

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 '11

Vol. 14; No. 3 (January)
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No opportunity
is ever wasted

Others take up what
you let pass

Thousands
to change a
habit

So?
What's the
message?

Working with Children
approved: 00142786-01

21-23/1/11: AV Victorian Country Championships (Track & Field) .. Ballarat

Comprehensive Victory for Eaglehawk YMCA AC

In hot, sometimes very, light winds, **Eaglehawk YMCA AC** athletes performed extremely well across a wide range of events and age-groups to again take all aggregate sections (Male, Female, Combined) in the 2011 Victorian Country Track & Field Championships conducted at Llanberris Reserve, Ballarat.

There were **many** commendable performances.

Special mention to **Heather Carr** (Eaglehawk YMCA AC athlete) on her **WORLD RECORD** walk performance in the 60+ section, and, to **Terry Hicks**, leading the team by example, and entering 13 events across the carnival.

NWA athletes performed very well earning medals and pb's across a range of events: **Morgan Power**, 2nd GU16 800 and 400; **Courtney Schultz**, 2nd GU16 200 and 3rd GU16 400; **Rebekah Lock**, 3rd GU16 800 and pb 200; **Denya Heap**, 2nd, GU16 LJ and TJ, and **Harry McLaurin**, 5th BU18 100 and 2nd Country BU18 200 in pb time.

All the athletes made a significant contribution to the Eaglehawk YMCA team performance, which won four 4x100 relays in the female section, and two male 4x100 relays, plus a number of significant point-scoring places.

My performance of the meet: the win by **Brad Whitford** in the BU14 800: a very smart tactical run in hot conditions.

Final Points: Combined Aggregate: **Eaglehawk YMCA AC 1801**; Wodonga AC 1,195
Female Aggregate: Eaglehawk YMCA AC 904; Wodonga AC 685.5
Male Aggregate: Eaglehawk YMCA AC 897; Bendigo Harriers 511
4th Overall Points win; 5th for the females.

Photographs p. 1 & 2. Be proud of and enjoy the moment .. **well done ALL**.

First
class leadership
by
Terry Hicks

Depth of
performance
is
critical
to
team
achievement
**ALL be proud
of your
moment**



Brad Whitford (1st): you'll never,
never know, unless you have-a-go

In February I will be outlining significant changes to my time allocation to training groups.

Decreasing mobility is a major cause of changes I plan to implement; however, some training involvement and my Newsletter will continue in 2011.

At the conclusion of the
2010-2011 Swimming and Running seasons
I will be restricting my attention to a new schedule of sessions
.. details will be emailed with Newsletter 4-11 and sent to all
swimmers, runners and families.
Please read carefully .. any question contact me direct

Attachments: with Newsletter 3-11 & Planner 3-11
WG-Five Stages of Coaching WG-Your First Nationals

A sample: A film study - **Chariots of Fire** (Question sheet)
Many more available

e.g. Breaking Away .. Gail Devers - Run for the Dream .. Wilma (Rudolph) ..
Billy Mills - Running Brave .. Stand & Deliver .. Steve Prefontaine - Without
Limits .. Muhammad Ali - When We Were Kings .. Sebastian Coe - Born to
Run .. Jim Ryun - America's Greatest Miler if you are interested, contact me
.. film study (test) copies available.

If you have taken the trouble to look at the Chariots of Fire example
you may be interested in others .. **there are many**.



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.



Denya



GU16 100 Medalists
Carlie (1st), Shae (2nd), Courtney (3rd)



GU16 800 Medalists
Claudia (1st) Morgan (2nd)
Rebekah (3rd)



Morgan & Rebekah



GU16 200 Medalists
Carlie (1st) Courtney (2nd)
Shae French (GG) (3rd)



An Eaglehawk sweep:
GU16 TJ Maddie (1st),
Denya (2nd) Carlie (3rd)



Harry takes 2nd Country in
the BU18 200 (pb time)



Maddie (1st) and
Courtney (3rd)
GU16 400

BE YOUR BEST
No more !
No Less !!
No excuses !!!



Best wishes to NWA and all Geelong swimmers at their Victorian Country Championships at Geelong this coming weekend.



25/1/11: Ben, Ayla, Laura



Eric, Sam, Jacqui



Eaglehawk GU16
4x100 Relay ..
decisive winners

Courtney, Rebekah,
Morgan, Denya

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 ► copping out ► excuses ► dropping out .. **it's your call.**

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

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
Also: **WG - New Sport - Old Sport** **WG - Changing Times**
www.sportscoachingbrain.com

Also

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

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)

Don Heidary: Swaziland Swimming 2 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.



"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.

CHAMPIONS are distinguished by differences

The different things they do .. and .. the things they do differently

Here is a good example from Roger Federer's new coach (Paul Annacone)

Annacone said he was stunned by Federer's enthusiasm for the sport after 10 seasons on tour.

"One of the things I found very intriguing from day one was to see the energy level he still had to try to get better and his desire and love for the game ... as soon as I had spent an hour and half on the phone with him and after about 20 minutes on the practice court, there was no doubt about what he wanted to do and how much joy he had for the game.

"No matter how good you are, if you're not trying to get better, you're getting worse because everyone is trying to get better. (how true)

Federer has won 16 Grand Slams, his **goal** is to get to 20!!

Thanks to **John Beckworth** (Head Coach - Geelong Swimming Club) for this insert



Good is not enough

When BETTER is possible



One of my favourite DVD's is **BORN TO RUN** .. the story of **Sebastian Coe** (Dual Olympic 1500m Gold medalist: '80, '84). **Unashamedly** a hero of mine.

A former world 800m World Record Holder ..
1:41.73 (1981); 1500 pb: 3:29.77 (1986)
no Australian athlete has achieved (near) Coe's best time(s).



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

BUT, most 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



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 (Oct)

Further package
to be sent:

Jan.-Feb. 2011



Don Heidary .. Swaziland
Swimming (TV interview)

Go to:

www.swimmingworldmagazine.com/lane9/news/23412.asp

It takes a while to load.
But, an excellent interview.

Also,

www.nwaswimaths.com >

RESOURCES >

Swimming Resources >

Swaziland Swimming 2
for a copy of Don's article

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



▲ First meet 2011 .. Big Bend, October 30 .. 57 swimmers took part ►

**Help Support
Swimming in
Swaziland**

... goggles, fins, caps,
swimming costumes
(togs)

AFL Wanna-be's .. "serious" footballers

2011 is too late to start your fitness and skills enhancement for the forthcoming season.

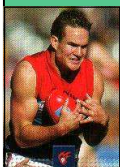
If **YOU** want to extend your performances next season (2011)

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.

Tick - Tock - Tick - Tock

Read Bill
Sweetenham's
comment,
page 5



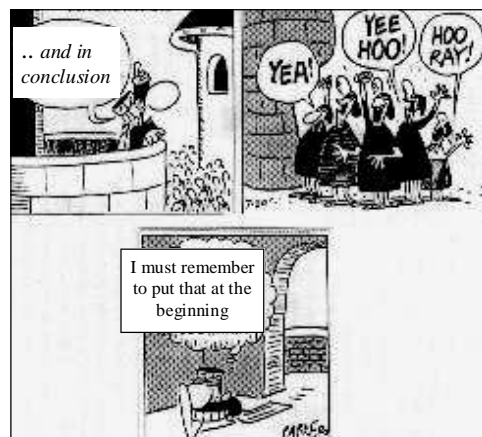
Welcome to NWA Swimming

Samuel and Emily Shorland

Schools resume on Friday, February 4
Please look carefully at Planner 3-11 to
familiarise yourself with Junior and Intermediate
Swimming resumption.

Photos
Next
Issue

The **ONLY** performance over which you have control is
YOUR PERFORMANCE
FOCUS on what you want to achieve and how to achieve



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**
(appropriate)

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/lgslices>

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.

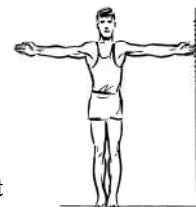
Again, **the data is merely a guide;**

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 measureable, measure it

One of the better pieces of advice I have heard is to *try to improve every season .. **sustained improvement*** (in all things) is a key to elite achievement.



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).

Tick - Tock - Tick - Tock



RECOVERY is the **most important** part of your training program .. it is when you grow and get stronger in response to the challenges you set yourself in training.

Recovery may refer to breaks between runs / swims (activity), or days when you rest or follow a "casual" non-specific training program .. your recovery may be at the pool, reading a book, watching a race, stretching, performing your drills, sleeping,

Learn to read your body and what it needs.

Better always to do a bit too little, than a bit too much.

If you do a little less than optimum, you can always try harder on the day.

If you do too much, your body will not respond to attempts to "try harder".

So .. try to do something EVERY day to enhance your progression as an athlete.

This may mean training harder, but, in can also mean adopting an **appropriate recovery** to allow your next training or competition effort to be at a progressive level.

I am **not** saying take it easy more often .. I **am** saying plan your activity / recovery activities to gain the best response to your training.

Get as far as you can, on as little as you can (with a strong skill focus)

... there is plenty of time for youngsters to train harder ... later

Developing athletes need skills to refine when the advantages offered by early maturity cease .. and cease they do, as **all** athletes progress out of the protection of age groups.

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 > Membership



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

Fri. Jan. 28-Jan. 30: Vic. Country Swim Champs* - Geelong
 Sun. Feb 6: State LA Relays (Oly. Park)
 Sat. Feb. 12: Kyabram Encouragement Swim Meet
 Sat. Feb 12: AV Shield Final
 Sat. Feb. 12-13: Victorian Sprint Championships* (MSAC)
 Sun. Feb. 20: All Junior Elims .. Bendigo East
 Fri. Feb. 25-Sun. Feb. 27: Vic. Youth T&F* (Oly. Park)
 Sun. Feb. 27: Tongala Swim Meet

* = qual times or results apply

Thurs. March 10-Sun. Mar. 13: National Junior T&F* .. Sydney
 March 19/20: Country All Juniors .. MSAC
 April 18-23: National Age Swimming*

Fri. Nov. 4-Sun. Nov. 6, **2011**: AV Vic. All Schools T&F (Albert Park)

NWA Swimming (February-March 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.

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

Any queries .. contact Russell Parsons, direct nwa@iinet.net.au

54-801-705

NWA Newsletter: www.nwaswimaths.com >

RESOURCES > General Resources



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

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.

Team Australia: Athlete Training Log

Introduction

A Training Log is kept by all elite athletes, many keep 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 these key competitions.

Have you ever wondered why you perform well at some competitions and poorly at others? Why you become injured or ill? How to maximize your motivation and focus?

Having a check-off list of training and competing, or achieving an objective, 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 routine plan to improve or avoid your training setbacks
- 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 of the Commonwealth Games, Canada, etc.

Editor: Lynne Douglas, Head Coach, Olympic Sprint Coach, Atlanta, USA

Assistant Editor: Russell Parsons, Athlete Australia Elite Swimmer (Swimmer)

The Athlete Training Log is a publication of the Australian Olympic Committee.

Athletics Bendigo Fixture

Check in by: 12.45 p.m. - 1:30 p.m. .. first event

Sat. 29/1/2011: 200/800; Sat. 5/2/2011: 100/400

Shield Final: Sat. 12/2/2011

Fri. Feb. 25-Sun. Feb. 27: Vic. Youth T&F (Oly. Park)

BEST WISHES (not just good luck) **Swimming Countries** (Geelong). Luck has nothing to do with it if you are hot - nothing to do with it if you have prepared to be your best.

T&F athletes have done their best with **Eaglehawk YMCA AC**

Now it's your turn !! GO GEELONG

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
Wilma / The Jesse Owens Story
Checkout: The 400 (in PROGRAMS)
Swimmers: Basic Drills & Progressions and, many more

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.

Follow Your Dreams

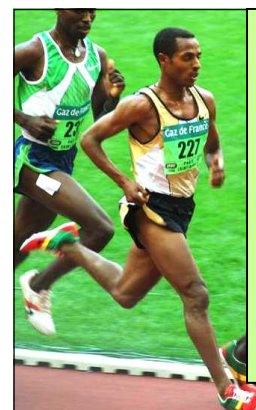
www.nwaswimaths.com > Programs > General Programs

Tick - Tock - Tick - Tock - Tick - Tock

NWA Newsletter 2-11

Did you know?
Did you bother to investigate?

Billy Mills
(USA) '84
Tokyo Olympic
10,000 Gold ..
DVD
"Running Brave"



To date (arguably) the greatest distance runner ???
Olympic Champion
Kenenisa Bekele (ETH)
e.g final 400 of a 10,000m track race in 53.0

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



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)

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. Do what you want, but, remember, outcome = input.

"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.*"



Practice is when you are allowed to make mistakes .. experiment ... Rate yourself (5-4-3-2-1) **every session - every repetition**
You and the coach can see, but **only you can feel**.
Trying different things & doing your best = perfect practice

Session content should be **coach driven** but **athlete focused**

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 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.**



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 ►)

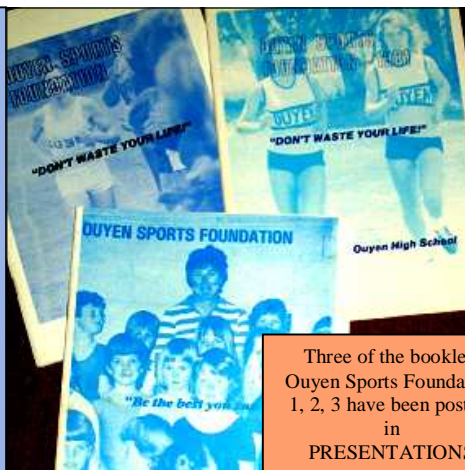
Distance Running is about self-belief .. it’s not for everyone, and it requires commitment and patience.

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

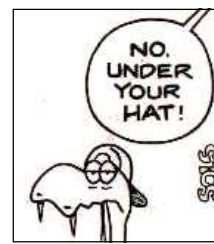
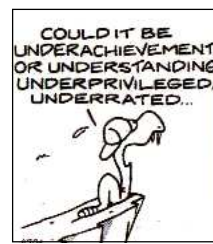
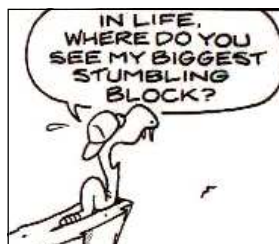
There is no one program that will address all interests.

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.



Can you name this elite Australian athlete?

Who? Why famous?

There is a well-known saying: “*The moment we forget history, we are doomed to repeat it*” ..

This has foundation (in my opinion) when we consider events such as the Holocaust, or specific (preventable) disasters that have occurred from time-to-time.

BUT

In sport (in life)

Knowledge of ... Awareness of .. Appreciation of .. the triumphs of the past can but enhance attempts to repeat or surpass standards.

I maintain that very few of our elite aspirants have any real knowledge of awareness of the achievements and endeavours of past champions .. there is no easy way to be the best you can be.

(Remember: a Champion is not necessarily the athlete/person who wins ..

A **CHAMPION** is that person, in whatever field of endeavour, who **always tries their best.**)

We can’t all be winners .. but .. we can all be champions

If your sport, if your coach, does not provide you with an insight into the history associated with your sport, the ball has been dropped. Of course, if the opportunity to learn and familiarize is there, and you choose not to take it up ... fine .. your call.

GOOD is not enough ... when BETTER is possible



To check out other fee structures: example .. Melbourne VicCentre Swimming Club:
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 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)

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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 > 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 > 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)