



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
Wednesday 16th June 2010

METRO WEST SWIM MEET RESULTS

A fantastic job from all our swimmers last Saturday with lots of PB's swum. We went into the meet with the emphasis on winning. Whilst it is great to set goal splits on how to swim a race, a lot of our swimmers have become preoccupied with pacing and have lost the art of racing. It is interesting that when swimmers went out and had a go, the times dropped dramatically. Congratulation to the highest point score team based on places - Kayne Johns, Sid Terrill, Remy Schneider, Tara Tigani, Max Kirwan and Nick Krieger. Special mention to the highest individual point scorer Lachlan Stirling.

Medallists from the Meet

Kayne Johns	SILVER 100 BACK SILVER 50 FREE SILVER 200 FREE
Tessa Traill	GOLD 100 BACK
Annabel Newton	SILVER 100 BACK
Alexander Malcolm	BRONZE 100 BACK
Lachlan Stirling	BRONZE 100 BACK
Burt O'Connor	GOLD 100 BACK
Remy Schneider	SILVER 100 BRST
Mitchell Clarke	SILVER 100 BRST

UPCOMING EVENTS

All Club Members
Time Trials @ IGS
6:15pm 18 June

Qualified Swimmers
Vic Open SC Champs
19 & 20 June
MSAC

STROKE SKILLS

Backstroke - Underwater Dolphin

In backstroke, finding the optimal SIZE for you underwater dolphin kicks is extremely important. If your underwater dolphin is too big, it may FEEL powerful, but could be creating too much resistance. If your underwater dolphin is too small, it may feel FAST, but it may mean that you're not grabbing enough water to move you forward. Generally in swimming, there's a point between too big and too small that's JUST right.

1. Start by pushing off on your back in a tight streamline and initiate your underwater dolphin using as LARGE of a kick as you can. Kick up, and down, with great force. Do your best to stay streamlined, and come up where you normally would.
2. Start the same way as in step one, only this time, take as many small, quick kicks as you can. Go as fast as you can on this part of the drill, moving your feet as quickly as possible.
3. Push off, and do your best to combine the two previous steps. It'll be tough to make it BIG and QUICK, so you'll have to compromise just a bit between the two.
4. Continue practicing, finding the best combination of size and quickness that gives you the best underwater dolphin for YOUR body.

How to Do It Really Well (the Fine Points):

Measure it. Count it. Time it. While you may be able to figure out what FEELS the best, without concrete data you'll simply be figuring out what feels good. Measure or decide where you want your breakout to be, count the number of kicks, and decide if you need more or less. Time how long it takes you to get to your breakout point. Make adjustments to make it take LESS time.

I-Y-CLAP DRILL

Congratulations to our TOP IMPROVERS GOLD – Naoya Ikeda SILVER – Annabel Newton and BRONZE – Natalie Presutti

VIC OPEN SC STATE CHAMPIONSHIPS – 19 & 20th June.

Good luck to our nine swimmers who compete this weekend in the Open Short Course State Championships. Swimmers please see Joanne prior to Saturday to confirm your warm-up time for this event.

TERM 3 HOLIDAY TRAINING INFORMATION + FEES

Information was sent this morning regarding fees and holiday training times. All fees are due to be paid by Friday July 9th. Should you fail to receive the information please contact Joanne asap.

COACH MICHAEL

This week we (jealously) wish Michael safe and memorable travels as he ventures off to Italy on his well deserved break. Please be aware that with his absence some sessions may need to be changed, and some are already highlighted on the term 3 information.