



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 21st June 2010

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

Congratulations to all swimmers who participated in this meet over the weekend. Although not anticipated, PB's flowed from most swimmers. From nine swimmers our club ranked 9th overall in the points score which is a great effort from such a small group.

CONGRATULATIONS TO MEDALLISTS

GOLD MEDAL KAYNE JOHNS MENS 100 FREE
GOLD MEDAL SAM BRAMHAM MIXED MC 100 FLY
SILVER MEDAL KAYNE JOHN MENS 50 FREE
BRONZE MEDAL SAM BRAMHAM MIXED MC 100 FREE

Special mention to Burt O'Connor who placed in the top 10 in multiple events.

With the Victorian Age Short course looming quickly (August 26/27) the goal for our younger swimmers is to achieve qualifying times in the next few meets. Training is continuing over the holidays for Target and National squads, and the expectation is that swimmers will be in attendance at all sessions.

ADDITION TO COMPETITION CALENDAR

In keeping with an ongoing rivalry that has developed between Traralgon and Neons (we are always very close in point scores at State and National events) we will be attending the Traralgon La Trobe City Cup meet in July 25th. We will be taking a bus for all swimmers to this meet, to promote team bonding and club team awareness. It is hoped that all members from Junior squad, Target and National squad will attend. Trips such as these have been great successes in the past and we anticipate that this will be no different. This will be a strongly contested swim meet with Nunawading already confirmed as attending.

Attached is the swim meet flyer and entry form for this swim meet and the North West Aquatic meet the following weekend.

STROKE SKILLS

Backstroke - Underwater Dolphin – repeated due to short week.

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.

TERM 3 HOLIDAY TRAINING INFORMATION + FEES

Information has been sent 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.

UPCOMING EVENTS

All Squads
CA Tritons SC
27 June
MSAC

All Squads
Traralgon SC
25 July
Morwell Leisure Ctr

SC Qualifying Meet
North West Aquatic
8 August
Wyndham Leisure Ctr

REMINDER - COACH MICHAEL

Michael left Sunday for his well deserved break to Italy. Please be aware that with his absence some sessions may need to be changed, and some are already highlighted on the term 3 information.

THE FIRST OF THESE CHANGES IS THAT EMERGING AND JUNIOR WILL FINISH TERM 2 ON FRIDAY NIGHT, HENCE THERE WILL BE NO SATURDAY MORNING SESSION FOR THESE GROUPS

		Fly	Back	Breast	Free
BohunSimon	TARGET	39.75	39.56	46.28	34.97
ClarkeMitchell	JUNIOR	36.25	40.69	42.25	33.69
ElovarisHeidi	TARGET	37.50	41.77	51.22	35.34
HareChelsea	JUNIOR	51.23	45.12	59.64	40.70
HareJamie	EMERGING	42.59	48.16	56.50	42.17
HoggJordan	JUNIOR	39.78	40.12	45.67	33.68
HylandAmy	EMERGING	41.60	46.01	59.09	40.82
IkedaNaoya	NATIONAL	36.83	37.68	41.43	31.97
IkedaTaku	JUNIOR	40.14	54.13	53.84	41.59
KreigerNicholas	TARGET	40.22	41.16	49.65	35.19
KriegerJulian	EMERGING	52.85	54.12	1.04.25	45.31
MayesLinus	JUNIOR	41.87	46.05	1.00.72	39.50
PeckGrace	JUNIOR	40.75	42.37	54.17	36.17
PeckTom	TARGET	47.69	40.75	52.97	34.97
SchneiderRemy	NATIONAL	32.94	37.81	40.69	29.65
SmithCameron	JUNIOR	54.81	48.40	1.00.62	40.75
StarzicznySarah	JUNIOR	45.35	44.72	51.16	37.43
StarzicznySylvester	EMERGING	1.14.19	1.00.19	1.12.11	50.81
StirlingLachlan	NATIONAL	34.00	35.91		30.16
TerrillSidney	NATIONAL	36.65	36.59	46.03	32.07
TraillTessa	NATIONAL	34.38	34.09	44.47	29.72
VanToledoOliver	EMERGING	58.53	51.90	1.03.75	45.97
ZhangLia	TARGET	35.03	37.38	48.05	32.00
CabdiArtan	EMERGING	54.72	53.97	56.91	45.53