



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 23rd March 2010

AUSTRALIAN OPEN NATIONALS – COMMONWEALTH GAMES TRIALS

Sam Bramham - Bronze 100 fly MC

Congratulations to our swimmers who represented the club at last week's Commonwealth Games Swim Trials. Sam, while finishing in the required top 3 in his event failed to make the team by 0.1secs. It was a great swim meet with many new up and coming swimmers making the team. As Jo pointed out to our swimmers on Monday morning, it was evident from the majority of swimmers that made the team, that they are the stars in there squad and are prepared to put in the hard yards themselves, without the advantage of having someone to race against. Robert Hurley is a great example of this; he trains at a small club call West Illawarra, near Wollongong in NSW, with his closest training partner being nearly 20secs behind him in his pet event the 400 free. This is typical of most superstars, they have the motivation and the drive to train alone and push themselves to the ultimate goal. Michael Phelps and Ian Thorpe are both examples of this. Being a competitive athlete offers daily opportunities to "behave like a champion," not just during a meet, but also in training and in everyday life. Do you allow yourself just to go through the motions the way you sometimes do or cut as many corners? Do you complain to yourself or a teammate about how you hated this set?

SWIMMERS, DO YOU HAVE WHAT IT TAKES TO BE A LEADER/CHAMPION?

ALL JUNIOR RESULTS & NEW NATIONAL AGE QUALIFIER

Firstly congratulations to TESSA TRAILL on gaining her first National Age qualifying time at the All Junior Meet. On that note congratulations to all the girls who have made the times. Our ratio of girls, boys qualified is almost equal in what is a heavily dominated boys squad, so well done Girls! Congratulations to all our swimmers who competed on Saturday, we had a few other swimmers who sadly missed qualifying for Sunday by only a small margin.

Medallists from Sunday: TESSA TRIALL : 13 YRS 50 FREE

Finalists: GRACE PECK, ALEXANDER MALCOLM, TARA TIGANI, LACHLAN STIRLING, REMY SCHNEIDER, SIMON BOHUN

SURREY PARK SWIM MEET

Our more senior swimmers swum at the Surrey Park swim meet on Sunday to have a last hit out before National Age. Congratulations to Max Kirwan who has now added another event to his program for Sydney and to all swimmers on the times swum on the weekend. It is great to see all swimmers sharpening up nicely ready for the big meet.

Swim Star of the Week – Week 4

Swimming Australia has provided Ivanhoe Neons with 5 swim caps to award to swimmers over the next 5 weeks. The Swim Star caps have been provided to the Club to reward and recognise members for non-performance related achievements. Clubs independently determine awards, for example: the most consistent trainer, the happiest squad member, the best fundraiser etc. These caps have been allocated to Junior Squad.

This week's winner is **Linus Mayes** for displaying great training effort.

TRAINING CHANGE due to Ivanhoe Neons Club Championships

We look forward to seeing all swimmers at our Club Championships this Friday. Thanking parents in advance for help that will be required on the night. Please note that there will be NO training on Friday night due to Club Champs.

TRAINING FEES AND NEW SQUADS

Information has now been sent regarding the Training Fees for Term 2/2010 and the news squad in readiness for the 2010/2011 season. Should you need and further information or clarification please contact Joanne.

UPCOMING EVENTS

All Club Members
26 March 2010
Club Championships
IGS Pool

Qualified Swimmers
Australian Age
Championships
5th – 10th April
Sydney

All Club Members
Time Trials
16 April 2010