



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 30th November, 2009

WORLD SECONDARY SCHOOLS CHAMPIONSHIPS – DOHA, QATAR

Good luck to Matt Sterrenberg who leaves on Tuesday to travel to Qatar in the Middle East to compete in the World Secondary School Championships. Matt was selected on his performances at the Pacific School Games just over a year ago. Matt will be competing in his pet event the 200 fly and relays. We wish Matt a safe trip and all the best in his swims.

CAREY SWIM MEET

Medals were awarded to 13/u swimmers at this meet. 14 & over swimmers were Time trial events only

Congratulations to:

TESSA TRAILL **GOLD 100 FLY**
REMY SCHNEIDER **SILVER 100 FLY**

STATE CHAMPIONSHIP ENTRIES

12/u State Championship **ENTRIES close with Joanne on Wednesday 2nd December.** Information regarding 13 – 18 and Open State Championship entries will be sent later this week to all 13/over swimmers. **ENTRIES for this event will close with Joanne on Wednesday 16th December.**

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

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

SPECIAL TRAINING SESSION REMINDER - HPS & SENIOR SQUAD

Training session with Casey Swim club on Saturday 5th December - 4:30-7pm Swim at Casey ARC Narre Warren.

HPS AND SENIOR SQUAD MEMBERS – training change

Due to our last time trials and the above session there is no training on Friday 4th December at Greensborough

TIME TRIALS THIS FRIDAY

Our last time trials of the year are this Friday at 6.15pm and include the Parent and Swimmer Relay Race. The evening will finish off with a Pizza Night - \$5 per head for pizza over and above the usual Time Trial entry.

TRAINING – BROWNS COWS

Many parents want their child to achieve their maximum potential, and I am now asking parents to support this commitment in terms of session attendance and **punctuality to sessions.** Swimmers who arrive late for training sessions are disruptive to the team, will be inadequately warmed-up, and will miss important instructions regarding the objectives of the warm - up. At the designated starting time, swimmers should be ready to dive into the pool. It is not acceptable to be walking into the pool at the designated starting time. Punctuality is absolutely essential if we are to establish a distraction free training environment. This also applies to requests to leave a session early. At this stage of the season the last part of the session is race skill practice. **I am asking from the support of all parents to help every swimmer reach their full potential**

DEFEATING NEGATIVE SELF-THOUGHTS

BY DR. AIMEE KIMBALL//Sport Psychologist - *Director of Mental Training for the University of Pittsburgh Medical Center's Center for Sports Medicine*

Have you ever said mean things to yourself like, "You are awful. You are the slowest person in the water," or "There is no way I'm going to get better, I should just quit?"

If so, imagine how you would react if someone else said those things to you. You would definitely be angry and possibly push them in the pool. My point is, don't say anything to yourself that you wouldn't let anyone else get away with. Tips for helping you quiet the negative talk in your head:

Be your own biggest fan - Imagine the president of your fan club standing on your shoulder wearing a T-shirt with your face on it telling you, "You're awesome. You've worked so hard, I know you'll do well. You deserve to be out here, show them what you got." Cheer yourself on and have your "biggest fan" fill your head with positive thoughts.

Write down your negative thoughts - Write a list of things you typically say to yourself, then counteract those thoughts with something positive. For example, if you write down "I'm not nearly as good as her. There's no way I can win," you can cross it out and say to yourself, "She's fast, but I don't control her. I am going swim my best and get a great time."

Create more positives than negatives - Any time you say something negative, make yourself say two things you're doing well. For example, if you say, "My turns are awful," you have to positively refocus yourself by saying, "I have a great stroke and my starts are fantastic." Tell your coach, your teammates, and your parents to enforce this with you, too, in all areas of your life. - **Make it Great!**

KEYS TO SUCCESS:

1. Do your best to stay focused in practice. Many times practices turn into two or three hours of swimming back and forth with your favorite song stuck in your head. While this is a great way to pass the time, it may not be the most conducive to swimming your best. Instead, try focusing on one thing per practice that you want to improve. Mondays could be a day to focus on turns while Tuesday could be used to work on head position.
2. Don't underestimate the importance of persistence. Everybody has a bad race or season. The best way to approach these disappointments is to learn from them and move on. A bad season could be used as motivation to work harder next season.
3. Communicate with your coach. Your coach is doing his or her best to make you the best swimmer possible. There is a reason you are doing what you are doing in and out of the pool. It is important to talk to your coach, and if you don't understand why you are doing something, just ask.
4. Don't be afraid of being great. Never become intimidated by anything when you swim. Most great swimmers all have one thing in common: they were never afraid to go out and race their heart out to try and do something special. Setting limitations on yourself is the worst thing you could do as a swimmer.
5. Enjoy the process. Most importantly, swimming should be fun. Look forward to the next time to hang out with my teammates at practice. Find something that makes swimming enjoyable for you and cherish the time that you get to spend doing it.