


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

	<b>100% Right,</b> is <b>100% Right</b>	<b>North West Athletics</b> <b>NEWSLETTER '09</b> Vol. 12; No. 31 (December) 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>	<b>No opportunity</b> is ever wasted	
	<b>99% Right</b> is <b>100% Wrong</b>		<b>Session Fees</b> for <b>2010</b> p.8	<b>Others take up what</b> you let pass
	<b>50 repeats</b> forms a habit		<b>Thousands</b> to change a habit	<b>So?</b> What's the message?

**CONGRATULATIONS to Sarah Park .. VCE 98.5**  
**And to ALL others who completed the final aspect**  
**of their secondary education,**  
 incl. **Kate Weller (92.6)**



**Enjoy the Moment .. you deserve it !!**

Sarah and Kate, both examples of exploring all opportunities, and being the best you can be. There is time for everything .. IF you learn to plan **We are all really proud of you all.**



**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.

**The Lucky Country .. The Lucky People**

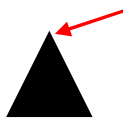
To far too many, *the grass always seems greener over the fence.*  
 I certainly thought along these lines as a teenager  
*(Yes, Ben and Eric I was once a teenager .. horrifying thought?)*

There are a few things I am **absolutely sure** about:

1. More than 90% of youngsters in the world will get less than you for Christmas .. **many** will get **nothing**.
2. Being an Australian is a massive plus; everyday we read of "migrants" attempting to reach our shores under extreme conditions. I don't re-call any stories of Australians seeking to leave .. perhaps they have the economic resources to do so and do not attract attention, or don't like open boats.
3. You will be treated exactly the same way by your children as you treat you parents.
4. When I was 15 I was convinced my parents knew nothing; when 25, I was astonished how much they had learnt in 10 years.

So, if opportunity is a pyramid, you-we are at the peak ... don't wait for the helicopter to land in your front yard and whisk you off to the future you dream of .. **you** are your pilot;

and, don't whine that the helicopter never comes to you .. in all things in life, make your own opportunities, and, thinking clearly, take chances - explore options of real interest. Winning a local football premiership is great, but, football is only a game.



[www.nwaswimaths.com](http://www.nwaswimaths.com)  
 PROGRAMS - General  
 Follow Your Dreams

**FEES: 2010**

The cost of maintaining ASCTA and ATFCA qualifications and their associated insurance is over \$600 per year. Add to that Lane Hire (YMCA 2010 increases yet to be advised), Newsletters and other program-related expenses, a rise in session fees is necessary ... **if** services are to be maintained. Please consult page 8 for details - not finalised at this time (**further changes likely**)  
 The aim has to be to cover costs.



**Harry, Rebekah, Emily, Courtney, Libby, Lachie, Tom**

Amanda Hamilton from the **Runaway Bay Sports Super Centre** has asked me to provide photos for at item in their Newsletter about the **NWA Sports Camp 2009** .. I have done so, and requested several copies to be sent.

**Don't Waste Your Life**

The focus of the Ouyen Sports Foundation .. which became North West Athletics



"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.

# Track & Field .... The **One Start Rule** .. from January 1, 2010

**Athletics Australia** has indicated that the new rule will **not** be used for athletes competing in the U16, and under age groups, at the Australian U14 – U20 Track and Field Championships in March 2010.

Accordingly, Athletics Victoria will **NOT** use the new start rule for the U14 and U16 age groups at the VICTORIAN COUNTRY CHAMPIONSHIPS in MOE in January 2010, and, the U14, U15 and U16 age groups at the YOUTH TRACK and FIELD CHAMPIONSHIPS in February 2010.

**Please Note!** The new start rule will be used for all other age groups in the Victorian Country Championships in January 2010, the Youth T&F Championships in February 2010 and the Victorian Open T & F Championships in March 2010.

Introducing the new rule will involve patience and self-discipline. As in swimming, the change **will** take place; athletes **will** adjust.

It's like learning any new skill ... **only plenty of perfect practice produces professional outcomes**

(No exceptions)

Swimming has made the transition very successfully; I see no reason why track and field cannot do the same.

**Consistent Cues** are **VITAL** .. repeat over and over again in practice sessions

**“On Your Marks”** Back foot **firmly** against the

back block (wall .. if inside);

Front foot level (approx.) with the back knee;

(Distance from front foot to line, approx.

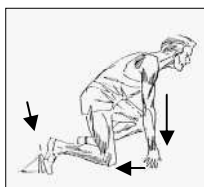
elbow to fingertips + hand width.)

Fingers bridged, just behind the line;

Leave enough space to **explode** through;

Head in natural alignment with the body;

Eyes focused down, just in front of the line.



**“Set”** Raise hips above shoulders;

Load yourself into the blocks maintaining

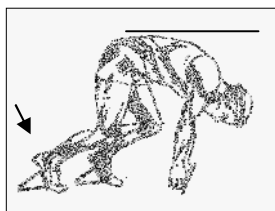
**firm back foot contact**;

Front knee angle 90° in set position

Maintain eye focus downwards;

Focus on reacting to the “gun” with a

powerful co-ordinated arm drive.



**“GUN!”** Explode: **led** by a powerful arm drive;

Back foot will react first (do **not** emphasise

as a coaching point, but note the

importance of the back foot being

firmly on the back block);

Head down for the first 6-8 strides to

help maximise acceleration.



## **STARTS:** *a starting point*

There is little the coach can do to assist an athlete after the race / game has commenced;

However, there is much you can do to assist and prepare the athlete before the start.



Some resources on my site: [www.nwaswimaths.com](http://www.nwaswimaths.com)

PROGRAMS > Athletics Programs > Starts – Introduction - Tags

Practice is when you are allowed to make mistakes .. experiment ...

Rate your starts (5-4-3-2-1)

You and the coach can see, but, **only YOU can feel.**

Trying different things & doing your best = perfect practice

**ONLY Plenty of PERFECT PRACTICE**  
Produces  
**PROFESSIONAL PERFORMANCE**



Last week I presented three of the boys with a new toy (a comb), each of whom seemed to have lost control of their hair.



**Courtney** at National Schools, Hobart



**Tom** .. an example of hair almost under control.

**Eric & Ben** ▶  
before & after



Winners win .. **Champions** always do their best

**NWA SKINS:** Runners 5/12/09: 5 x approx. 50m on 3:00  
 1<sup>st</sup>. Rebekah (.02); 2<sup>nd</sup>. Morgan (.06) 3<sup>rd</sup>. Libby (.23)

**SKINS .. how does it work?**

Also Skins for Swimmers

1. Select any distance (Runners: recommend 50m - 70m)
2. Athlete completes a PB trial over the distance, timed from initial back foot movement .. **as fast as possible**.  
Time(s) recorded (hand).
3. Then, on an agreed recovery (e.g. 3 mins.), the athlete(s) completes 5 trials at maximum speed, aiming to complete the trial(s) **as fast as possible**.
4. Winner is the athlete whose average of the 5 trials is the closest to their PB trial.  
Athletes can put in \$1 - winner (or 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup>) take all.

**Aim: Athletes strive for maximum speed.**

A Pro-Forma Recording sheet: PROGRAMS > NWA – SKINS (Run)



Skins can be executed over greater distances, e.g. 5 x 150, but recovery should be extended .. take account of “training age” of the athletes and the fitness/performance stimulus you are seeking.

Coming Soon: **AQUATHON** (Run ► Swim ► Run)  
 2K Run – 500M Swim – 1K Run

**12/12/09:** Bendigo: Warm; light SW wind.

**Morgan and Emily** continued their 800 PB progression with 2:35.31 and 2:53.35 respectively. **Rebecca Lock** also achieved a PB in her 70: 10.74

**12/12/09:** Shepparton Swim: **Ben Carmody** achieved two further pb’s (50FLY and 100B/R) consolidating his 2010 Countries qualifying times.

**12&13/12/09:** **Eric and Sam Bolitho** also had encouraging performances - pb’s in 100B/R & 50 Fly (Eric) and 50 FLY (Sam). **James** completed his first 50Fly .. well done.

**Laura Angove** continued her progress with five pb swims: 50Fly, 100F/S, 200IM, 50F/S, & 100Fly.

**Well Done to all runners and swimmers.**



Laura

**You can be an outstanding sports person for a few years  
 YOU can be an outstanding person  
 All Your Life**



Laura’s Limo .. on her way to swimming training?



Shepparton

Brock, Eric, Sam, Laura



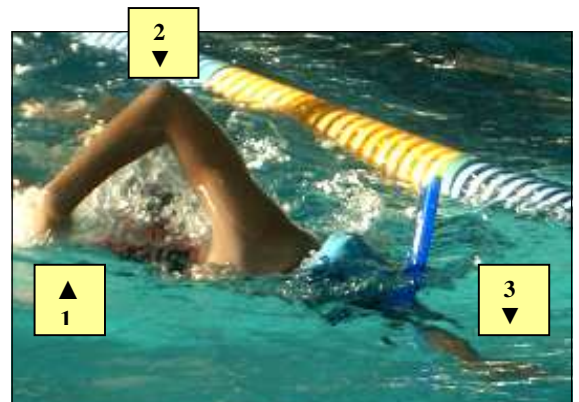
**Pulleys** can be used to enhance strength. Here, **Ben**, shows good form elements .. muscles working. But take care .. progress patiently

The most important resource is **TIME**

**Why?**

You – me – we only get one chance.

**Opportunity** is a **non-renewable resource**



Laura

The Pursuit of Excellence is about refinement of detail  
 Rate 1, 2, and 3 out of 10 .. and comment

**The only time you can't afford to fail .. is the last time you try !!**

**Athletics .. Times**  
Hand/ Electric comparisons  
**100, 200, Hurdles up to 200H**  
Hand add +.24  
**300, 400, 400H+**  
Hand add +.14  
(IAAF)

**Bendigo Senior  
Athletics Results**  
[www.athsvic.org.au](http://www.athsvic.org.au)

▼  
**Results**

▼  
**2009-10 AV Shield  
Bendigo**

Do the best you can,  
where you are,  
With what you've got.

Be flexible, but retain  
your commitment to  
**YOUR** goals.

Hot day imminent ?  
(>40°):

Modify your tasks,  
e.g. a quality hour  
Seek the shade,

**a.m.** training  
**Tom & Mitchell ▶**

**Mitchell, Harry,  
Rebekah, Libby,  
Emily, Courtney**  
▼

Pool Recovery is best.



**You will become as small as  
your controlling desire ..  
as great as your dominant  
aspiration.**

## 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 fundamental asset.

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**

(appropriate)

**Goal**

Learning what is likely can help **YOU**  
select an achievable outcome.



## What does the future hold ??

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

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



Competition entry requires swimmers to be registered with Swimming Victoria  
NWA swimmers must be registered to compete in official meets; or, may swim for fitness and fun  
.. any queries contact me.



It simply does not matter which club you belong to; NWA-Geelong swimmers are treated with respect, have fun, learn technique enhancing skills, have access to all individual events and can earn relay participation at all competitions.

*The amount of knowledge that it takes to improve an athlete at 13 years, is very small. Given that the athlete will be totally focused on their swimming career, will be more than likely training a significant number of hours, and will more than likely be over-committed to frequent competitions where improvement in terms of time is often more related to growth spurts, sometimes early strength development and frequency of exposure to the stimulus of training rather than coaching expertise.*

Master Coach: Bill Sweetenham

These sentiments apply to all sports and agree with the assertion that most improvements in "the early years" are related to growth and maturity as long as fundamental technique issues are addressed.



Coaches working with young swimmers / athletes, can be Junior Coaches or Development Coaches .. your call.

### Important Dates: Swimmers & Runners, 2009-10

Jan. 6-10, 2010: SV LC 13-18 Championships (21/12/09)  
Sun. Jan. 17: Rochester Swim Meet (24/12/09)

Fri. Jan 22 – Sun. 24 2010 Country Athletics Championships  
Newborough

Sat. Jan 23 – Mon. 25: 2010 Country Swimming Championships  
Warrnambool (4/1/10)

Feb. 26-28: Vic. Youth Athletics Championships (11/2/10)

Mar. 11-14: Aust. Youth Championships (Sydney)  
Mar. 13-14: Vic. Country All Juniors Semis & Finals (MSAC)

**Fri. Jan. 28 – Sun. Jan. 30: 2011 Country Swimming Championships Geelong**

Further future dates to be advised.

### 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](http://www.swimmingvictoria.org.au)

#### 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.**



Among the greatest musicals of all time

Regent Theatre: Sat. August 21, 2010 .. 8.00 p.m.

14 seats: RP + up to 3 adults

i.e. 10 seats for athletes

Athletes **earn** their seats by their regularity and endeavour; must be 12 years+ on the date of performance.

A list of selected athletes will be published in June, 2010.

Up to you .. if you want to go .. tell me, then focus.

Open to all, but places must be earned: sole judge = RP.

[www.nwaswimaths.com](http://www.nwaswimaths.com) >

PROGRAMS > General Programs & Athletics Programs

### Skills - Self-Esteem

#### An approach to enhanced self-esteem

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



### Coaching Strategies ... Young Athletes

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

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



### How does My PB's rate? (best two ratings .. 13/12/09)

IAAF Scoring Tables: Male / Female scores presented on **different** scales  
[www.iaaf.org/mm/Document/Competitions/Technical/ScoringOutdoor2008](http://www.iaaf.org/mm/Document/Competitions/Technical/ScoringOutdoor2008)  
(1.65mb) .. ratings are for Senior Athletes

Name	Event 1-pb-pts	Event 2-pb-pts	TOTAL
Harry (15)	200 - 23.85 - 708	400 - 51.47 - 804	<b>1512</b>
Courtney (13)	200 - 26.78 - 881	400 - 60.39 - 871	<b>1752</b>
Libby (16)	200 - 25.96 - 936	400 - 60.44 - 870	<b>1806</b>
James (17)	200 - 22.80 - 836	400H - 54.44 - 936	<b>1772</b>
Morgan (13)	800 - 2:35.31 - 612	1500 - 5:31.76 - 581	<b>1193</b>
Rebekah (12)	800 - 2:26.36 - 733	200 - 31.19 - 609	<b>1342</b>
Emily (13)	100 - 15.29 - 557	200 - 32.37 - 545	<b>1102</b>
Tom (12)	800 - 2:27.96 - 243	400 - 66.51 - 207	<b>450</b>

The **aim** should be to **improve** YOUR points rating .. don't compare; remember ratings are based on adult (senior) performances.

**The only performance you control is YOUR performance.**

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.



### Can you rapid form skip? *Of course I can*

Well .. do it !! Perform 50 rapid form skips (continuous) .. a relatively simple co-ordination task .. or, is it?

Develop your basic co-ordination skills .. **we are what we repeatedly do** .. focus on details .. do **not** compromise, develop your basic capacities **FIRST** .. only then move on to more advanced, more complex challenges.

**NEVER** prioritise “skill extension” ahead of “skill acquisition”

### Pairs Beep Tests A Fitness Assessment .. sure; also a Team-Building Opportunity

#### No one program that suits all.

*Every athlete (person) is an experiment of one* .. the challenge is to stimulate he or she to find the activity and self-assessment strategies that best suit individual skills and interests.

Asking / demanding all complete a Beep Test can reveal a lack of appreciation of individual skills and a lack of preparation.

Result: excuses, “notes”, injuries, ...

A **Pairs Beep Test** approach **encourages** young people to **have-a-go** .. to learn what higher levels feel like .. to support their team mate(s) and, encourage others.

### Distance Running is a Skill If it was easy, everyone would be doing it

The fact that it is mainly a mature runner focus is a reflection of the commitment required .. the self discipline required (rather than everything in a hurry)

Be careful, very careful, but don't be put off by the alarmists (excusists) who say we should not try it. How come, with all the improving science, few areas of fundamental running achievement are

I have just finished reading Chris McDougall's “Born to Run” .. interesting to say the least.  
**Open Mind .. do you have one?**

### 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**

**How does a Pairs Beep Test operate?** My contact with the strategy came several years ago from a former student and athlete, **Jarrold Monaghan**, now teaching with his wife in Cambodia (along way from Temy) - Jarrod is one of the best PE teachers I have seen in operation. I have applied the idea often, referred it to others, often; had it ignored, often.



Having-a-Go at Pallikoodam School, Kottayam, Kerala, India (2006)

**Keep it Simple:** e.g. a Netball Court measures 30.5m in length; 2 x 1/3 cross court lines = 20.34m ... for the Pairs Beep Test,

that's close enough .. we are not conducting an Olympic competition; we are not seeking to compare our results with other groups .. it's a personal and pair challenge. We are trying to involve young people, encourage them to work together, to try hard, to improve, to recognise their endeavour, and, realise their efforts are valued.

The **Pairs Beep Test** offers a **simple-to-apply**,

**easy-to-appreciate**, challenge.

Of course, the Pairs format can be modified; athletes can work as a group of 3, even 4.

If one partner has to stop, the other(s) merely continue, resting during the period when their partner would have run (until such time as they can no longer reach the line by the “beep”). Runners who rest can re-join.

Rules? Basic protocols? .. sure, but it's up to YOU.  
 Max Score is 22-16

**It's a great team bonding activity.**



**Here's a little test?** You can choose any sport(s)

Go to any ten (10) people .. any age, but different ages; male and female; and, not just your friends:

**Question:** Name 6 (six) elite performers in:

Netball	Basketball	Soccer
Athletics	AFL	Cricket
Swimming	Hockey	Golf

The results suggest which sports market themselves best; hey, if your first response starts with “but”, you are reflecting your sport's problem .. are you part of the problem?

### Perception is the reality we must live with

It is not a question of what we mean, feel, intend .. it's how we appear to others: body language is our strongest message.

The **30 second rule applies** .. perhaps even a 10 second rule

(The impression made in the first 30 seconds on contact is very often, permanent)

**People often advise me that the programs etc. I “produce” should not be available free on my web site**

(Well .. not all are .. “current” files are only posted after athletes have first option)

1. As a young teacher, a former Principal (in 1970) said to me: *“the only original idea in the 20<sup>th</sup> century has been the invention of plastic”* ... now, don’t get involved in thinking of exceptions (if there are any) ... think: **what did he mean?**

2. Ideas are one thing, implementing the idea or some circumstance-specific variation thereof, is another. Having “possession” of a program or idea is **not** the important thing ... **implementing the idea effectively is everything.** (Want to check what I mean? How many sheets, DVD’s, tags, .... are just collected? or, as I say, *collect dust on the bedroom floor* .. you have possession, but .....?)

Coaching/Teaching is not about talking-the-talk or wandering around laden down by stopwatches, or wearing “Coach” labeled Polo Tops to reinforce personal insecurity .. coaches/teachers who know their craft seldom need to seek reassurance.

Teaching/Coaching .. it’s not about qualifications .. **great teaching - coaching is about empathy.**



**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-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.**



Three of the booklets  
**Don't Waste Your Life**  
Soon to be scanned

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.

**"Sport has the power to unite people in a way little else can. Sport can create hope where there was once only despair. Sport breaks down racial barriers. Sport laughs in the face of discrimination. Sport speaks to people in a language they can understand."** Nelson Mandela



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

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



**NWA SPORTS CAMP 2010**

**AFL Grand Final Sat. Sept. 25**



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](http://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.

**If it’s difficult I’ll do it now .. If it’s impossible, I’ll do it presently** Don Bradman, 10/12/1928



A revised fee structure will operate from Jan. 1, 2010

Please read details carefully

### NWA Session Fees: (2010)

► **Swim:** Juniors & Intermediates - \$6.00 per session; Seniors .. (\$5.00 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)

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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.

### World Student Games - Cleveland – Ohio - USA

July 20-25, 2010 [www.worldschoolgames.com](http://www.worldschoolgames.com)

#### Mission:

Provide a world-class cultural, interactive and competitive experience for private and public secondary school athletes.

#### Statement of Need:

Sports have always served as a significant source of social interaction and competitive opportunities. As the world has become smaller, and cultural interaction more desirable and important, international sport competitions have taken on greater significance. Beginning with the modern Olympic Games, such opportunities have become increasingly available at various levels of age, ability and special interest. One large gap remains - for students in secondary schools. The World School Games and Cultural Festival now fills that gap.

#### About the World School Games:

World School Games is an Olympic-style athletic and cultural event for teams or individuals currently **enrolled in a secondary school at the time of competition** - international, boarding, private or public - from across the globe. Teams of athletes participate representing of their school, athletic conference or city. The six-day event consists of medal contending athletic competitions, an Olympic-style Opening Ceremony, cultural and social events. All athletes and delegates are housed together at a local university. The inaugural World School Games will take place July 20 - 25, 2010 in Cleveland, Ohio USA, a large multi-ethnic city with a history of hosting major international events.

**Any athletes (and parents) who wish to put their name forward for involvement in team(s) should see me in person.**

The opportunity seems to be very cost-feasible.  
Any NWA teams or individuals  
**must** meet fitness and preparation expectations.

Selection is **NOT** guaranteed.

Athlete Team Size: Swimming - 1- 4 male and/or 4 female  
Track & Field - 1- 6 male and/or 6 female  
+ 2 coaches; + 2 female parents  
Head of Delegation (RP)

July 20-25 is in Week 2 (Vic.) of Term 3, 2010.

[www.worldschoolgames.com](http://www.worldschoolgames.com) ... provides more details.  
A decision about team entry (entries) will be made before Dec. 22.

**No opportunity is ever wasted .. others  
take up what you let pass**

### 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.**

### 2010 Sports Camp

#### Interest

(30 to be accepted,  
incl. 8 adult positions;  
C=Coach; A=Adult)

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

Further  
details  
attached

## 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

### World School Games (July 2010): Costs to consider:

Air flight return, Passport, Visa, Spending Money,  
Athlete-Coach Registration Fee; School Reg. Fee.  
Athletes do not all have to be from the same school; details available.

## Skill Development / Refinement



# Quality

is more important than

# Quantity

