



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 26th July 2010

## TRARALGON SWIM MEET

A great meet was had by all. Congratulations to all our top three place getters as below. Special mention to Gabriella Salzer and Alexander Wright who won their aggregate medals based on the 50m events only.

I was really impressed by all the swimmers who turned up on time for the 6.30 early morning bus trip and who displayed respect for both their own team mates and other swimmers at the meet. The bus trip went smoothly with Sid Terrill entertaining the troops on the return journey. Special thanks to Nicole Tigani and Sumiko Ikeda who collated points and kept our 14 relay teams in order. Winners of the points competition will be announced later this week.

Kayne Johns	1 <sup>st</sup> 100 free, 1 <sup>st</sup> 50 free, 1 <sup>st</sup> 100 fly, 2 <sup>nd</sup> Medley relay, 3 <sup>rd</sup> Free Relay
Burt O'Connor	1 <sup>st</sup> 200 Bck, 2 <sup>nd</sup> 50 Bck, 2 <sup>nd</sup> 100 Bck, 2 <sup>nd</sup> Medley relay, 3 <sup>rd</sup> Free Relay
Lachlan Stirling	1 <sup>st</sup> 50 Back, 2 <sup>nd</sup> 50 fly, 3 <sup>rd</sup> 14/u free relay
Alexander Wright	1 <sup>st</sup> 50 Brst
Alexander Malcolm	1 <sup>st</sup> 50 fly, 3 <sup>rd</sup> 50 Back
Lachlan McLeish	1 <sup>st</sup> 50 free, 3 <sup>rd</sup> 100 Back, 2 <sup>nd</sup> Medley relay, 3 <sup>rd</sup> Free Relay
Remy Schneider	1 <sup>st</sup> 200 free, 2 <sup>nd</sup> 50 free, 3 <sup>rd</sup> 100 Fly, 1 <sup>st</sup> Free Relay, 2 <sup>nd</sup> 14/u free relay, 2 <sup>nd</sup> Medley Relay
Naoya Ikeda	1 <sup>st</sup> 50 Brst, 3 <sup>rd</sup> 14/u free relay
Maxwell Kirwan	2 <sup>nd</sup> 50 Brst, 2 <sup>nd</sup> Medley relay, 3 <sup>rd</sup> Free Relay,
Tessa Traill	2 <sup>nd</sup> 200 back, 3 <sup>rd</sup> 50 free, 3 <sup>rd</sup> 100 IM, 1 <sup>st</sup> Free Relay, 2 <sup>nd</sup> 14/u free relay, 2 <sup>nd</sup> Medley Relay
Sid Terrill	2 <sup>nd</sup> 100 back, 1 <sup>st</sup> Free Relay, 2 <sup>nd</sup> 14/u free relay, 2 <sup>nd</sup> Medley Relay
Tara Tigani	1 <sup>st</sup> Free Relay, 2 <sup>nd</sup> 14/u free relay, 2 <sup>nd</sup> Medley Relay
Michael Tanner	3 <sup>rd</sup> 14/u free relay
Mitchell Clarke	3 <sup>rd</sup> 50 fly, 3 <sup>rd</sup> 14/u free relay

### UPCOMING EVENTS

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

**All Squads**  
**Time Trials**  
**20 August**  
**IGS Pool**

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

## VICTORIAN STATE AGE CHAMPIONSHIPS – Qualified swimmers

Entries are now being accepted online for the Victorian State Age Champs by logging on to [www.swimmingvictoria.org.au](http://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 the flyer of events. **ONLINE ENTRIES CLOSE MONDAY 16<sup>TH</sup> AUGUST. LATE ENTRIES WILL NOT BE ACCEPTED.**

## 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 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

**Hand Entry** – last week we concentrated on how the hand enters the water, and the shape of the hand on entry. On the side bar are some photos showing bad, and the very last photo showing correct hand positioning. Make sure you know how your hand enters.

