



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](http://www.ivanhoeneons.org.au)? If so, email our Club Secretary at [administration@ivanhoeneons.org.au](mailto:administration@ivanhoeneons.org.au) For all coaching and squad matters, please contact Head Coach Jo Love at [love\\_j@igs.vic.edu.au](mailto:love_j@igs.vic.edu.au)

# NEONS NEWS

From the **Ivanhoe Neons Swimming Club**  
Monday 12th July 2010

## AUSTRALIAN OPEN SHORT COURSE CHAMPIONSHIPS - BRISBANE

Good luck to our National squad competitor's Kayne Johns and Burt (Nicholas O'Connor) who are off to Brisbane on Friday to compete in the Australian Open Championships. Both boys have had very successful meets of late, and are looking to step up and make a final at this competition.

## CA TRITONS SWIM MEET – 27<sup>TH</sup> JUNE MEDALLISTS

BURT O'CONNOR	1 <sup>ST</sup> 200 BACK
KAYNE JOHNS	2 <sup>ND</sup> 100 FREE, 3 <sup>RD</sup> 100 FLY, 3 <sup>RD</sup> 100 BACK
TESSA TRAILL	2 <sup>ND</sup> 100 FREE, 3 <sup>RD</sup> 100 FLY, 3 <sup>RD</sup> 200 IM
NAOYA IKEDA	2 <sup>ND</sup> 200 IM
TARA TIGANI	2 <sup>ND</sup> 100 FLY
ANNABEL NEWTON	2 <sup>ND</sup> 100 FLY

## STROKE SKILLS

### Turns – drive off the wall

Again turns and kick off the wall will be the focus of training over the coming week. Some links are attached to view some of the best swimmers in the world.

<http://www.youtube.com/watch?v=GJSKovtwbVU> - TURNS

<http://www.youtube.com/watch?v=xXXQ3U758Ag> - FLY BREAKOUTS

<http://www.youtube.com/watch?v=41KPr1wQ1u0> – UNDERWATER KICK

## TRAINING CHANGES ALL SQUADS

Firstly, a reminder Time Trials are on **Friday 16<sup>th</sup>** – **no pm training for any squad** but the expectation is that swimmers will attend Time Trials.

**Target and Junior Squad – No training Wed am 14<sup>th</sup> & 21<sup>st</sup> July** whilst Michael is away.

**Saturday 17<sup>th</sup> July – no training for any squad** – Joanne will be in Brisbane at the Australian Open Short Course Meet.

## TRARALGON SWIM MEET

Information regarding bus costs and pick up/drop off times will be emailed to all swimmers in the next 48hrs. I have spoken with the Traralgon Swim club and have permission to add entries to our already 25 strong group. Should you wish to enter please get back to me asap. FLYER IS ATTACHED.

## UPCOMING EVENTS

**All Squads  
Time Trials  
16 July  
IGS Pool**

**All Squads  
Traralgon SC  
25 July  
Morwell Leisure Ctr**

**SC Qualifying Meet  
North West Aquatic  
8 August  
Wyndham Leisure Ctr**