



SWIMMERS and RUNNERS .. please ensure parents have the opportunity to read details on ALL Newsletters

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

North West Athletics NEWSLETTER '09

Vol. 12; No. 6 (April)
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Session
Fees
from
Jan. 1
2009
page 5

No opportunity
is ever wasted

Others take up what
you let pass

Thousands
to change a
habit

So?
What's the
message?



Courtney and Rebekah

LA States, Oly Park,
March 21-22

Fine efforts by
Courtney, Rebekah
(800 pb's with Rebekah
4th in the final), and
Logan running a
forward race in his 400.
Denya

also doing well on a
wind swept Saturday.

Courtney,
2nd, 61.77 pb in the 400;
a strong effort.

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

Wayne Goldsmith is one of the most articulate thinkers and writers
about sport and skill enhancement.

The Role of Parents in Sport

Part 1 of "The Role of Parents" Newsletter 25-08
Part 2 was in Newsletter 28-08

Past Newsletters are to be found in RESOURCES
I regret to advise that Wayne has decided to close his sportscoachingbrain site.
However, numerous articles from his almost limitless supply
are still to be found on the NWA site. **THANKS WAYNE !!**

Applicable to various sports, coaches and parents,
the ATFCA Coaches Code of Ethics presents guidelines that should be
considered, understood, and followed:
www.nwaswimaths.com > RESOURCES > General Resources

We are **very grateful** to **Benita** for providing a large supply of
running gear and other resources for our group ..



Benita Johnson, 2004 World Cross
Country Champ - *catch me if you can.*
You'll never, never know,
unless you have a go

Thanks Benita
Courtney, the Old Hottie, Libby

Brendan Dixon, a coach from Lilydale, may be bringing a few
young athletes to Echuca in several weeks on a weekend,
for a series of sessions; more details soon. Possibly: May 30/31

So you think you are disadvantaged?

Jacqui Nolen (12; I know Jacqui, nearly 13)
Lives at Koondrook (get out your road
map) .. swims at the local (non-heated)
pool 3-4 times a week with her Mum,
travels to Echuca Thursday and Fridays
(100km) to train with NWA .. swims with
Geelong Swimming Club.

Not everyone seeks to be an elite
swimmer; Jacqui is working to be
the best she can be, and
we are proud of her.



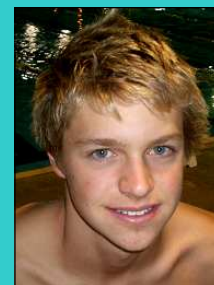
Little Things can mean a Lot .. National Qualifying, U15 100m FLY is 1:02.20 ... Brock swam 1:02.10 (cold .. a less than
ideal day at MSAC outdoor pool: many positives associated with the experience.)

Not bad for a week when he had not been feeling great.

Brock now has three (3) events in which he has qualified for the Age Nationals in Sydney, in April.

All the swimmers and runners sent Brock a message of support this morning (Sunday);
He responded with a another qualifier. It's a bit like "So you think you can dance" .. young people having the
courage to go-for-it. **We are ALL very proud of him.**

Now, it's down to the final stages of preparation for his B/R and FLY events.



If it was easy .. everyone would be doing it



Memberships for competition swimmers: Geelong Swimming Club

North West Athletics swimmers compete (by choice) with Geelong Swimming Club .. registration and membership details > www.geelongswimmingclub.com.au

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

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



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

Master Coach: Bill Sweetenham

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

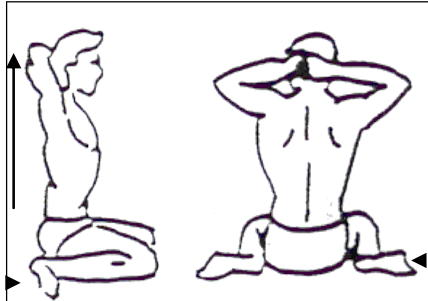


Coaches working with young swimmers / athletes, can be Junior Coaches or Development Coaches .. your call.

Each week, Junior & Intermediate swimmers will focus on a skill.

The skill will be reflected in the tag they receive each week.

Example tag shown: ▼



B/R Sit: Tall posture; hold for 60 seconds.



B/R is by far the most demanding stroke (my opinion) .. we have many sound breaststrokers .. why? Perhaps it's the way (the Bill Sweetenham way) of teaching breaststroke

The Bill Sweetenham Progression is available to those who want to try it.

WARNING

Sports campers .. indeed all athletes

You will regret the day you taught me to text.

Now, I have a means of regularly monitoring your progress on Fitness Expectations and training.



India

Well Done to India Kinsey on her fine National U15 Surf Life Saving results.

We look forward to hearing all about her trip to Perth as part of the Victorian Team.

Important Dates: Swimmers & Runners, 2009

Sat/Sun. Mar. 21/22: Country "All" Juniors (MSAC)-LA States (Oly Park)
Fri. March 27: NSW CIS Primary Swimming (Sydney)

Thurs. April 2: VSSSA Swimming Finals (MSAC)
Thurs. April 9: NSW Independent Schools Swimming (Wagga Wagga)
Sat/Sun. April 4/5: Special Olympics: 27th Vic. Summer State Games
April 13-18: 2009 Aust. Age Championships (Sydney)

Mon. April 27: VPSSA State Swimming (MSAC)
Wed. April 29/30: NSW CIS Secondary Swimming (Sydney)

Thurs. June 18: VSSSA Nthn. Zone Cross Country
Sat. July 18: AV All Schools Cross Country (Bundoora)
Fri. July 24: VSSSA & VPSSA State Cross Country (Bundoora)
Sun. July 26: LA .. State Cross Country

Fri-Mon. Aug. 28-31: School Sports Aust. Cross Country
Thurs. Oct. 1: VSSSA Nthn. Zone T&F (Bendigo)
Tues. Oct. 20: VSSSA State T&F (Oly Park)
Mon. Oct. 26: VPSSA State T&F (Oly Park)
Fri.-Sun. Nov. 6-8: All Schools T&F (U14-18)
Dec. tba Aust. All Schools T & F

2010 Country Swimming Championships
Warrnambool, Sat. Jan 23 – Mon. 25, 2010

Local school and regional dates not always listed.
Please check the Planner for future sessions and competitions.

Swimsuit Guidelines for Age Group Events

(1) All swimwear worn by competitors in Age Group Events (18 and under) conducted in Australia by SAL shall be commercially available products.

(2) Swimwear worn by competitors in Age Group Events shall conform to the following design – **effective 1 April 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.

Swimming Australia: www.swimming.org.au > NEWS > eSwimmer > Issue 78 Dec. 2008

Now I'm not saying I was one of surfings immortals .. perhaps just a great.

Have a close look; anybody you know?



I am in the process of preparing this season's photo disk covering swimming and running events, training, etc. If you want a copy, speak up.



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

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.



Benita was doing 4-5 sessions a week at the age of our young developers .. exploring her potential, speed, running sand hills, dodging diving plovers, and, having fun.

I well remember her winning the Australian Schools 800 at about age 15 (in Brisbane).. the gun went, and 200m later, it was over .. Benita's speed was an ingredient she would later apply to great effect .. speed is relative, but, speed is everything.

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)

There are numerous circuits
 No one circuit suits all

Ask questions .. *Do what is best for YOU*



YOUNG Athletes

Get as far as you can on as little as you can

(Don't over-commit too early, **except to technique**)

Remember: **Technique is Everything**
 (Bill Sweetenham, Master Coach)

50 Repeats forms a habit
Thousands of repeats to change the habit
 What's the message???

(Russell Parsons .. trying to coach)

Developing athletes: A career in sport?

- think skills
- think long-term
- enjoy and learn from your experiences

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




Coach Pellegrino Strikes Again


Olivia with another medal; there is a rumour Dad has a medal making machine, but Mum says he would know how to work it even if he did. Rumours persist.


VSSSA Northern Country Zone Swimming
 (Swan Hill, 20/3/09)


Jacqui, Ayla, Brock, Eric, Sam, Rochelle all swam well in water that was "a bit cold" for everyone. Indeed, Jacqui registered a breakthrough pb in her 200IM; 2:53.97s .. well done.


It was pleasing to see **Andrew Dixon** and **Eric Stephens** for Irymple SC swim well (Sports Campers in 2009) and **Kate Robertson** from Merbein perform consistently, all progressing to the VSSSA State Finals on April 2.


 Eric


 Sam


 Kate


 Andrew


 Eric

Some people will do anything to get out of training .. **Taylah** dislocated her knee .. spectacular

But, she'll be back, and we wish her well.

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 often permanent)

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

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.**

Primary School Swimmers Excel at Bendigo (13/3/09) The VPSSA Zone and Regionals yielded several excellent swims by NWA athletes; **Olivia Pellegrino, Logan Power, James Bolitho, Dimity Pearson, Eliza Healey, Emma Quinn, Kloe Mielch.**

A huge F/S pb by **Olivia** (not timed by Dad), and fine pb swims by **James** and **Dimity**.

It’s a busy week coming up, with VSSSA Northern Country Zone and Country “All” Junior Semi-Finals and Finals on the weekend. School competitions persist for several weeks.



James, Dimity, Kloe, Eliza



Eliza, Emma, Kearna, Kloe



Olivia, Emma Woods, Eliza

Swim Suits .. Future Expectations

The aim of NWA is to follow SAL (Swimming Australia) guidelines, with the addition of the NWA rule regarding one piece costumes.

14.1 General Swimsuit Guidelines

- (1) The swimsuits of all swimmers shall be in good moral taste and suitable for the individual sports discipline.
- (2) All swimsuits shall be non transparent and must conform with FINA approved standards in all respects.
- (3) The referee of a competition has the authority to exclude any competitor whose swimsuit does not comply with this rule.
- (4) **From February 28 2009** Swimwear is limited to one (1) swimsuit.
(Note extract on page 2 .. Swimsuit Guidelines)

14.2 Additional Swimsuit Guidelines for Age Group Events

- (1) All swimwear worn by competitors in Age Group Events (18 and under) conducted in Australia by SAL shall be commercially available products.
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 - (ii) Women’s swimwear is limited to one (1) swimsuit that is of “open back” and “open shoulder” designs that may extend down to the knee. Swimwear must not extend below the knees.
 - (iii) Swimwear must not have a zipper or any type of fastening system.

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.**

Excellent Swims at “All” Juniors

(MSAC, 20-21/3/09)

A significant number of fine swims at “All” Juniors; medal winners from States and Countries are excluded so it is a chance for others to feature .. “All” Juniors is basically a Statewide Encouragement Meet.

Numerous “pb’s” were achieved, with some notable improvements.

Well Done to ALL .. special congratulations to **Eric**, breaking into the sub-30 F/S club (29.86).

Also fine efforts by **Sam, James, Jacqui, Morgan, Ayla,** and **Laura**, all achieving pb performances, most into finals, and a well-earned **silver** medal by Jacqui in FLY. Well done to all their Geelong team mates .. an excellent club result.

Congratulations to all who accepted this challenge to present their best .. **I am very proud of all your efforts.**

With only the VSSSA Finals to go for most, the season is drawing to a rapid close.

★ At the end of the season or end of your involvement in the program **all NWA pulleys and upper body gyms must be returned;** they will be re-allocated to involved athletes, after a break.



We may be starting a “Sub 30 Club” .. breaking 30 seconds for 50 F/S is an achievement worthy of commendation official times only.

The fee structure will operate from Jan. 1, 2009 and may be further adjusted.

NWA Session Fees: (2008)

► **Swim:** Juniors & Intermediates - **\$6.00** per session; Seniors .. (\$5.00 per session) to a maximum of \$80.00 per month.

Runners: \$6.00 per week.

(Variations may be made for 2nd, & 3rd children, and/or swimmers and runners who endure significant travel .. **coach discretion**)

Payments may be made at sessions, or, invoices will be forwarded at the end of each month. **Payment on invoiced amounts MUST be made within 7 days of receiving the invoice. ALL Senior & Intermediate swimmers will be invoiced; please retain your invoice which I will initial when payment is made.** Adjustments may have to be made in response to any charge increases by the YMCA.

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.

Russell Parsons



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.

The Challenge of National Qualifying Standards

One of my favourite shows on TV is – *So You Think You Can Dance?* (not because I could have been a great dancer, if I had wanted to be .. because the pursuit of goals is fundamental to achievement.)

Why? Young people going out, pursuing their dream, putting it all on the line and accepting the outcome .. no excuses, no parents to “explain” why they won or lost ... striving and accepting the outcome, in front of us all.

They **invite comment** and **learn from the experienced.**

I applaud all who do the best they can .. **No More, No Less NO EXCUSES.**

In the same way, we can all strive, not all for the same goals, but for A GOAL.

Running or swimming fast are simply two goals; they are **not** the only goals .. the important thing is to set a goal, pursue your goal, but realize **goals** are **personal** and **change**, and that **this is normal.**

So, whose brave enough to stand up and state their current goal?

What is the difference between a **dream** and a **goal**?

If you do not know, you are probably just dreaming.

Whose brave enough to be a **Billy Elliot**?

Seeking National Qualifying Time Goals

(S = Swimming; R = Running) * = achieved

Brock Norwood (S): 100* 200* B/R; 100* FLY

Ayla Pearson (S): 100 / 200 B/R

James Oberin (R): 400H*

Libby Pellegrino (R): 200 / 400

Courtney Schultz (R): 400* / 800

Harry McLaurin (R): 200 / 400

Special Congratulations to James; 2nd 55.25
U18 400H at Nationals. *Way to Go!!*



It takes **courage** to **set, state,** and **pursue** a goal ... any goal.

SWIMMERS: A series of articles by **Wayne Goldsmith** are available to those who ask ..

e.g. **Top Tips for Swimmers**

If you want to read and take advantage of sound advice ... it's up to you ... ask, and you shall receive .. **parent requests do not count.**



An interesting article:
Greg Baum (May 2008) –
Born late in Year
dims your
chances of stardom
Plenty of evidence, .. but,
plenty of exceptions
www.nwaswimaths.com
PROGRAMS > General Programs

What is the most precious thing in life? ... **Time**

The time you have spent reading this Newsletter you can never have again ... **thank you**

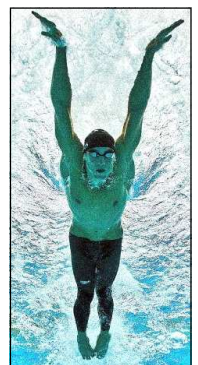
Of course .. the time you spend doing nothing you can never have again.

In swimming, coach **Michel Piper** talks about “*Make-It Butterfly*” .. the swimmer can “*make-it*” to the other end, but they can't really swim butterfly; they are having-a-go .. well done. But, as in running, technique is everything for the young athlete; running is not jogging .. anybody can jog. (>5 min. / km. = jog).

There are many athletes doing what I call “sort-of drills” - they think, their coaches think, and of course, parents think, they are doing the drill correctly. But, are they?

50 repeats forms a habit .. thousands of repeats to change the habit

Once an incorrect habit is formed very few corrections take place .. lots of frustration .. lots of drop outs
Skills are something almost every young person can enhance: required: patience, persistence and a “picky” coach.



Dates are **confirmed**

North West Athletics: **SPORTS CAMP 2009** ... Sunday, September 27 – Friday, October 2, 2009

Sports Super Centre (Gold Coast): www.sportssupercentre.com.au

A **Photo Report** on the 2008 camp: www.nwaswimaths.com > PRESENTATIONS > Sports Camp 2008

The following details are for your consideration.

Only those who register interest will be sent further details .. the information below will be included in NWA Newsletters 23-28 - 08.

There may be some departure differences for runners .. watch this space

Bottom Line: all have the option of seeking selection, but, all expectations **MUST** be met .. I retain the right to select all involved. So, it's *my way or the highway*. Camp duration (5 days) is one day more than 2008.

Expectations will be achievable, fair ... but very, very firm.

Agility Ladder Drills .. Sept. 2008



Total Cost will vary, but you should budget at least \$600, incl., flights, accom, evening meals.

The camp is self-funding i.e. participants pay for the opportunity .. tba.

I am not in a position to fund as extensively as past years.

There will be 3-4 coaches (including myself) and 2 female parents. Coaching positions to be finalised.

Fundamental Expectations: (there are other expectations - there are **no exceptions**)

- **No mobile phones** (except coaching staff)
- **No boys** in girls areas and **no girls** in boys areas
- 100 Push-Ups and 100 Bent Knee Sit-Ups (or coach variations) **every day**

All persons will be levied \$30 upon arrival at the Camp; these funds will purchase requirements for breakfasts and lunches. Evening meals are in the Super Sports Centre Dining Hall.

All athletes **must** wear their NWA T-shirt at all dining hall meals. Other information will be communicated in due course. 2009 T-shirts will be provided to the final group selected.

Fitness Expectations .. 2008 (likely in 2009):

- 1. Push Ups:** Male: <15years: 50; 15+: 60; Female: <15 years: 40; 15+: 50
- 2. Bent Knee Sit-Ups** (feet anchored): 40SU cont. + 5L / 5R Cross Body Lifts + 40SU cont.
(Time allocation: 5 minutes max.)
(Push-Up and Sit-Up Progression sheets will be available)
- 3. Bar Circuits:** General Circuit 1 & 2; each 7 exercises 3 times through each (separate sheet(s) & DVD)
Swimmers will be given their own event-specific routines.
- 4. Flexibility:** +10 Sit & Reach & 9 Stretches (separate sheet) .. practice regularly
- 5. Drills & Agility Tasks:** 6 Basic Drills for Speed + 6 Basic Agility Tasks (DVD)

Athletes who work regularly (3-4 x a week) will have no trouble with these expectations. **They are a measure of your commitment as much a measure of your fitness.**

Note! These expectations may change although not substantially; registered interest athletes will be informed. DVD's of Fitness expectations will be sent to athletes.

Registrations **must** be accompanied by \$50 deposit (Cheques payable to Russell Parsons).

Any registered person who is not selected will have their deposit returned.

2009 Sports Camp Athletes

Listed below

Information booklets will be sent out after Easter.

The 2009 NWA Sports Camp Group:

Confirmed athletes:

Courtney Schultz, Libby Pellegrino, Denya Heap, Harry McLaurin, India Kinsey, Ben Carmody, Brock Norwood, Sam Bolitho, Eric Bolitho, Laura Angove, Jacqui Nolen, Andrew Dixon, Morgan Power, Breanna Beckley, Tallis George, Ayla Pearson, Eric Stephens, Kia Lonergan, Macey Sly, Sarah Bugoss, 2-3 awaiting confirmation.

Deposits (\$50) should be forwarded if not already sent.

Parents

Teresa Bugoss, Jenny Nolen, Maris Carmody

Coaches

Michelle Lonergan, Russell Parsons, at least one athletics or swim coach to be added (awaiting confirmation).

After this issue, all athletes will receive a booklet outlining the program; there may be some additional opportunities that will be outlined.

All athletes must get into the habit of checking their email **regularly**.

The group gets stronger every year; I look forward to finalizing admissions and communicating with these young athletes who have taken on board the challenge of the Sports Camp .. this year, 6 days.

All group members MUST ensure I have their text contact; each will be contacted regarding fitness expectations ... regularly. You may regret teaching me how to text.