



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 3rd May 2010

TRAINING ATTENDANCE

Now all squads are back in full swing I remind parents and swimmers of the session requirements for each squad.

JUNIOR SQUAD - RECOMMEND minimum of 2 per week

TARGET SQUAD - REQUIRED 5 sessions per week

NATIONAL AGE/OPEN SQUAD - REQUIRED 7+ sessions per week dependent on age.

As a general rule, the least possible interruption in the training schedule will produce the greatest amount of success. **Please note that if a swimmer cannot meet the session requirements, he/she may be moved down.**

The overall team uses a "progressive" age group program designed to expand each swimmer physically, mentally and emotionally in a systematic fashion. A well-defined, long term approach of gradually increasing degrees of commitment is essential to reach peak performance levels during a swimmer's physiological prime. It is also important that we establish training groups of swimmers who are compatible in respect to abilities, commitment levels and goals.

The emphasis in Emerging and Junior squad is placed on developing technical skills, some aerobic base and a love for the sport. In Target and National Age/Open a more demanding physical and psychological challenge is provided in the training program. At each level, the goals and objectives are specific and directed toward meeting the needs of the swimmer. The long term goal of total excellence is always in mind. As each child is different, he/she will progress at his/her own rate. The coaching staff recognizes this fact by making team assignments based on a swimmer's physical, mental, and emotional level of development.

UPCOMING EVENTS

AGM Dinner
8 May

Junior/Target Squads
Nuna JX Meet
22 May

National Squad
Ringwood SC Meet
23 May

BUTTERFLY HAND ENTRY TECHNIQUE

Hand entry and initial catch is very important for setting up great technique in butterfly. The latest proven skill is to initiate a hook entry – that is hands hooking as they enter the water see picture below.



It is important that a soft entry occurs so that the hands do not crash through the surface, but slide into the water. Each week Michael and I will be looking at our team to present our Gold, Silver and Bronze Medallist for each skill chosen. Stay tuned next week to see if you have managed this skill.

TIME TRIALS RESULTS FOR APRIL

A reminder that all results can be found on our website

Goto www.ivanhoeneons.org.au – in the pool – club activities – club time trials

	April			
	Fly	Back	Breast	Free
BadrockNicholas	36.28	40.31	47.82	34.60
BohunSimon	42.12	41.09	48.03	38.44
BollesFelicity	50.43	48.47	61.97	46.66
ClarkeBronte	48.35	51.28	50.15	40.78
ClarkeMitchell	39.37	44.64	42.00	35.04
DutchinAdeline	48.92	48.46	63.28	46.20
ElovarisHeidi	38.69	41.90	54.57	35.59
GiannisElysia	41.97	48.38	48.45	39.53
GiannisTaylor	44.19	46.64	43.72	39.90
Hall Grace	47.47	45.91	44.25	40.19
HareChelsea	47.63	52.08	61.28	42.72
HareJamie	46.66	50.50	58.09	44.59
HylandAmy	42.13	45.59	57.91	42.06
IkedaNaoya	38.97	39.81	44.41	34.16
IkedaTaku	43.17		53.61	38.62
JonesJack	58.62	52.62	59.82	45.25
KalmaBen	32.49	34.94	41.25	30.03
KriegerJulian	51.09	49.06	64.81	46.41
MalcomAlex	36.91	39.41	49.75	34.47
MayesLinus	44.04	47.22	67.16	40.30
PeckGrace	42.08	42.34	54.46	37.13
PeckTom	47.17	41.93	52.65	36.28
SaltzerGabriella	45.25	42.75	49.25	35.31
SchneiderRemy	33.15	38.66	40.96	30.31
SmithCameron	53.94	51.16	59.78	41.78
StarzicznySarah	47.03	47.25	53.19	40.28
StarzicznySylvester		60.47	70.50	51.91
StewartGabriella	52.84	52.85	54.94	46.06
TerrillSidney	37.13	36.91	44.94	33.28
TiganiTara	36.94	41.43	47.42	34.63
TooheyDonovan	49.25	54.09	63.69	41.47
TurnerBrayyd	41.25	40.16	42.35	34.84
TurnerWayyln	38.97	41.57	47.89	34.25
VanToledoOliver	55.12	52.41	66.06	46.97