



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 23<sup>rd</sup> February 2010

## ALL JUNIORS AND BEYOND

Congratulations to all our swimmers on Saturday. While no final results have yet been published, we are aware that lots of our club members made it through to the next round on March 20th at MSAC. There were lots of PBs and some great swimming by our younger swimmers. Well done to those who made it through to All Junior Semi finals, Jo can't wait to see you blitz your best times again at this meet. Results will be presented in next week's flyer.

With only a few competitions until the end of the season and some important ones for our older swimmers, the determining factor will be the level of enthusiasm and resolve taken into the meet and how well race plans are applied and utilised.

For those heading to age Nationals, your preparations are entering their final 6 weeks. Remember, you can make big improvement in that time if you demand the best from yourself rather than simply floating through. Best of luck for the final onslaught.

## UPCOMING EVENTS

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

Qualified Swimmers  
All Juniors Semis  
20<sup>th</sup> March @ MSAC

All Club Members  
26 March 2010  
Club Championships  
IGS Pool

## CLUB CHAMPIONSHIPS

Please diarise **Friday 26 March** as our Club Championships Date. A reminder that this meet determines our annual male and female Club Championship Age Champions – trophies are awarded at our Presentation Night in May.

More details can be found on our website [www.ivanhoeneons.org.au](http://www.ivanhoeneons.org.au) – goto IN THE POOL / CLUB ACTIVITIES / CLUB AWARDS

## A SUCCESSFUL ENVIRONMENT

To create a successful environment, the coaches of all squads would like to remind parents that

- 1. Swimmers must bring to training the following equipment in good condition:**  
Fins, 2 pairs of goggles, pool buoy, kick board, paddles and band.  
Please name all equipment.  
Similarly all swimmers should attend training with a spare pair of bathers in their bag at all times.
- 2. Swimmers are expected on the pool deck 10 minutes minimum** prior to the starting time in order to prepare and stretch out.
- 3. Swimmers are required to follow the directions of the coach without delay.**

These rules are simple and necessary to provide an environment which will foster the development of successful swimmers incorporated in a well organised and successful program.

## TIME TRIALS RESULTS FOR FEBRUARY

A reminder that all results can be found on our website

Goto [www.ivanhoeneons.org.au](http://www.ivanhoeneons.org.au) – in the pool – club activities – club time trials

Name	Feb-10			
	Fly	Back	Breast	Free
BohunSimon	43.35	40.62	46.92	37.47
GiannisElysia	45.41	50.87	51.13	43.94
GiannisTaylor	42.47	45.66	46.10	40.31
GriffithsRhys	40.43	40.63	49.69	32.66
HareChelsea	54.03	50.91	1.01.79	43.79
HareJaine		50.70	57.70	46.89
IkedaNaoya	36.84	37.70	43.98	31.93
IkedaTaku	42.34	50.93	50.63	38.69
JohnsKayne	32.40	38.19		24.10
JonesJack	53.00	51.19	55.34	42.79
KalmaBen	32.96	33.86	40.02	30.29
KreigerNicholas	40.09	41.88	47.53	35.79
MakridisEllie	44.10	46.94	51.44	37.07
MalcomAlex			46.13	34.84
MayesLinus	50.75	50.22	1.06.15	43.18
O'ConnorNicholas	29.77	29.56	39.16	29.53
PeckGrace	42.06	44.97	57.33	39.99
PeckTom	50.13	44.66	55.50	36.87
SaltzerGabriella	45.54	46.97	49.77	36.22
SchneiderRemy	33.18	39.25	40.60	29.87
StarzicznySarah	49.75	48.59	54.75	40.90
StirlingLachlan	35.05	38.94	45.90	30.94
TerrillSydney	36.18	35.27	45.02	31.97
TiganiTara	36.50	39.25	46.22	33.09
TraillTessa	34.78	36.32	43.87	30.71
WrightAlexander	55.72	50.82	51.32	43.89