



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 28th June 2010

CA TRITONS SWIM MEET – 27TH JUNE

Congratulations to all competitors who swam on Sunday. Many of our younger swimmers came away with both State Age Short Course qualifying times and personal bests. Our older swimmers had the opportunity to consolidate on last week's performances. Results aren't finalized as yet, so medal winners will be included in next week's flyer.

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 on 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, Target and National squads 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

Turns – speed of turns

This week and next week the focus will be on Freestyle turns. Some quick tips are below

1. As you turn, you may have a tendency to rotate TOO far, or to allow the feet to drop below the body. Try to keep your feet close to the surface, and begin the kick AS SOON AS POSSIBLE.
2. Push off the wall with as much force as you can.
3. Start kicking as fast and hard as possible to build immediate speed, and then take 1 or 2 race-pace strokes to reach your target point.
4. Swim fast into wall to come off fast.

Backstroke - Underwater Dolphin

All squads have been working on underwater work over the past two weeks. It is great to see the improvement that was evident in swims over the weekend. Now started, please keep up the work on this skill all the time.

TRAINING IS STILL ON FOR TARGET AND NATIONAL SQUADS

A REMINDER TO PARENTS that training continues throughout the Holiday period for these two squads. Training times for the holidays was sent to all swimmers and can be downloaded from the Neons website. SWIMMERS - Now is not the time to miss sessions. We have now entered our competitive specific phase of training for the next 6 weeks before leading into the taper for State Age. Missing sessions at this time will not be proactive to your competition results for that event. Plan your school holiday outings to outside training hours.

PROTEIN SUPPLEMENTS

I attended a VIS sponsored conference last week, where one of the major discussions was on the negative results that are surfacing regarding protein supplements. Protein supplements can cause kidney damage, and result in deficiency of essential vitamins and nutrients. The message from the leading sports nutritionists is that no athlete should be taking protein supplements, as a healthy diet provides what is required. Excess protein is not synthesised but oxidized, resulting in the lack of absorption of other nutrients. Some basic information – our swimmers require 2g/kg per day. The best time and amount to get the most benefit out of protein is by eating 20g pre and post exercise (within an hour) Protein should be taken with carbohydrates.

Examples of good pre and post protein carbohydrate snacks are

FOOD	AMOUNT OF PROTEIN
500ml skim Milk	20g
Smoothie (honey,banana)	24g
Bread roll with chicken & salad	20g
Jam Sandwich and Banana	20g
2 cartons of yoghurt	20g
30g smoked salmon & 3 crackers	24g
Meat Sandwich (Ham, chicken, etc)	20g+
Tuna in tin and 3 crackers	27g

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