

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 '10

Vol. 13; No. 35 (December)
Russell Parsons, OAM, ATFCA4, ASCTA (Bronze)
2/72 Hopwood Street
ECHUCA, 3564
03-54-801-705 nwa@iinet.net.au www.nwaswimaths.com

No opportunity
is ever wasted

Others take up what
you let pass

Thousands
to change a
habit

So?
What's the
message?

Excellent 800 by Morgan

NWA-Eaglehawk's **Morgan Power** achieved an encouraging National Qualifying 800 time (2:19.62 .. Q: 2:22) at Bendigo on December 11, 2010. A tough run, Morgan showed great courage in the moderately windy conditions, the pacing of Eaglehawk President, Terry Hicks instrumental in her achievement.



Morgan (14) now joins National qualifiers, **Courtney Schultz** (400) and **Ayla Pearson** (100m Breaststroke) to have achieved the high standard; now comes the challenge of extending the quality of her runs .. it's a tough world, but remember, if an athlete runs or swims the qualifying time at National Championships, they probably finish last. So, now the challenging work continues .. March (athletics, Sydney) and April (Swimming, Adelaide) is a reasonable time off .. improvement is possible .. probable, if time and the opportunity is used wisely.

Get as far as you can on as little as you can - skill focus, of course.
Plenty of time to train harder ... NOW, may be that time.
Opportunity may be a non-renewable resource

Qualifying to compete is the first step towards significant achievement.

Tom McMinn also ran pb's at 200 (27.61) and 800 (2:21.90), with **Rebekah Lock**, 800 (2:26.46) suggesting that National Qualifying is just around the corner.

NWA-Eaglehawk YMCA AC athletes, **Denya Heap**, **Harry McLaurin**, **Morgan**, **Courtney**, and **Rebekah** are looking forward to the Vic. Country Championships in Ballarat on January 21-23, 2011, and the Vic. Youth Championships at Olympic Park, on Feb. 26-27, 2011.

Athletes, i.e. runners and swimmers, should carefully note training times and venues on the Planner (35-10) .. any queries, please contact me.

Pleasing to see athlete diaries; National Qualified runners and aspirants taking a very professional approach.



Well Done also to NWA-Echuca-Moama LA athlete **Mitchell Kemp**, who with his team mates won through to LA State Relay Finals in the 4x100, 4x200 and Medley events .. well done lads.

Attachments: with Newsletter 35-10
Planner 35.2-10

Are we too old to Drive this CAR? Follow Your Dreams
Wayne Goldsmith and Helen Morris: **Parenting and Sport**
NWA - **Sharelle McMahon** - 1993 (Preparation for Competition)

In the weeks ahead 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.



Thank You

Swaziland Swimming & North West Athletics: www.nwaswimaths.com

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

Further statistics for Females

All-Athletics.com

How many **female** athletes in 2010 (as at Dec. 1)
ran **12.00** or better for **100m** .. in the world: **1134**

Women's 100m:
12.00 sec or faster: 1134 athletes (world)
Oceania: 31

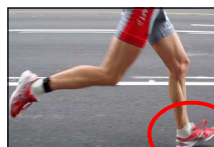
Women's 200m:
24.00 sec or faster: 475 athletes (world)
Oceania: 14

25.00 sec or faster: 2054 athletes (world)
Oceania: 52

The analysis is based on results received and processed until December 1, 2010.

MERRY CHRISTMAS
to ALL

SV State Age
Report, p. 2



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.

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 .. **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

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.

Fine Swims at SV States (Dec. 17-21, 2010)

SV Vic. Age Championships started well with a fine pb by **Ben Carmody** (15) in his second 200 B/K ever, and a further pb by **Jacqui Nolen** (14) in her 100 FLY, plus excellent performances by Geelong team mates.

Getting off to an encouraging start is so important!



Ben



Jacqui - Laura

A solid swim by **Eric** in the 100 F/S nearly under 60, and a great 30.60 by **Laura** in her relay were further notable achievements. **Geelong** swimmers continued to rack up many pb's developing as a strong meet.

Day 3 and another pb by **Ben** (50 F/S, 27.23), with further solid swims by **Eric**, **Jacqui**, and **Ayla**.



Sam

Day 4: **Ben** continues in pb form (100 B/K); **Eric**, **Sam** and **Jacqui** all solid times.

Day 5: Solid swims by **Laura** (50 F/S and Medley Relay) and **Ayla** (200 B/R).



Ayla

Day 6: Fine swim again by **Ben**, concluding a tiring but good meet series.

Overall, a good meet by NWA and Geelong swimmers, highlighted for NWA by Ben's continued good form.

Best wishes to all for the festive season. Sessions to late January are on the Planner.

Remember

Expect no more than you put in!

There is no easy way



Eric

Thanks to those swimmers who reported their times.

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

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 (Oct)

Further package
to be sent:
late November '10
December '10



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

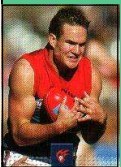


▲ First meet 2011 .. Big Bend, October 30 .. 57 swimmers took part ►

**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.

Read Bill
Sweetenham's
comment,
page 5

Fiona Skinner has confirmed to me today that she will be sending a package to **Swaziland Swimming**.

Fiona has built her Learn-to-Swim in Geelong to over 500 youngsters in 12 months, and is eager to offer an opportunities to skill-focused young persons to experience what working with youngsters is like.

I had the privilege of watching her work in India in 2006, and highly recommend any opportunity Fiona presents.

IF

You are interested in expanding your skills, and have an AUSTSWIM or ASCTA certificate, please contact me and I will take the matter further with Fiona.



Learning New Skills is FUN

Quality
is more important than
Quantity



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
(appropriate)
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/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.

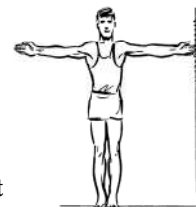
Again, **the data is merely a guide;**

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

I was quite thrilled to receive a **Melbourne FC** door mat as a Christmas gift.

Then, I realized that it was given so a certain Richmond supporter could wipe his feet on it.

Revenge will be mine.

Highly Recommended: Articles by **Wayne Goldsmith** and **Helen Morris** relating to **Parenting and Sport** (attached)



A chance meeting with Olive McMahon (mother of **Sharelle**, Aust. Netball Captain) caused me to reflect on the **special attributes** of this young lady.

I have attached NWA - **Sharelle McMahon - 1993** (Preparation for Competition)

Training .. 22/12/10



Libby, Rebekah, Morgan, Courtney, Harry and Emily (22/12/10)

Proud of your efforts and achievements throughout the year. Steady progress has been maintained by all (more than the above).

Believe in Yourselves .. I believe in you all

Tick - Tock - Tick - Tock - Tick - Toc - Tick - Tock

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

Dec. 17-22: Vic. Age LC Championships (MSAC)
Tues. Dec. 28-29: Sunraysia Swim Meets (Mildura)

* = qualifying times or results apply

Fri. Jan 14-16, **2011**: Vic. Open LC (MSAC)
Fri. Jan. 21-Sun. Jan. 23: Vic. Country T&F .. Ballarat
Fri. Jan. 28-Sun. Jan. 30: 2011 Vic. Country Swim 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)

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

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.

During the Christmas-New year period special arrangements will apply and be advised to individual swimmers.

Junior sessions on Tuesday and Thursday evenings will be suspended after December 16, until school resumes.

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
54-801-705

NWA Newsletter: www.nwaswimaths.com >
RESOURCES > General Resources

Athletics Bendigo Fixture

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

2011 Vic. Country Championships: Fri. Jan. 21-23
Sat. 8/1/11: Program 2; Sat. 15/1/11: Program 1
Sat. 29/1/2011: Program 2; Sat. 5/2/2011: Program 1
Shield Final: Sat. 12/2/2011



Check out our Swaziland Page, p. 3
CAN YOU .. WILL YOU HELP ???



Every Victorian Swimming Club with an email contact has been approached.

No one has ever become poor by giving
Anne Frank

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 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 to determine an optimal training program for YOU!

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

The 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 "personal best" performance 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 a record of your training and competing, and reflecting on your performance, personally and eventually 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 injury
- 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.

Simon Bailey, Ph.D.
Advisor to the Olympic Athlete Program
Olympic Athlete Program, Canberra, ACT

Edited by: Lynne Douglas, Head Coach
Sprint Coach, Athens, USA

and
Russell Parsons, Athletics Australia
Elite Swimmer Coach

The Differences Between ordinary and extraordinary in their field .. entry

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.

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



There is time for almost everything **IF** you learn how to plan your time.

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)

Ran into **James Oberin** today; **congratulations** to **James** on his outstanding VCE outcome (95+). I'm impressed.

James shows, as do many others, that significant educational outcomes and sporting focus are not incompatible.

If you want to get something done .. see a busy person.



James demonstrating hurdle skills to students in India; NWA Trip Dec. 2007 www.nwaswimaths.com > PRESENTATIONS > Pallikoodam Nov-Dec 2007 worth a look

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 ►)

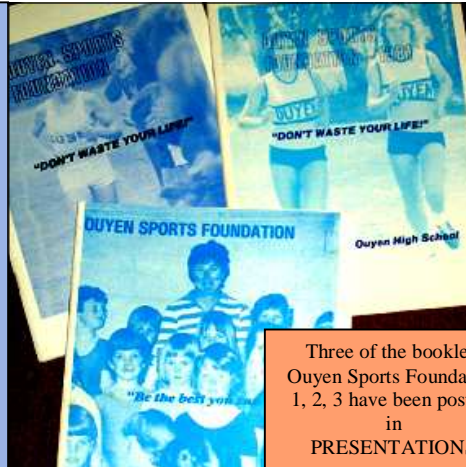
Distance Running is about self-belief .. it’s not for everyone, and it requires commitment and patience.

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

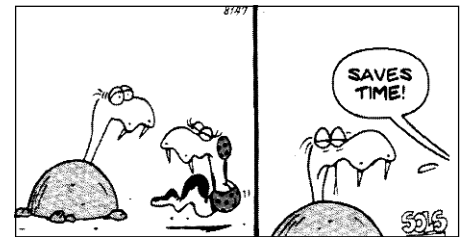
There is no one program that will address all interests.

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.



Tick .. Tock

Tick .. Tock

What is that sound?

The Opportunity Clock

Time
is the only thing
we
can
never
have
again

Seize every moment

If YOU are interested in learning about communication of information and skills, I strongly recommend: **Daniel Coyle - The Talent Code** .. one of many publications that discusses ideas and approaches.

If I had such a book recommended to me, as a teacher starting out, I could have done better, sooner, and better overall. (I thank Bill Sweetenham for his recommendation)



Hicham El Guerrouj



Haile Gebrselassie



Kenenisa Bekele

Do you have sporting heroes?

◀ **Some of my male sporting heroes.**

Many more Always know why?
e.g. one of mine completed a 53 second 400m at the end of an Olympic 10,000m race breathtaking!!

More examples in 2011

The Quitter never wins ... The Winner never quits



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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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 > 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)