



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

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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?



Champions
always
give their best

“The Australian Surf Life Saving Titles at Scarborough beach in W.A. was a big learning experience and I had a lot of fun.”

“It made me realize that if you train enough and set your mind to doing something you can actually be successful at reaching your dreams and goals.”

India Kinsey



Lock up your daughters .. the bikkies (James, Harry – apprentice bikkie) have invaded; James is currently terrorizing Echuca on his motorized scooter.

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

A new Sports Coaching Brain web site is on the way .. great news

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

ALL Athletes (swimmers and runners) who have been loaned Pulleys or Upper Body Circuit Bars **MUST** return this equipment ASAP.

After a break the equipment will be re-allocated to involved athletes.



Laura
NSW Primary
Schools States
2 swims / 2 pb's
Well Done



Brock Norwood, leaving for Sydney for Swimming Age Nationals.

A very significant achievement to qualify, and **Brock** has qualified strongly in three events. **Only** family, close friends, and fellow swimmers/coaches have **any** idea of the commitment required.

It's not a matter of “good luck” because luck has nothing to do with it .. it's a matter of setting a goal .. working hard to achieve that goal (preparing as well as circumstances allow), and, as Cathy Freeman (Olympic Gold Medalist 400, 2000) said: “*I did it for Australia, but most of all I did it for myself*”.

Best Wishes to Morgan, Dimity, Eliza, Kloe, Nikki, Logan, Olivia, and Brooke .. long season nearly over. Looking forward to your finish to 2008-09; especially those making the long trip to Sydney ... Laura's fine swims show further progress is there for the taking.



Excellent Results
by **Erin Gumbleton**
at the Victorian
State Games,
including Gold in
the 100 B/K and
Silver in the 50 F/S
.. way-to-go **Erin**.
TV interviews,
NWA Newsletters,
Riverine Herald ..
the list goes on; I'm
struggling to get an
autograph, but, I got
an Easter egg.

Matt Griffen, Development Manager at Athletics Victoria has sent his best wishes and some give-aways to athletes involved in the Lilydale Clinic Weekend. Matt, a former DFK athlete, understands the importance of seeking and earning opportunities.

Vic. PS States and Age Nationals to go; then, a break. A well-earned break

What is right is not always popular .. what is popular is not always right



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.

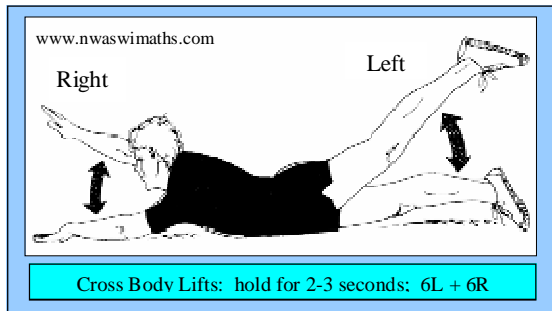


Coaches working with young swimmers / athletes, can be Junior Coaches or Development Coaches .. your call.

Each week, developing athletes will focus on a skill.

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

Example tag shown: ▼



Cross Body Lifts

In 5 minutes each day, you can significantly advance your core body strength, and empower yourself with an improved capacity to deliver power through the range of motion your sport demands.

In general, the left hand side of your brain, directs the right hand side of your body, and vice versa.

Core Body Strength: so important to **ALL** sports



Andrew & Brock training together, a good experience for both.

Both young men have the opportunity to think about how hard/well they want to work in the future.

Congratulations on your professional approach to the three days of training.



Well Done to Laura Angove
NSW Primary Schools Sports Association State Championships
Sydney Olympic Pool ..
pb in 50 B/R & big pb in 50 FLY.

Doing your best when it counts
is what it is all about.



Important Dates: Swimmers & Runners, 2009

April 13-18: 2009 Aust. Age Swimming Championships (Sydney)
Wed. April 22: GVGS House Athletics
Mon. April 27: VPSSA State Swimming (MSAC)
Tues. April 28: St. Joseph's Cross Country
Wed. April 29/30: NSW CIS Secondary Swimming (Sydney)

Fri. May 15: CAS Cross Country (Bundoora)
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 (Sydney)
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)
Nov. 5-8: NSW All Schools Athletics
Fri.-Sun. Nov. 6-8: Vic. 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

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.**



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.

The Achievement Run Challenge

Here's the deal: Male / Female .. no distinction.

Any athlete (runner or swimmer) who can run the Scenic Drive in one of the following time categories (must be timed by me) will receive

<27:00 mins. Laminated **Poster**
27:00 – <30:00 mins. Laminated **Achievement Tag**



Run must be continuous; the **Scenic Drive** is **5.5 km**.

Check the Planner for group training days/times.
Swimmers are not permitted to try until after their swimming competitions end for the season.

Be the Best YOU can be !!! (Don't do it .. OK; but, don't claim "I can't do it" or "it's too hard" .. You'll never, never know, unless you have-a-go.)

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**

If you are fortunate enough to have access to a **Bar Circuit Group**, e.g. such as Greg Cadd's group at **Moama Anglican Grammar** .. **go-for-it**.

Otherwise, plan Bar Circuit Strength/Flexibility enhancers into your training week. Just playing your game is not enough if you want to excel.



Upright Rowing

Sample Bar Circuit Activities



Extended Sit-Ups



Lunge

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

Sample Bar Circuit Cards are available

Gyms are good .. working with direction, support and company is the best, but a Bar Circuit is something **YOU** can do in **YOUR** time (when it suits you).

Are you tough enough to train yourself when necessary?

2-3 x 30 mins. a week is no a big price to pay.

Of course, **Sports Campers 2009, Bar Circuits** are a **must do**.

Have fun .. enjoy your sports, but,

do not expect to match it with athletes who do the extras .. this insults their endeavours.

If you want to be the **best you can be** (at anything) not just try your best .. then **the extras are critical**.

Don't just say "I can't do it" ... **Be the Best You Can Be: NO More! No Less!! No Excuses !!!**
Trying your hardest on-the-day .. important, but anyone can do that.

Promising young Warracknabeal swimmer **Nikki Flemming**, visiting with NWA to refine her skills.



Nikki, Ayla, Morgan and Olivia

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.**

A STUNNING SENIOR MOMENT



A self-important college freshman walking along the beach took it upon himself to explain to a senior citizen resting on the steps why it was impossible for the older generation to understand his generation. "You grew up in a different world, actually an almost primitive one" the student said loud enough for others to hear. "The young people of today grew up with television, jet planes, space travel, man walking on the moon. We have nuclear energy, ships and cell phones, computers with light speed....and many more." After a brief silence, the senior citizen responded as follows. "You're right son. We didn't have those things when we were young....so we invented them. Now, you arrogant little [redacted] what are you doing for the next generation? The applause was amazing!

My Guarantee

Young Men & Women

You will be treated exactly the same way (by **your** children) as you treat your parents.



◀ Harry showing major progress with House Athletics not far away.



It's not just what or how often you do it, it's how you do it. Have a reason for what you do. e.g. barefoot runs on a good surface strengthens ankles and feet. ◀ James, Courtney, Libby Denya, Rebekah ▶ Libby, Brock, Andrew, Courtney ▼



Denya, Rebekah, Courtney, Libby, James, Harry, Lachie



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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03-54-801-991
0419 637 358



Control what you can control – **cope** with what you can't control – **prepare** as if everything will go wrong.

Seek and follow experienced professional advice with injuries.

NWA SWIMMING SKILLS CLINIC

Echuca War Memorial Aquatic Centre

date to be announced; probably a Sunday a.m. in July

This clinic will only go ahead if there are adequate numbers .. mainly for developing junior swimmers

There will be follow-up sessions if there is interest

Breaststroke Skills
Tumble Turns

\$10 per swimmer; swimmers will receive skill tags.

If you wish to register contact me ASAP, or

If you know of swimmers who would like to participate, they can phone or

email me for more details
54-801-705

nwa@inet.net.au

ALL swimmers
Goggles
one-piece costumes (**no** exceptions)
Fins (flippers)
Water bottle (full)



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



**GO
Tigers**

Lachie Schultz: selected in the NSW Council of Independent Schools Primary School team. **Well Done !!**

Obstacles in Our Path

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock.

Some of the king's wealthiest merchants and courtiers came by and simply walked around it.

Many loudly blamed the King for not keeping the roads clear, but none did anything about getting the stone out of the way.

Then a peasant came along carrying a load of vegetables.

Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded.

After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King indicating that the gold was for the person who removed the boulder from the roadway.

The peasant learned what many of us never understand!

Every obstacle presents an opportunity to improve our condition.



James

Parents: Don't (ever) compare the achievements and standards of your child with another child .. good or bad (and never out aloud).

This creates barriers and resentments between young people and can seriously erode your child's faith in your support.

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 .. subject to satisfying Fitness Expectations.

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 more (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.

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**. **Do NOT send me text abbreviations; I am not amused.**

Group Training dates (Sundays) will be announced **SOON** .. any Sundays to avoid, please advise.

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 2009 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.

There is a waiting list