



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](http://www.ivanhoeneons.org.au)? If so, email our Club Secretary at [administration@ivanhoeneons.org.au](mailto:administration@ivanhoeneons.org.au) For all coaching and squad matters, please contact Head Coach Jo Love at [love\\_j@igs.vic.edu.au](mailto:love_j@igs.vic.edu.au)

# NEONS NEWS

From the **Ivanhoe Neons Swimming Club**  
Tuesday 16<sup>th</sup> February 2010

## VICTORIAN STATE SPRINT CHAMPS

Congratulations to our swimmers. Overall the Club performed very well at the Sprint Championship, with the percentage of personal best times very high. Our 14/u swimmers shined in the morning, and our older swimmers didn't disappoint in the final sessions the following day. Special Mention to Remy Schneider who qualified for the National Age Championships in April this year with her 28.89 time in the 50m Free. Remy was very unlucky not to medal finishing 4<sup>th</sup> by a whisker in both her finals. In the 16/u 250 Medley relays our teams finished 5<sup>th</sup> in the boys and 8<sup>th</sup> in the Girls. Thanks to our Swimmers who gave up Valentine's Day to compete - Tom Newton, Matt Stirling, Max Kirwan, Lachlan Mcleish, Matt Sterrenberg, Remy Schneider, Natalie Presutti, Olivija Bohun, Annabel Newton and Tessa Trail.

### Medallists

KAYNE JOHNS	GOLD 50 FREE
LACHLAN MCLEISH	SILVER 50 BACK

### Finalists

KAYNE JOHNS	4 <sup>TH</sup> - 50 BACK
LACHLAN MCLEISH	7 <sup>TH</sup> - 50 FLY, 7 <sup>TH</sup> - 50 FREE
REMY SCHNEIDER	4 <sup>TH</sup> - 50 FLY, 4 <sup>TH</sup> - 50 FREE
BURT O'CONNOR	5 <sup>TH</sup> - 50 BACK, 10 <sup>TH</sup> - 50 FLY

## TIME TRIALS

A reminder that we have Club Time Trials this Friday at 6.15pm. All help by parents is appreciated to achieve smooth running of this monthly event. We are in need of a starter, as Peter Gazzola, who has been our regular starter has moved to Queensland. If you are able to assist please let Kate know via [administration@ivanhoeneons.org.au](mailto:administration@ivanhoeneons.org.au) - you do not need to be a qualified starter to do this role.

## RACE SKILLS

As the next main competitions for our juniors are the All Junior Competition Trials and many school carnivals, it is important that our younger swimmers focus on race skills. Our Thursday pm our skill session focused on creating great skills off the block. Fine tuning underwater kick and breakout, as well as breathe control over the 50m. Setting up these skills now will ensure great racing in the years to come. Coaches all over the world consider underwater dolphin kick to be a "fifth" stroke, our swimmers need to develop this skill to be competitive in the future.

## ALL JUNIOR ENTRIES - Saturday 20th February

Reminder to all entered swimmers that this Meet will be conducted in the Outdoor pool at MSAC Pool Entry & Warm-up: 7.50am for those swimmers who finish in the top ten placings the Semi Finals will be held at MSAC on Saturday 20th March 2010,

As this Meet is being conducted by Metro North our club will be required to field at least one lane of timekeepers for the day. Please come prepared ready to assist. Programs for this meet will be email to parents when they are sent, limited programs will be available on the day.

## UPCOMING EVENTS

All Club Swimmers  
19 Feb @ 6.15pm  
Club Time Trials

14/u Swimmers  
20 Feb  
All Junior Elimination

Last chance to qualify  
for Age Nationals:  
7 March  
ASCTAVic Meet