



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 22nd December, 2009

MERRY CHRISTMAS & HAPPY NEW YEAR

Wishing all our club members a happy and safe festive season. We look forward to seeing you again in the New Year. This will be our last newsletter until mid-January.

VICTORIAN 12/u STATE CHAMPIONSHIPS

Congratulations to all our swimmers who participated in some great racing. Pb's flowed throughout the meet. Special Mention to our finalists

- **TESSA TRAILL** – 5TH 100 FLY, 5th 200 FREE, 6TH 100 FREE, 7th 200 IM
- **TARA TIGANI** – 4TH 200 FLY
- **LACHLAN STIRLING** – 10TH 200 FLY
- **GIRLS MEDLEY RELAY TEAM** – 9TH - GEORGIA LLOYD, PARIS GAZZOLA, TESSA TRAILL, TARA TIGANI

UPCOMING EVENTS

Qualified Swimmers
6-10 Jan
Victorian Age
Long Course Champs

Qualified Swimmers
15-17 Jan
Vic Open & SWD
Long Course Champs

STATE CHAMPIONSHIP ENTRIES

OPEN & SWD State Championships **ENTRIES** close with Joanne on Wednesday 23rd December.

FIVE KEYS TO SUCCESS WITH 2008 OLYMPIAN CAROLINE BURCKLE

BELIEVE: I know this sounds cliché, but if you do not believe in yourself and what your mind and body are capable of, then there is no chance you will be successful. You have to buy into what you are doing and believe that the instruments you are given to work with – in this case, your body and mind – are exceptional and will be trained in a positive way, to *believe*. Believing in myself really and truly turned my swimming around a few years ago, and ever since, I don't doubt my capabilities, or think that I am not good enough.

DON'T OVERTHINK IT: So often, swimmers think their races through so much that they do more thinking than they do swimming. What will the outcome be? Will it hurt? What if I let myself and others down, or if I don't do well? You can play the "what if" game forever, but it is not going to get you anywhere. Before I race, the last thing I do is think. Thinking is for practice. The best swims come when you have nothing going on in your head at all. You are in autopilot mode. It should come naturally at this point, and over-thinking shouldn't even be an option.

LOVE WHAT YOU DO: It is easy to get into a rut with swimming, especially when you train a lot for a long period of time and get broken down. But you have to remember why you are doing it in the first place – because you *love* it. You *love* the competition, the feeling you get when you win that race, or make that time. You will be successful in *anything* you do in life if you love it. Passion is a huge aspect of my swimming, and I make sure that I don't let swimming define who I am as a person. Rather, I define swimming by how much passion I have for it and how much I give back to it.

FAILURE: You are probably asking me why I chose failure as a key to success. Without failure, you cannot succeed. I have failed more times than I can count, and after each and every time, I have picked myself up and realized how much better I want to do and how I cannot take failure as an answer. Some times are going to be harder than others to pick yourself back up, but it is all a learning experience. Once you get the hang of it, it becomes easier to fix your mistakes and move on in a positive manner.

SET GOALS, quietly: Obviously, setting goals is a key to success. But how often have you heard everyone's goals over and over again, and verbalized so much and then maybe the outcome isn't as planned? I strongly believe in setting goals, but knowing them for *you*, not telling everyone else about them. I do not think I have told a single soul any of my goals. Maybe my coach once or twice. But I set them for me, and I do them for *me*, not for anyone else. It helps keep me motivated to do what I want for myself, and not worry about everyone else's expectations because that can be stressful.