

NEONS

NEWS

From the **Ivanhoe Neons Swimming Club** Monday 31th March, 2008

Postal address: P.O. Box 2219 East Ivanhoe 3079

More news on our website: www.ivanhoeneons.org.au

Outstanding performances at the 2008 Olympic Trials

Welcome back Jo, Nick and Sam. Congratulations Sam on being selected to compete for Australia at the upcoming Paralympics. Also congratulations Nick for achieving 3rd place in the 400IM. You also swam some great heat swims. Jo can now relax for a couple of days before we prepare to leave for Age Nationals next week in Brisbane.

Jo has worked very hard with her boys prior to these Olympic Trials and all of us thank you for a job well done.

Australian Age Championships

Leaving next week to compete at the Chandler Aquatic centre are: Michael Forno, Matt Sterrenberg, Alastair Cooper, Tom Newton, Bert O'Connor, Ashley Simons and Troy Gazzola. Alexandra Dinuccio and Jessica McCarthy are racing in the 5Km open water swim. We wish you every success, swim fast.

Lastly it is important this week for you to get plenty of rest and early nights. This trip relies so much on self management, this means taking care of you and respecting others.

by Grant Watson, Senior Coach

2008 Club Championships & Re-registration Night

Friday 18th April at 5.30pm

If anyone has forgotten to hand in their entries for our Club Championships please email Oliver on administration@ivanhoeneons.org.au to arrange for your entries to be included. Member re-registration for the 2008/9 swimming season will also be held on the night of the Club Championships, and all parents are required to attend as forms need to be signed and payment made to ensure that your child is eligible to swim as a member of Ivanhoe Neons for the new season, commencing 1 May 2008.

Admin Bits – from the Club Secretary

Ivanhoe Neons uses email to communicate with our members. To avoid important club notices and our weekly newsletter accidentally going into your Junk/Spam/Deleted folders, please add administration@ivanhoeneons.org.au into your address book. In this way you will be sure to receive information to keep you up to date with club activities.

Reminder!

The clocks change next Saturday night – no excuse for not being at training!!

Reminder

Squad fees are now overdue

Invoices have been sent via email or post—please check!

Term 2 training schedules will be provided to families on receipt of squad fee payment

UPCOMING CARNIVALS

Qualified Swimmers

All Junior Semi Finals

5th April @ MSAC

Qualified Swimmers

All Junior Finals

6th April @ MSAC

Qualified Swimmers

Australian Age Championships

9th–13th April @ Brisbane

Qualified Swimmers

Australian Age

Open Water Champs

13th–15th April @ Brisbane

All Squads

Club Championships

18th April @ IGS

Easter Holiday Training Schedule 2008

DATE	JUNIOR SQUAD MN All Junior Semi-finalists ONLY	STATE SQUAD	SENIOR SQUAD	HPS SQUAD
FRID 21/3		9 – 10.30AM	7 – 9AM	7 – 9AM
SAT 22/3			7 – 9AM	7 – 9AM
MON 24/3	4 – 5.30PM	4 – 5.30PM	5.30 – 7.30PM	5.30 – 7.30PM
TUES 25/3		5.15 – 7.15PM	5.45- 7.30AM	5.45 – 7.30AM
WED 26/3	6 – 7.30PM	6 – 7.30PM	5.45 – 7.30AM	5.45 – 7.30AM 4 – 6.00PM
THUR 27/3		5.20 – 7.30PM	5.20 – 7.30PM	5.45 – 7.30AM
FRI 28/3	4 – 5.30PM	4 – 5.30PM	5.45 – 7.30AM 5.20 – 7.30PM	5.20 – 7.30PM
SAT 29/3	8 – 9.30AM	8 – 9.30AM	6 – 8.00AM	6 – 8.00AM
MON 31/3	4 – 5.30PM	4 – 5.30PM	5.30 – 7.30PM	5.30 – 7.30PM
TUES 1/4		5.15 – 7.15PM	6- 7.30AM	6– 7.30AM
WED 2/4	6 – 7.30PM	6 – 7.30PM	6 – 7.30AM	6 – 7.30AM 4 – 6.00PM
THUR 3/4		5.20 – 7.30PM	5.20 – 7.30PM	6 – 7.30AM
FRI 4/4	4 – 5.30PM	4 – 5.30PM	6 – 7.30AM 5.20 – 7.30PM	5.20 – 7.30PM
SAT 5/4			7.30 – 9AM	7.30 – 9AM
MON 7/4	RETURN TO NORMAL SESSION TIMES	REDUCED TRAINING UNTIL 16/4 SEASON BREAK UNTIL 12 TH MAY	5.30 -7.30 PM REDUCED TRAINING UNTIL 16/4	5.30- 7.30PM SEASON BREAK UNTIL MAY 5 TH