



Do you have a question about how things work at Neons or a general swimming-related question that you can't find an answer for on our website www.ivanhoeneons.org.au? If so, email our Club Secretary at administration@ivanhoeneons.org.au For all coaching and squad matters, please contact Head Coach Jo Love at love_j@igs.vic.edu.au

NEONS NEWS

From the **Ivanhoe Neons Swimming Club**
Tuesday 2nd July 2009

WEEKEND SWIM MEETS

Ivanhoe Swimmers had amazing results at the Melbourne Vicentre meet on Saturday and the Carey meet on Sunday. Nearly every swimmer improved in at least one swim and most improved in nearly all their event. New swimmers, who hadn't swum a particular event before, established excellent times for themselves. In swimming it is often difficult to take even a fraction of a second off your best time. Notable results included:

Congratulations to our new state age/open qualifiers:

SID TERRILL, GEORGIA LLOYD, BRAYYD TURNER, CLAIRE MOLONY and SIMON BOHUN

National open short course qualifiers:

- BURT O'CONNOR – added 3 additional times to his existing qualifying times
- Other qualifiers for this meet include Sam Bramham, Kayne Johns and Matt Sterrenberg

Together with the fantastic results from all swimmers on your amazing PBs:

AL COOPER, BEN KALMA, ANNABEL NEWTON, BURT O'CONNOR, CLAIRE MOLONY, TOM NEWTON, MATT STERREBERG, TAI ISHIAWA, NAT PRESUTTI, MAX KIRWAN, MATT STIRLING, SAM BRAMHAM, SID TERRILL, TESSA TRIAL, LACHLAN STIRLING, NAOYA IKEDA, SIMON BOHUN, JOSEPH ARNAUD, MICHAEL TANNER, TARA TIGANI, WAYYLN TURNER and LIA ZHANG

And not forgetting our medallists:

- BURT O'CONNOR – 1 GOLD, 1 SILVER, 1 BRONZE
- TOM NEWTON – 1 GOLD, 1 SILVER
- SAM BRAMHAM – 1 GOLD
- ANNABEL NEWTON – 2 SILVER
- KAYNE JOHNS – 1 SILVER, 2 BRONZE
- MATT STERREBERG – 1 SILVER
- JOSEPH ARNAUD – 1 SILVER
- LACHLAN STIRLING – 1 BRONZE

ARE YOU A PRESSURE PARENT?

During the week Jo Love had a conversation with a parent that didn't want to exert any additional pressure on their child. Jo thought the following article from the *Amateur Swimming Association of Great Britain* might help all parents. If you answer yes to one or more of these questions, you may be in danger of pressuring your child. It is important to remember that the parents' role is critical and should be supportive at all times to ensure a positive experience for your child.

- Is winning more important to you than it is to your child?
- When your child has a poor swim, is your disappointment, such as through body language or vocal tones, obvious?
- Do you feel that you are the one to have to "psyche" your child up before competition?
- Do you feel that winning is the only way your child can enjoy the sport?
- Do you conduct "post mortems" immediately after competition or practice?
- Do you feel that you have to force your child to go to practice?
- Do you find yourself wanting to interfere with coaching and instructions during practice or competition thinking that you could do better?
- Do you find yourself disliking your child's opponents?
- Are your child's goals more important to you than they are to your child?
- Do you provide material rewards for performance?

UPCOMING EVENTS

**Senior &
14/o State
Metro West
Sun 12 July**

**Qualified Swimmers
Vic Open SC Champs
w/e 18/19 July**

**Junior &
13/u State
Nuna JX
Sat 25 July**

JUNE/JULY SCHOOL HOLIDAYS

Parents please put these dates in your diary:

**Junior + State squads -
no training
Monday 6th July until
Sunday 12th July**

**Senior + HPS squads –
no break**