



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 19th July 2010

AUSTRALIAN OPEN SHORT COURSE CHAMPIONSHIPS – BRISBANE

Well done to Kayne and Burt who participated in the above championships in Brisbane over the weekend. There was some great swimming on the weekend, with some younger swimmers making their names known in the open events. Nearly every event featured quite a number of Olympic and former world champions.

VICTORIAN STATE AGE CHAMPIONSHIPS – Qualified swimmers

Entries are now being accepted online for the Victorian State Age Champs by logging onto www.swimmingvictoria.org.au. To enter is very easy, just follow the links. **Please do not leave it to the last moment** we have had instances in the past where swimmers times were not inputted correctly and we have needed to sort it out to enter. Attached is flyer of events. **ONLINE ENTRIES CLOSE MONDAY 16TH AUGUST. LATE ENTRIES WILL NOT BE ACCEPTED.**

UPCOMING EVENTS

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

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

**Qualified Swimmers
Vic Age SC Champs
27-29 August
MSAC**

IMPORTANT ENTRY INFORMATION

1. \$5.00 ADMIN FEE

We lodge all entries via Meet Manager or online, so please **don't add the \$5.00** administration fee (as per paperwork) to your entries.

2. RELAY TEAMS

Ivanhoe Neons will only enter relay teams in swim meets if we believe a team will finish in a credible position. Relay swimmers are selected on best times swum at meets, using our four fastest swimmers.

STROKE SKILLS

Turns – drive off the wall

From Swimming Australia Website: "Kenneth To claimed his maiden Australian title in the men's 100m IM (52.39) after blitzing the field in what could only be described as a dynamic display of underwater skills". Ken won by using the 60m (4 x 15m) speed off the walls on each turn, he wasn't the fastest swimmer on each leg.

More videos for you to view

<http://www.youtube.com/watch?v=T9eDAQxL5cA> (Michael Phelps)

http://www.youtube.com/watch?v=bcbyU2iZ_iA&feature=related (Eamon Sullivan – speed of kick underwater)

<http://www.youtube.com/watch?v=kS0dbwRVXu8> (Libby Trickett – 100 free)

TRAINING CHANGES TARGET/JUNIOR SQUAD

REMINDER - Target and Junior Squad – No training Wed am 21st July whilst Michael is away. All sessions back to normal as from the 26th July.

TRARALGON SWIM MEET

Information has now been sent to all swimmers regarding this meet. Please speak to me as soon as possible if you haven't received details.