

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



100% Right,  
is  
100% Right



99% Right  
is  
100% Wrong

50 repeats  
forms a habit

# North West Athletics NEWSLETTER '11

Vol. 14; No. 9 (March)  
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No opportunity  
is ever wasted  
  
Others take up what  
you let pass

Thousands  
to change a  
habit

So?  
What's the  
message?

Working with Children  
approved: 00142786-01



◀ Sam, Eric,  
Jacqui, Laura,  
Ayla, Ben.



## 8/3/11: **LIBBY finds the approach** at Inter-school Swimming (Nathalia)

Drawing on her intensive **non-practice** program **Libby Pellegrino** won the F/S & FLY (yes, I said "Fly") .. 2<sup>nd</sup> in B/R and B/K .. Age Champion at inter-school (SSV) .. working on the principle of the more you do, the more tired you become, Libby, the not over-trained Champ, used her surplus energy to draw away from her opponents.



Other fine swims at Nathalia we successes to **Laura Angove** (100 F/S & Relays), **Sam & Eric Bolitho** (7 wins including Relays, each) and several wins by **Ayla Pearson**.

**Ben Carmody** excelled with 34.82, 1st (50 B/R) and equal Age Champion in Melbourne at **ICCES State Swimming**, and **Harry McLaurin**, with only a few laps behind him, swam 29.08 in his 50 F/S.

**Primary age-groupers** swim at Regionals on Friday; Secondary, Swan Hill, Monday, March 21 .. best wishes to **all**.

**State SSV** (Primary & Secondary) are at **MSAC** on **Thursday, April 7**.

**Dr. Zhivago: final confirmations**, Tuesday, April 19: 8.00 p.m. Libby, Courtney, Harry, Eric, Sam, Laura, Jacqui, Brooke, Rebekah N.

Adults: RP, Annette Bolitho, Debbie Angove, Jenny Nolen, James McLaurin, + several others

**Live Theatre** is a lesson in the **pursuit of excellence**.

**Geelong Swimming Club** Camp; Sat. July 9-Wed. July 13 We are expecting 35+ Geelong swimmers and 14 parent/coaches

Details attached  
Entry open to **NWA Intermediate and Senior**

**SWIMMERS**  
**An exciting opportunity**  
**Is this the soft knock of opportunity ??**

**Wayne Goldsmith** is to lead a **2-Day Swim Clinic**, in Echuca.

Speak out if interested  
Precise dates and details to follow **soon**.

Check out Wayne  
[www.sportscoachingbrain.com](http://www.sportscoachingbrain.com)



◀ **Wayne Goldsmith** .. investigations are underway as to the feasibility of a Swimmer / Coaches Cam in October ... **basic details attached**.  
The most significant camp of its type in Echuca since the Bill Sweetenham Swimming Intensives in the early 2000's.



Jacqui

6/3/11: Good times at MSAC by **Jacqui**, including a 30.89 50 F/S, and pb's in 400 F/S and 100 B/K. Feeling very unwell, but battled on.

5-6/3/11: **AV Vic. Championships: Well Done** to **Sophie Taylor** (Eaglehawk YMCA AC) .. fine 100m, (11.73 w2.8) - windy, sure, but proves your legs can move that fast.

**Well Done** to **Tanya Higgs** (Eaglehawk), winner of the Vic. U18 Heptathlon.

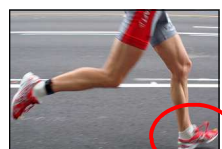
How  
"serious"  
are  
YOU?

**IAAF** .. world and region records .. [www.iaaf.org](http://www.iaaf.org) Stats > Records by Event > Select event (outdoor) ..  
Men's Records .. scroll down for Women's Records  
Runners - check out 400 / 800 / 1500 WR & Aust. Record Calculate even pace splits (200) .. **you'll be amazed**.

**Attachments:** with Newsletter 9-11 & Planner 9-11  
**Geelong Swimming Club - Echuca Camp - July 2011**  
**Injury Prevention Tips Coaching Generation Y** .. selected  
**Are You Interested? Possible Swim Clinic, October 2011 .. Echuca**  
**AFL - Born Late in the year, dims your chance of stardom ??**  
A sample: A film study - **Billy Mills - Running Brave** (Question sheet)  
**Many more available**

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

**DVD's may be borrowed, BUT must be returned** according to arrangements.



**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 .. **it's your call.**

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

### Training Hard is Easy .. Training **Smart** is the Challenge

Working with Children  
approved: 00142786-01

Each Newsletter you will be directed to a program on the web site that may assist some aspect of your progression

[www.nwaswimaths.com](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.

**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](http://www.nwaswimaths.com) > PROGRAMS > General Programs  
Also: **WG - New Sport - Old Sport** **WG - Changing Times**  
[www.sportscoachingbrain.com](http://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](http://www.nwaswimaths.com) > RESOURCES > General Resources



"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.



Wayne

Over a number of years I have worked with **Wayne Goldsmith** and his wife, **Helen**, at Debbie Flintoff-King T&F Camps at the AIS in Canberra, and at various Swimming Intensives in Echuca in the early 2000's, and, Helen, a former Commonwealth Games swimmer, has conducted sessions for our swimmers at NWA Sports Camps at Runaway Bay, Gold Coast.

The **quality** of their input is **first class** .. a reason I feature some of Wayne's text in my NWA Newsletters .. he is energetic and persistent in his contributions to many sports. We (in Echuca and surrounds) are lucky to be approached to trial a Swim Program that will offer benefits to swimmers and coaches of all experience levels.

The program is in place; the dates are being finalised. **If** you are interested in this opportunity, then **speak up**:

**The world is run by people who speak out**  
The date: **probably early October**



Emily Shorland & Niall "Mean Man" Barlow



Helen with NWA swimmers at Runaway Bay



#### Don Heidary: Swaziland Swimming 2 [www.nwaswimaths.com](http://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.

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

A former world 800m World Record Holder ..

1:41.73 (1981); 1500 pb: 3:29.77 (1986)

no Australian athlete has achieved (near) Coe's best time(s).



Good is not enough where **BETTER** is **POSSIBLE**

Focus in Swimming - Running: **It's not how fast .. it's how well?**

**Very, very few** will ever swim as fast as Michael Phelps, or, run as fast as Usain Bolt .. **BUT**

**BUT, most** can swim or run **as well as** these superstars .. **technique can be developed by ALL.**

"It's not money;  
we need  
**costumes** for  
these kids.  
We will take  
anything, no  
matter the  
condition.  
We will patch  
and sew."

**Cobus Louw**  
President  
Swaziland  
National  
Swimming  
Association



**Want to help?**  
Send items to  
Russell Parsons,  
North West  
Athletics  
2/72 Hopwood St.,  
ECHUCA, 3564  
AUSTRALIA  
  
**Packages 3 & 4  
have been sent.**

**Don Heidary** .. Swaziland  
Swimming (TV interview)  
Go to:  
[www.swimmingworldmagazine.com/lan9/news/23412.asp](http://www.swimmingworldmagazine.com/lan9/news/23412.asp)  
  
It takes a while to load.  
But, an excellent interview.  
  
Also,  
[www.nwaswimaths.com](http://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 by Swaziland Swimming will be sent to contributors.

**Help Support  
Swimming in  
Swaziland**  
... goggles, fins, caps,  
swimming costumes  
(togs)

**Swim/Run performances  
MUST be reported promptly**  
.. within 90 mins. **by the  
athlete**, where feasible.



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

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

Tick - Tock - Tick - Tock



**East Timor Fund Raising Lunch**  
conducted at the Hotel, Echuca .. Tues. March 8  
**it's never too late to help**  
  
**Fr. Lito Evaristo** reported on efforts to  
raise living standards and bring dignity  
to the children of his community ..  
(school, boarding house and orphanage  
in Ainara, East Timor)  
  
If **you** want to help,  
contact **Johanna Nesbitt: 0418599210**  
**Claire Hogan: 0408826102**

Through the 1990's I spent various expanses of time at the Australian Institute of Sport, both with the Debbie Flintoff-King Program and Athletics Australia, and at various ATFCA courses.  
  
A **consistent behavioural trait** of **focused athletes** was the evening "race to the phones" and the constant need for athletes to ensure they had enough 20c coins to feed those phones.  
  
Today, every athlete has a mobile .. a text option (at least) empowers athletes to maintain contact with their family and coach. Prompt, positive use of the mobile phone is **expected**.  
  
Our athletes today have more communication options than those in the past, but as with so many things too many assume too often things today have always been available, e.g. mobiles, text options, internet, video cameras, even photocopiers, ... but, improved technology does **not** automatically translate into improved performances, (e.g. in 1968 Ralph Doubell ran 1:43 (Mexico Olympics) .. a then, world best.) It takes commitment and endeavour from athlete and a whole range of support persons.  
  
**Athletes:** with improved communication, comes the responsibility **for the athlete** to use that resource **promptly / efficiently** .. or, have-a-nice day.

## 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/lgsldes>

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 measurable, 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.



March measurements are in progress

Tick - Tock - Tick - Tock

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

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

Learn to read your body and what it needs.

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

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

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

So .. try to do something EVERY day to enhance your progression as an athlete. This may mean training harder, but, in can also mean adopting an **appropriate recovery** to allow your next training or competition effort to be at a progressive level.

I am **not** saying take it easy more often .. I **am** saying plan your activity / recovery (why?) .. to gain the best response to your training (runner, swimmer, .. **any sport**).



### Pick Yourself Up

(Frank Sinatra, Nat King Cole  
.. real singers)

Nothing's impossible, I have found  
For when my chin is on the ground,  
I pick myself up,  
Dust myself off,  
And start all over again.

The harder  
you work

The  
Luckier  
**YOU**  
get



Courtney, Morgan, Rebekah .. skills emphasized .. patience; doing what they are told, not always what they want.  
**Plenty of time to train harder,  
if they persist .. and persistence is their call**

**Training Hard is Easy**  
**Training SMART is the real challenge**

**Training (too) hard**  
**Lacking in variation**  
**Poor emphasis on skills**  
is why so many *drop out* regardless  
of how hard parents (or coaches) push.

**Breaking News** (for some .. many ??)  
**Not every young person wants  
to be an elite athlete**

Is it: too many parents want their athlete to perform at an elite level? **Why?????**

# 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) > 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

Tues. March 8: **SSV Swimming\*** (Nathalia)  
 ICCES Swimming - MSAC (GVGS)\*  
 Thurs. March 10-Sun. Mar. 13: National Junior T&F \* .. Sydney  
 Sat/Sun. March 19/20: Country "All" Juniors\* .. MSAC  
 Wed. March 16: Moama Grammar House Athletics  
 Mon. March 21: **SSV Regional Swim Finals\*** .. Swan Hill

Thurs. April 7: **SSV State Swim Finals (MSAC)** - combined  
 Primary/Secondary  
 April 18-23: National Age Swimming\* .. Adelaide  
 Fri. April 29: Moama Grammar House XC

\* = qual times or results apply

Mon. May 9: Moama Grammar Inter-school XC\*  
 Tues. May 17: Moama Grammar Inter-school Athletics\*

**Sat. July 9 - Wed. July 13: Geelong Swimming Club Camp .. Echuca**

Sat/Sun. Aug. 13-14: SV Country Short Course Swimming\* (Shepparton)

Fri. Nov. 4-Sun. Nov. 6, **2011**: AV Vic. All Schools T&F (Albert Park)  
 Sat. Jan. 21-Mon. Jan. 23, **2012**: Vic. Countries LC Swimming\* (Bendigo)

**SSV** = Schools Sports Victoria: Echuca College; Rochester SC; Nathalia SC; St. Mary's, Nathalia; Kyabram HS; St. Augustine's, Kyabram; St. Joseph's, Echuca.



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

**No one has ever become poor by giving**  
 Anne Frank

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

**NWA Swimming Costume Regulation**  
**Please Note! ALL NWA swimmers MUST wear one-piece costumes** .. no "bikini" costumes (to ensure the modesty and privacy of swimmers) - this is an **NWA rule** .. **no exceptions.**

**PRACTICE does NOT make Perfect**  
**PRACTICE MAKES PERMANENT**

SO,

**ONLY PERFECT PRACTICE makes PERFECT**

Let this guide your endeavours

## NWA Swimming (February-March 2011)

**Mornings**

**Monday, Tuesday // Thursday, Friday**

6.15 - 7.30 a.m.

Swimmers to arrive at the pool by 5.50 a.m.

with sneakers .. 500m - 1K jog + stretches before swim.

**Evenings**

**Seniors, Intermediates, Juniors**

**Tuesday** (6.15-7.15 p.m.) and **Thursday**, (6.00-7.00 p.m.)

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](mailto:nwa@inet.net.au) 54-801-705 (email is best)

## Prepare

**as if everything will go wrong**

**that way you are prepared for anything**  
 (so, extra socks, extra goggles, .... what else ???)

Actually .. hope for the worst .. because **YOU** are prepared



*Swimming up a storm*  
**The Gunbower "Guns"**  
**Darcy Brohden**



**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 replicated, 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 "optimal" performance in these key competitions.

Have you ever wondered why you perform well at some competitions and poorly at others? Why you bruise yourself so often? How to maximize your motivation and focus? Having such a record of training and competing can address your concerns, personally and usually will help you to achieve these and other objectives.

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
- record your training activities
- stay motivated

The Training Log has been kept simple. It's easy to use.

The log will help you develop a clear profile of your physical and mental capabilities, and help ensure that you arrive at the key competitions prepared to compete to the best of your ability.

Don't be afraid to ask for help from your coach. He/she is a recognized expert in your sport, and will be able to give specific advice based on the general concepts contained in this booklet.

**Senior Athlete, Phil**  
 Athlete of the Year (Olympic Committee)  
 Sydney, Canada, 2002

**Editor:** Lynne Douglas, Head Coach  
 Lynne Cook, Athlete, USA

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

The alignment between ordinary and extraordinary is that both ... exist

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](http://www.nwaswimaths.com) > Programs > General Programs

Tick - Tock - Tick - Tock - Tick - Tock

## 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)



## Welcome Ben

Developing your movement (running) skills helps with all sports



**Brooke & Laura**



## 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.*"

**Well Done** to **Laura, Jacqui, Sam and Emily Shorland, Brooke Glennen, Morgan and Rebekah** on their fine performances in various stages of the school and inter-school swimming meets.

**SWIMMING ..** as various school commitments come to a close for the season, session details will change .. swimmers please be sure you know when sessions are available.

**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?



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**

## 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 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 ▶)

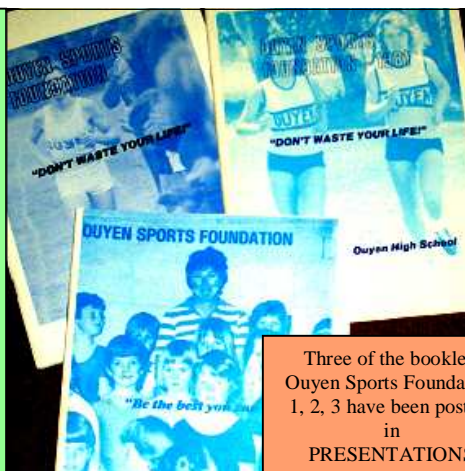
Distance Running is about self-belief .. it’s not for everyone, and it requires commitment and patience.

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-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.**



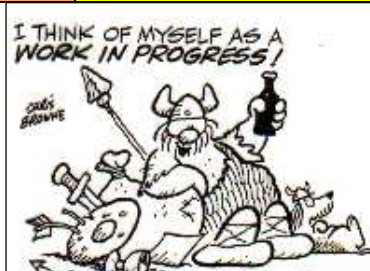
There is no one program that will address all interests.

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** .. be patient .. **your time is ahead.**



Can you name this elite Australian athlete?

Who? Why famous?

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

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

**BUT**

**In sport** (in life)

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

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

Remember: a Champion is not necessarily the athlete/person who wins ..  
A **CHAMPION** is that person, **in whatever field of endeavour**, who **always tries their best.**

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

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

**Overweight youngsters in Australia: too MANY      Overweight NWA youngsters: NIL**  
Well Done NWA parents



To check out other fee structures: example .. Melbourne VicCentre Swimming Club:  
[www.clubsonline.com.au](http://www.clubsonline.com.au) .. Membership > Squad Fees

## NWA Session Fees: (2010)

► **Swim:** Juniors & Intermediates - **\$6.00** per session; Seniors .. (\$3-4 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 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)

**RICH RIVER  
 PHYSIOTHERAPY  
 & ACUPUNCTURE  
 CLINIC**

*and we'll stay well*

Ph: (03) 5480 1655  
 342 High St, Echuca, 3564  
 rphysio@bigpond.net.au

### Warren Lowry

Soft Tissue Therapist  
 66 Sturt Street,  
 ECHUCA, 3564

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.

### 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.**

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

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

### DARREN SEABROOK

Massage Therapist  
 AMT (NSW) 1-7453

36 Francis Street,  
 Echuca 3564

Phone/Fax:  
**(03) 5482 4814**

Thanks to Darren for his work with  
 and assistance (time, skill, & funds) of the girls

March 2011

- Sports Injuries
- Relaxation Massage
- Remedial Massage



Morgan, Darren,  
 Rebekah & Courtney

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](http://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, sometimes we have to do what is best, not our first reaction want.

**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)