

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 '10</b> Vol. 13; No. 29 (November) 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>Thousands</b> to change a habit</p>	<p><b>So?</b> What's the message?</p>
<p><b>50</b> repeats forms a habit</p>				

NWA attempts to acknowledge all sources .. I **expect** persons who draw on NWA material to do the same.  
**Sharing ideas and strategies means just that: sharing and acknowledging !!!**

**Bill Sweetenham** is the leading coach I have had experience with in terms of dealing with all skill levels .. no disrespect to the many other coaches across many sports. I am basing my comments on my experience (45+ years), including my time Athletics Australia Elite Juniors Co-ordinator (Juniors Head Coach) and the DFK Program.



Bill's capacity (in Echuca, 2000 & 2001) to deal with 7 groups, each of 30+ swimmers, supported by a small band of hand-working enthusiasts, two sessions each group per day for three days has never been matched in my experience. They certainly stimulated my trips to India to Pallikoodam school.

Throughout those sessions Bill's expertise never faltered. His capacity to deal with skill levels from the most basic to advanced was inspirational to all.

At one stage, I said to him to take a break .. he did so, but in that break delivered a 60 minute communication with parents .. then, back to poolside. This went on for two great years .. I and many others benefited.

A somewhat aggressive parent approached me at poolside on one occasion complaining "why is my son being singled out for extra attention by Bill" .. I explained Bill's extra attention was not a penalty .. but, a special opportunity. She walked away smiling broadly.

Many comments by Bill are retained, e.g.

**Parents should be supportive and transportive**

**Parents** should also remember that their **support is critical** .. **not** over-the-kitchen-table analysis. **It is the responsibility of the coach** to set training and competition programs, consult with athletes on targets, comment on technique and endeavour, and, with parents on logistics.

Name for me a parent who is successfully coaching their child at elite level; there are very few .. and, all have a clear and comprehensive knowledge of the sport.

I can name (and appreciate) many supportive parents.

**Parents:** don't miss the chance to be **your** athlete's greatest supporter

**An opportunity is available to runners on Saturday, December 4 Training in Melbourne .. details have been / will be emailed to those interested.**

**Limited spaces**

**runners need to express interest to Libby or Harry Swimmers have the Echuca Meet on Sunday, December 5**



"Where do you want to go?"

**Alice in Wonderland v Cheshire Cat**

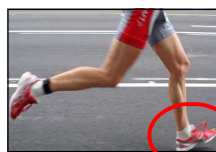
Alice comes across a fork in the road; seeing a Cheshire Cat in a tree she asks: "Which path should I take?"  
The Cat replies: "Where do you want to go?"

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.



**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.



**Thank You**

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

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

### Aging -Up

I wish I had a dollar for every time I have heard a parent say: *just do your best* and then proceed post-race, sometimes in public, to critique the performance of their son/daughter or compare it with another athlete.

Most parents cannot resist telling their athlete how to do it, or what they did wrong - understandable perhaps, but too often based on limited knowledge of task. Most declare they never criticize .. but athletes take note of **every little thing**.

including body language and tone of voice. In reality, by expressing disappointment, they are driving their athlete away from the sport.

Constructive criticism, but should be delivered by the coach .. positive aspects of performance, first.

When young athletes age-up (i.e. progress into teenage years) regardless of standard, it is time for communication between the coach, swimmer, and parents. Don't assume that the athlete knows and understands that the coach and parents aren't expecting a ribbon in the very next meet. Give the athlete special support and encouragement when they age-up. (American Swimming Coaches Association)

Comment on the quality of performance is the responsibility of the **coach** .. he/she is expected (by the athlete) to do so.

**Parental responsibilities include encouragement and understanding**

## 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 ► coping out ► excuses ► dropping out .. **your call**.

**Juniors: It's not how fast you swim/run ... it's how well you swim/run**



Ayla, Jacqui, Eric, Ben // Dimity, Laura, Sam, James

**Kyabram Swim Meet:** Echuca Pool, 24/10/10:

**Excellent results** at the well-run Kyabram Meet; **Ben** with 3 pb's; **Sam**, 2; and **Dimity, Ayla, Eric, James** and **Laura** each securing a pb. Good swims by all at this time of the year. Times are encouraging.

Eric and Ayla tantalizing close to National Qualifying times. Getting within a second of qualifying is relatively straight forward .. it's the final step that is the real leap.

And, of course, swim a/the qualifying time at any meet, and where can you expect to finish?

Qualifying for National Age, States, Countries is an extended process requiring sustained effort and support, and, a realistic program, not an impatient attitude.

### 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

[www.sportscoachingbrain.com](http://www.sportscoachingbrain.com)

Also

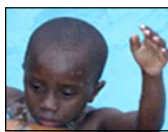
Applicable to various sports, coaches and parents, the ATFCA Coaches Code of Ethics presents guidelines that should be considered, understood, and followed:

[www.nwaswimaths.com](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)



Want to email Benita? .. don't be shy:  
[gogirlmarathon@hotmail.com](mailto:gogirlmarathon@hotmail.com)  
Benita receives our NWA Newsletters



When it's over .. it's over  
There is no coming back

Make the most of (enjoy) the moment  
Opportunity often only knocks once .. and softly



From 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.

For me, Fiona, Adam, and the 2007 Group to Pallikoodam, India, some similarities???

[www.nwaswimaths.com](http://www.nwaswimaths.com) > PRESENTATIONS > Pallikoodam 2005, 2006, 2007

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  
Many 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

Cobus has kindly provided me with an address to which items can be sent.



**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  
  
Further packages are to  
be sent:  
  
Late October '10  
November '10  
December '10

**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 conv of Don's article

*Please send a **BIG THANK YOU** to all involved with this project.*  
Naomi Louw .. Swaziland National Swimming Association  
15-9-10  
  
For most of us: Where is Swaziland? Google: Swaziland  
Check out the attachment: **How lucky are we?**

**Help Support  
Swimming in  
Swaziland**  
... goggles, fins, caps,  
swimming costumes  
(togs)



**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

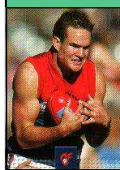
*Alone we can do so little .. together we can do so much* (Helen Keller)



North West Athletics  
**Discipline**  
is the bridge between  
**GOALS**  
and  
**ACCOMPLISHMENTS**

**YMCA Sweat v Steam Fun Run:** Sunday, November 7, 2010  
13km and 5km  
8.00 a.m. **START**

**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

**What do you want to do in future years?**  
**Changes are part of life**  
**BUT**  
**Don't become a *could've been***  
(Hotel bars are full of could've been AFL footballers)  
  
Take the opportunities that present .. be the best you can be .. accept the outcome of your endeavours .. move on  
**Opportunity often knocks softly, and (often) only once**

## 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  
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/lgsldes>

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 measurable, 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

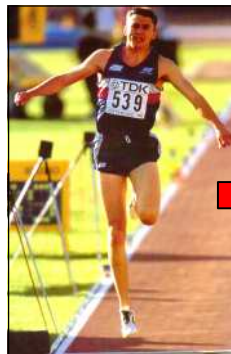
**Parents** - be objective (or, at least try to be) .. applaud **all** endeavour !!

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

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



**Mitchell, Rebekah  
and Tara  
SPIN 25/10/10**



**The Triple Jump .. speed, balance, consistency .. Jumps Quadathlon and Jumps Decathlon available to those interested.**



**SPIN** .. something different

**If you keep doing what you've  
always done**

**You'll get what you've always got**  
Of course, standing still is just another way of going backwards



**Always be a first-rate version of yourself  
instead of a second-rate version of someone else**

Judy Garland

# 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 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

Sat/Sun. Oct. 30-31: Telopea Swim Meet\*  
.. AIS, Canberra

\* = qualifying times or results apply

Nov. 5-7: Victorian All Schools T&F  
Sun. Nov. 14: Bendigo East Swim Meet  
Sat. Nov. 20: Geelong Open Swim Meet  
Sun. Nov. 21: City-by-the-Bay Sprints (Geelong)  
**Sat. Dec. 4:** NWA Runners' Training Day - Melbourne  
Sun. Dec. 5: Echuca Swimming Meet  
Dec. 17-22: Vic. Age LC Championships (MSAC)

**Sat. Dec. 4**  
consult  
**Harry** or  
**Libby** if  
you wish to  
take part.

Fri. Jan. 21-Sun. Jan. 23: Vic. Country T&F .. Ballarat  
Fri. Jan. 28 - Sun. Jan. 30: 2011 Country Swimming Champs\* .. Geelong  
Fe. 12-13: Victorian Sprint Championships\* (MSAC)  
Fri. Feb. 25-Sun. Feb. 27: Vic. Youth T&F (Oly. Park)

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



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 to keep by all elite athletes, many long-daily records going back ten and more years

Daily records, if properly kept and maintained, will help you and your coach in decisions on optimal training programs for YOU!

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

This 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 "national best" performances in their key competitions.

Have you ever wondered why you perform well at some competitions and poorly at others? Why you train hard and don't? How to maximize your motivation and focus?

Having such a record of training and competing, or attending your training, personally and routinely will help you to achieve these 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 (Olympic Committee)  
Sydney, Canada, etc.

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

**Edited by:** Loren Douglas, Head Coach, Sprint Coach, Atlanta, USA  
**Rowell Parson, Athlete Australia**  
**Eric Swain, Coach Australia**

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.

## 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.

Some Sunday sessions will be arranged; details will be advised in advance to swimmers and at sessions.

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

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

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

**TODAY**  
**is the tomorrow**  
**YOU created yesterday**

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*

## 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.

**Do what you can  
where you are  
with what you have**

## Follow Your Dreams

[www.nwaswimaths.com](http://www.nwaswimaths.com) > Programs >  
General Programs & attached

## 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**



Emily ..  
Speedy Gonzales  
.. the fastest mouse in all Mexico

**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)

## Bendigo Athletics (23/10/10)

Fine day, but cool, always gusty, sometimes strong SW wind.

Timing issues (again). However, some encouraging performances:



**Courtney:** 59.10 (pb)  
**Harry:** 12.39 (-3.7) 53.20  
**Rebekah:** 62.80 (pb)  
**Morgan:** 66.6 (pb)  
**Emily:** 69.6 (pb)  
**Denya:** 69.1 (pb)

Pity about the 100 times Denya after your supersonic run into the 6m wind.

Next week (Sat. Oct. 30): Program 1

Long Hurdles  
200 800 70 4x400  
Athletes can pre-enter  
or be there **by** 12.20 p.m.

## 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.*

"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.*"



**If it's difficult, I'll do it now;  
If it's impossible - I'll do it presently!**

Don Bradman 10/12/1928

Practice is when you are allowed to make mistakes .. experiment ... Rate yourself (5-4-3-2-1) every session

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.

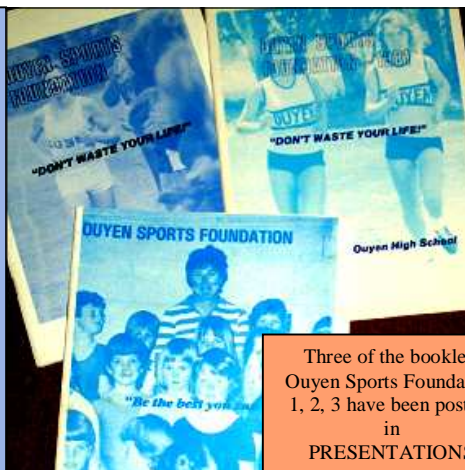
In 1971, and in the years following more than 50 runners in my care, aged 15-35 years completed marathons, in Australia and overseas.  
(Full documentation available .. 3 booklets ►)

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.

**SPIN** 25/10/10

If you wish to progress To new, improved standards, take on a new challenge.  
If you keep doing what you’ve always done .. You’ll get what you’ve always got.

Look carefully at the photos



What can you see? What are your thoughts?

What do you look like? Have you taken the trouble to look at your execution?

The coach “sees” .. the athlete “feels”  
**Performance Progression** is about bringing these aspects into **positive collaboration**



17 spinners

Practice does not make perfect .. Practice makes Permanent .. **so?**



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  
CLINIC**

*and we'll 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.

### 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)