



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**
Tuesday 2nd March 2010

AsctaVic Bluefin Swim Class- Saturday 6th March

For all swimmers entered in this meet - **3.30pm warm-up / 4.30pm Start**. Bluefin have requested assistance with time keeping ensuring that this meet is registered as a qualifying meet. **Neons are requested to field 3 timekeepers on the day.** Please assist if you are able to.

Training Changes for public holiday on Monday

Due to the public holiday on Mon 8 March, the following training changes have been made:

- Monday am training: **No training for any squad.**
- Monday pm training:
 - for State, Senior and HPS: 5.15 to 7.15pm
 - no training for Junior squad
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Ivanhoe Neons Club Championships

Please diarise **Friday 26 March** as our Club Championships Date. The meet flyer has been attached to the weekly newsletter email together with the entry form. Please make sure that all entries are received by Wednesday 17th March.

UPCOMING EVENTS

Last chance to qualify for Age Nationals:
Sat 6 March
ASCTAVic Meet

Qualified Swimmers
All Juniors Semis
20th March @ MSAC
All Juniors Finals
21st March @ MSAC

All Club Members
26 March 2010
Club Championships
IGS Pool

ALL JUNIOR semi finalists

Congratulations to all our Semi Finalists list below from last week's Metro North eliminations.

- **Semi finals are held on Saturday 20 March in the outdoor pool at MSAC.**
 - **8, 9 & 10 years swimmer:** 9:00am start (Warm-up from 8:00am)
 - **11, 12, 13 & 14 years swimmers:** 1:00pm Start (Warm-up from 12:00pm)
- **Finals for All age groups will commence at 9:00am (Warm-up from 8:00am) on Sunday 21st**

With the aim of all swimmers being to qualify for finals these coming weeks, the effort you put in is what will get you there. Continue to work on your technique, skills and speed and you are sure to swim even faster at finals. In next week's flyer Jo will put in times that made finals so swimmers can aim higher.

Linus Mayes	50 fly	50 back	50 Brst	50 Free
Simon Bohun	50 fly	50 back	50 Brst	50 free
Grace Peck	50 fly	50 back		50 free
Alexander Malcolm	50 fly	50 back	50 Brst	50 free
Nicholas Krieger	50 fly	50 back	50 Brst	50 Free
Nicholas Badrock	50 fly		50 Brst	50 Free
Lachlan Stirling	50 Fly	50 back		50 Free
Naoya Ikeda	50 fly	50 Back	50 Brst	50 Free
Wayylan Turner	50 fly	50 Back		
Tara Tigani	50 fly	50 Back	50 Brst	50 free
Heidi Elovaris	50 fly	50 Back		50 free
Michael Tanner	50 fly			50 free
Brayyd Turner	50 fly	50 Back	50 Brst	50 free
Remy Schneider	50 fly	50 Back	50 Brst	50 free
Tessa Traill	50 fly	50 Back	50 Brst	50 free
Sid Terrill	50 fly	50 Back		50 free
Lia Zhang	50 fly			50 free
Elysia Giannis			50 Brst	

Swim Star of the Week

Swimming Australia has provided Ivanhoe Neons with 5 swim caps to award to swimmers over the next 5 weeks.

The Swim Star caps have been provided to the Club to reward and recognise members for non-performance related achievements. Clubs independently determine awards, for example: the most consistent trainer, the happiest squad member, the best fundraiser etc. These caps have been allocated to Junior Squad.

Last week's winner is Cameron Smith for outstanding attitude and approach to training. Congratulations Cameron.

Forwarding the Neons Weekly Flyer

The coaches have requested that parents please either print out or forward onto swimmers the emailed flyer each week. This ensures that all swimmers are also kept up to date.

TIME TRIALS

A reminder that there are no more Time Trials until the start of the new swimming season, which begins in May 2010.