



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 October, 2009

CODE OF CONDUCT

From Head Coach, Jo Love: Ivanhoe Neons committee are in the process of finalizing a code of conduct for swimmers, parents & coaches. Information about this should be released soon. Lately I have been coming down hard on swimmers in HPS for inappropriate behaviour in many areas. About 3 or 4 years ago our club had a similar problem with a group of girls and boys who were bring the whole squad down. At the time about 5 or 6 swimmers left the club in quick succession, after these swimmers left the attitude of the swimmers went from strength to strength and we had one of our most successful years. What is interesting to note is that none of these swimmers who left went on to compete at the same level or even continue competing. Neons is a highly competitive club and all swimmers should be focussed on achieving their best at each and every session. On that note **congratulations to Junior squad swimmers** who have been working hard on improving basic skills implemented on Thursday night sessions.

UPCOMING EVENTS

Essendon Meet
November 1st, MSAC

SVI DISTANCE COMP
November 7/8, MSAC

ALBURY MEET
November 14/15,
ALBURY

CAREY MEET
Nov 22nd
MSAC

MELBOURNE CUP

NO TRAINING FOR ANY SQUAD ON TUESDAY 3RD NOVEMBER

GREENSBOROUGH TRAINING

Training times have been sent to all swimmers in Senior and HPS squads regarding training at Greensborough commencing next Wednesday 4th November. Swimmers will need to pay entry to each session. In the past a season pass has been available to purchase.

CAREY SWIM MEET

Information regarding the Carey swim meet was circulated via email late Monday afternoon. Please return entries to Joanne asap with the closing date Thursday 29th October. **LATE ENTRIES WILL NOT BE ACCEPTED. A TIME LINE AND WARMUP DETAILS FOR THE ABOVE MEET WILL BE FORWARDED WHEN AVAILABLE**

NEW CLUB RECORDS

Congratulations to these swimmers who broke club records at the October Time Trials.

- 100m back Boys 10 yrs -Simon Bohun 1:28.33
- 100m back Girls 11yrs - Georgia Lloyd 1:25.15 and further beaten by Paris Gazzola 1:19.95
- 50 m fly Girls 12yrs Tessa Trill 33.53

APPROVED SWIMSUIT REMINDER FOR MARYIBYNONG & ESSENDON MEET

As per Swimming Victoria's **Competition By-laws 1.5** the only swim suits that competitors are allowed to wear from **1 November 2009** at Swimming Victoria approved competition are those approved by FINA or qualify as 'traditional' suits.

Suits approved by FINA are listed on the FINA 2010 List of approved suits. You can check what suits are approved by going to the FINA website and following links to News and scroll down to find the most recent News item relating to FINA Approved swimsuits.

Speedo suits you can wear from January 2010 are:

- LZR Racer Elite
 - LZR Racer Pro
 - LZR Racer Comp (from mid 2010)
 - Fastskin FSII- Male: Jammer ; Female Recordbreaker Kneeskin
 - Fastskin XT Male: Jammer and Female: Recordbreaker Kneeskin
 - Fastskin Female Recordbreaker Kneeskin and Male Jammer (please note this style is discontinued)
 - Aquablade – Female Recordbreaker Kneeskin
- *Please note that a new version of the Aquablade Male Jammer is approved by FINA and will be available shortly.*

Speedo swimsuits that are no longer acceptable under new FINA rulings from January 2010 are:

- LZR Racer (originally launched in February 2008)
- FS Pro all silhouettes
- Aquablade Female Recordbreaker and Male Jammer in its current form however please note a new version of the Aquablade Male Jammer is approved by FINA for 2010 and will be available shortly
- Fastskin FSII Recordbreaker
- Fastskin Recordbreaker

Information provided from Speedo Australia 20 October