007



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

Determine your strengths as an athlete

Acknowledge your strengths

Select and pursue events / goals that best match your strengths

Don't fall for the trap for pursuing unrealistic goals.

Warming Up and Warming (Cooling) Down, appropriately, is part of **every** event. **Serious athletes** understand this .. every athlete is an individual, an experiment of one. Warming Up once at the start of the day is NOT enough. **Warming Up for each event, appropriately, is part of each event, as is warming down.**

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.**



Jamie & Laura
Sweat v Steam

Mark and Tom McQuillan; fine efforts at Sweat v Steam; Tom recently completed a ½ Marathon in Melbourne.



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)

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-4:00 for Women, requires careful 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.



**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: **Sat. September 25 – Fri. 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.

ALWAYS prepare as if everything will go wrong

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
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...and stay well!

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342 High St, Echuca, 3564
rrphysio@bigpond.net.au

Warren Lowry

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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.

A Message from John Beckworth



- Do you practice your race skills every day starts, turns finishes? You **MUST** do this **every** time you **push off** a wall and **finish** at the wall.

Geelong **Senior** Swimmers training rules are:

5-6 fast dolphin kicks off every wall in FS, BK and FLY.

NO breath on the first stroke

Surface well beyond the Flags.

Last breath at the 7m mark before the finish.

Very similar to NWA expectations - how focused are you?

Seniority has nothing to do with age .. **SENIORITY** is a state of mind.

TECHNIQUE
is
everything



Setting Goals

Everybody's circumstances are different but, we can learn from the experience and of others

www.nwaswimaths.com > PROGRAMS > General Programs >

Setting Goals (Naber)

Goal Setting is not hoping something happens,

Goal Setting involves planning,

then

executing YOUR plan to make it happen.

2010 Sports Camp Interest

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

- Russell Parsons
- Libby Pellegrino
- Brendan Dixon
- +7 athletes
- Sam Bolitho
- Eric Bolitho
- Denya Heap
- Courtney Schultz

ALL NWA SENIOR and INTERMEDIATE RUNNERS & SWIMMERS

MUST

discuss meet / event entries with me **in advance of entering**

if they wish to remain NWA athletes

The ONLY exceptions will be advised in person

Muscle Memory & Skill Acquisition (based on Forbes Carlile .. Legendary Australian Swimming Coach)

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