



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**
Thursday 16th November, 2009

ALBURY SWIM MEET

Full results are yet to be provided. A great weekend was had by all. In very trying conditions – two days of 38 degrees anyone who swum close to or performed a PB was very lucky. It was fantastic to see swimmers from all squads mixing so easily. The swimmers loved it because they all come away with something; a door prize, a medal or money from the special 50m or distance events. The parents had a wonderful time. Many thanks to all the people to behind the scenes who made sure everything ran smoothly. Thanks to Mandy Gazzola for designing the t-shirts that ended up being a much sort after item.

DISTANCE MEET RESULTS

Congratulations to placegetters, ribbons are available for collection from Joanne. A report was issued in the last flyer.

- MATT STERREBERG 1ST 200 FLY
- ANNABEL NEWTON 2ND 200 FLY
- NICHOLAS OCONNOR 2ND 200 BACK
- TOM NEWTON 3RD 200 FLY AND 400 IM

UPCOMING EVENTS

All Squads
22 November
CA Tritons Meet
MSAC

TIME TRIALS
All Squads
December 4th

Please note that there
will be no time trials
in November

Qualified Swimmers
19-20 Dec
Vic 12 & 11/u
Long Course Champs

SESSION REQUIREMENTS + YOGA – State, Senior and HPS

Just a reminder to all parents and swimmers, that our Monday and Friday am sessions for the above squads are compulsory. Unless we have been notified of a reason why your child cannot attend we expect all swimmers to be in attendance.

Friday morning is an extremely important session it is when all squads do Yoga. Many parents/swimmers may not be aware that the body undergoes many changes as it is entering puberty. The most noticeable change for a swimmer is the tightening and shortening of muscles as the body grows, greatly affecting the range of motion much needed to be a top swimmer.

Many studies including “*Effects of stretching exercise during strength training in prepubertal, pubertal and adolescent boys* Journal of Bodywork and Movement Therapies, Volume 6, Issue 3, July 2002 Pages 170-176” confirm the increase in range of movement in all 10 – 16year olds when performing regular and specific stretching.

We have a great Yoga instructor Bonnie, who targets specific swimming areas. Swimmers tend to be very mobile in the shoulder area and very tight from the waist down. Bonnie has been predominately targeting hips and legs to aid in legs strength and kick power in the water, whilst still maintaining upper body flexibility.

F IS FOR FEAR - Choose to be a warrior, not a worrier

Thanks to Kayne Johns for supplying article

This is an important article, with today's generation Y, who are known for having great expectations and expecting and demanding to get things very quick, this article is of great relevance.

BY AIMEE KIMBALL, PhD//Special Correspondent One of the worst four-letter words in an athletes' everyday vocabulary is "fear." It is an emotion that most athletes don't admit to, yet when experienced, is constantly influencing their behaviors. This article will focus on rational and irrational fears, how to accept them and keep them from influencing your performance.

Slaying the Big Bad Wolf

I have yet to meet an athlete who isn't afraid of something. While a fear of spiders isn't going to keep most athletes from performing their best, a fear of failure may. If you have a fear that is hindering you from performing your best, you have to examine the source of this fear.

Common sport-related fears are:

- Letting down/disappointing others
- Making a mistake
- Having a bad race
- Getting yelled at
- Not living up to your potential
- Getting hurt
- Not being as good as you/others thought
- Pain

If you can relate to any of these, take a deep breath, because it's OK. It's not all bad when you are afraid of something. It's how you deal with it that counts.

First, write down the fears that you have and determine whether or not they are realistic. If you have an unrealistic fear, it's important to remind yourself that it's not likely to happen. Be logical with yourself, "Come on. I'm being silly. My parents will not be disappointed in me if I have a bad race."

Second, if there is a level of honest concern (i.e., your coach will never put you in the event again if you mess up) then you have to accept this reality. Nine times out of 10, the more you focus on NOT messing up to avoid the reality, the more likely you are to mess up. If there is a realistic reason you are afraid to swim poorly, then focus on what you need to do to swim well, rather than what you are trying to avoid.

For example, the conversation you'd have with yourself would go something like this:

Negative You: The relay is counting on me. I can't have a bad race or we'll lose.

Positive You: Yes, the team does count on me, but I'm pretty good, so I'm more likely to swim well than to have a bad race. I just need to get a good start, have smooth turns, and really kick strong. I've done it in practice. I can do it now.

Third, have a routine. When athletes don't have something they do consistently, there is a greater chance that something is going to feel off or that uncertainty will creep in. By having a routine that you do before every competition — a routine that does not change depending on how your last meet went — you provide yourself with a level of comfort. That is, when you *always* put your goggles on first or you listen to "Eye of the Tiger" right before you take the block, you feel more in control of your mind and body, the experience feels more familiar, and you will be calmer—all things necessary in keeping those worries at bay.

Swim Your Best Race

When favored to win, athletes who are not mentally tough fear losing and compete that way. They are tentative and don't do their best. When expected to lose, athletes often do better because they are focusing on causing an upset or because they are more relaxed since they have nothing to lose. If you find you fit into either category, remember *who you swim should not determine how you swim*. When you swim well against good opponents, you can swim well against lesser opponents. The mindset you have when you swim your best should be the mindset you have against every opponent.

Swim to Win

Fear of the unknown comes because we're thinking ahead. Stay in the moment and don't worry so much about negative outcomes. You are out there to do your best, so swim like it. If you swim to win, your focus is on swimming your best and making the most of each stroke. If you're swimming not to lose, you're thinking of swimming poorly and the "what-ifs" often get the better of you. Thoughts of losing lead to anxiety, thoughts of swimming well lead to confidence. Which mindset would you rather have?