



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**
Monday 23rd November, 2009

ALBURY SWIM MEET

A list of medallist from our trip away – Congratulations to:

TESSA TRAILL	GOLD 50 FREE, 50 BACK, 50 FLY
ANNABEL NEWTON	GOLD 200 IM, SILVER 50 FLY, 100 FLY, BRONZE 50 BACK
LACHLAN MCLEISH	GOLD 50 BACK, 100 BACK, 200 BACK, 200 FREE SILVER 50 FREE, 50 FLY
NATALIE PRESUTTI	GOLD 50 FLY, 100 FLY, SILVER 200 IM
SIMON BOHUN	GOLD 200 IM SILVER 50 BACK
LACHLAN STIRLING	GOLD 50 FLY BRONZE 50 FREE
MATT STERRENBERG	GOLD 50 FLY, 100 FLY, 100 FREE, 400 FREE SILVER 50 FREE
TOM NEWTON	GOLD 50 BACK, 200 FLY, 100 BRST, 200 IM SILVER 50 BR, 400 FREE, 100 FLY BRONZE 50 FREE, 100 FREE, 50 FLY
TAKU IKEDA	GOLD 50 FLY SILVER 50 FREE BRONZE 50 BACK, 50 BRST
NAOYA IKEDA	SILVER 50 BACK, 50 BRST, 200 IM, 100 BRST BRONZE 50 FLY
REMY SCHNEIDER	SILVER 50 FREE, 100 FREE BRONZE 100 FLY
GEORGIA LLOYD	SILVER 200 IM, 100 FLY
TARA TIGANI	SILVER 100 FREE, BRONZE 100 BACK
SIDNEY TERRILL	SILVER 50 BACK, 100 BACK
CLAIRE MOLONY	SILVER 200 FREE, BRONZE 100 BACK, 200 IM
TROY GAZZOLA	SILVER 200 IM, 200 FLY BRONZE 50 BACK, 400 FREE
JOSEPH ARNUAD	SILVER 100 FLY, 200 IM
MICHAEL TANNER	SILVER 200 FREE BRONZE 100 FLY
ROSS TANNER	SILVER 50 FLY, BRONZE 50 FREE
MAX KIRWAN	BRONZE 50 BRST, 200 IM

UPCOMING EVENTS

TIME TRIALS

All Squads

December 4th

Please note that we will be holding the annual parents and swimmer relay race followed by Pizza – more details next week

Qualified Swimmers
19-20 Dec
Vic 12 & 11/u
Long Course Champs
Entries due to Jo by
Wed 2 Dec

CAREY SWIM MEET

Results are yet to be published for this meet.

Congratulations to all our Long course state championship qualifiers, particular mention to Waylyn Turner and Sidney Terrill, who have been working very hard to achieve their times.

SPECIAL TRAINING SESSION for HPS AND SENIOR SQUAD MEMBERS

Jo Love has arranged to do a training session with Casey Swim club at one of their normal training sessions on Saturday 5th December - 4:30-7pm Swim at Casey ARC Narre Warren. (Yes, they really training every Saturday afternoon/evening). Casey club are one of the big improvers in Victorian Swimming. This session will give our swimmers and opportunity to gauge themselves against some of Casey's best swimmers including Aleysha Tokai, Craig Watson, Joshua Beaver, Stephanie Demestichas and Tyrone Dobrunz.

STATE CHAMPIONSHIP ENTRIES AND TRAINING

Information regarding 12/u State Championship entries will be sent tomorrow to all 12/u swimmers. **ENTRIES for this event will close with Joanne on Wednesday 2nd December.** Age Group information will be sent early next week. As most swimmers have now finished exams and are easing off at school, our 13 and over swimmers will be entering a hard phase in a lead up to the commencement of their taper for 13 – 18 States. It is imperative that all swimmers not only arrive on time, but attend all sessions and engage in behaviour that will be aid their recovery in readiness for their next session. I also hope that I have the support of the parents in ensuring that swimmers get the most of the sessions by not asking to leave early.

Following on from last week's mention regarding Yoga, please find attached an article from The Australian, on the lack of athletic development at schools these days