



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 9th February 2010

2010 - Important Dates:

- STATE SPRINTS 13/14 FEBRUARY
- ALL JUNIORS ELIMINATION 20TH FEBRUARY
- asctaVIC Meet 7th March (last chance to qualify for national age)
- AUST OPEN CHAMPS 16TH – 21ST MARCH
- ALL JUNIOR FINALS 20TH MARCH
- AUST AGE CHAMPS 4 – 10 APRIL

UPCOMING EVENTS

Qualified Swimmers
13/14 Feb
Vic State Sprints

14/u Swimmers
20 Feb
All Junior Elimination

ALL JUNIOR ENTRIES – 20th February

All Junior entries have been emailed to all 14/u club members. Closing date for entries is Thursday 11th February. This is a great meet for all new swimmers. PLEASE NOTE: this meet is now being conducted in the OUTSIDE Pool at MSAC.

TRAINING

Swimmers have now been back in the pool for a week or two, and there are some important things to remember. SWIM WELL - SWIM OFTEN

The progress you make in swimming performance over the first few weeks comes almost entirely from gains made in neuromuscular coordination, not from actual fitness development. So swimming carefully and mindfully with a strong emphasis on technique is far more helpful than swimming laps in a sloppy fashion. Volume is important, but it is also important that you minimize the risk of developing injuries and bad technique habits by controlling your technique when in a fatigued state, you'll improve faster by doing as much swimming as possible within this constraint. Your only way to maximize repetition is to swim often.

TRAINING CHANGES – NO TRAINING ON THESE DAYS

- FRIDAY PM - There is **no training for any squad** due to School swim team trials at either IVANHOE OR GREENSBOROUGH.
- SATURDAY AM - **No training for any squad** due to State Sprints at MSAC

STATE SPRINT WARM UP TIMES

Wishing our swimmers the best of luck as they compete at these Victorian Championships.

Saturdays forecast is for possible showers and a maximum of 24, please come prepared with Warm clothes and two towels, as there won't be much time between events:

- 11/U TO 14YRS - 8am at MSAC
- RELAY TEAM MEMBERS 11AM at MSAC
- 15/O - 12.15 at MSAC