



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 30th March 2010

AUSTRALIAN AGE NATIONALS – SYDNEY

Good luck to all our swimmers competing in Sydney at the Australian Age Championships commencing April 5th. Those swimmers are Nicholas (Burt) O'Connor, Natalie Presutti, Max Kirwan, Troy Gazzola, Lachlan McLeish, Annabel Newton and Remy Schneider.

For these swimmers here are some Tips from the Pros: Preparing for Championship Meets by American Olympian Mary DeSenza

UPCOMING EVENTS

Qualified Swimmers
Australian Age
Championships
5th – 10th April
Sydney

All Club Members
Time Trials
16 April 2010

"I am writing this journal on Monday. I am flying out to Texas on Tuesday and am going to start competing at my taper meet for the season on Thursday – the NCAA Championships. These past two weeks have been sort of uneventful for me, aside from having spring break and starting taper. It was nice to have a week off of schoolwork, especially because NCAAs are so close. I swim every day, and then spend some time at the mall or on my bed reading one of the books from my own personal library. I choose these activities because they are all low stress, and during taper time, it is best to not run around. As I begin to taper, I notice my energy level rises and often find it hard to sleep at night. This is not uncommon for swimmers, and this usually happens to me as my yardage decreases. As much as I would like to play in the warm Georgia weather, I know that it might negatively affect my upcoming races. In addition to altering my taper, there is a chance that I could get hurt if I choose a strenuous, but fun, activity. It is not wise to engage in risky actions immediately before your big meet, especially if you are clumsy like me.

In addition to the new surge of energy, I have noticed that I have been getting more and more nervous. I have some big races coming up and want to do my best. It is totally normal to get a little nervous before a big meet. It just so happens that I use this nervousness to my advantage. I get an adrenaline rush and butterflies in my stomach right before an upcoming race. It has taken some time for me to learn how to convert my nervous energy to "swimming energy," but it is well worth it in the end. I want to wish all swimmers competing at the NCAA championship good luck and hope that everyone sees best times, particularly Georgia swimmers!!"

TRAINING FEES AND NEW SQUADS

Information has now been sent regarding the Training Fees for Term 2/2010 and the new squads in readiness for the 2010/2011 season. Should you need and further information or clarification please contact Joanne.

RECOMMENCEMENT DATE – TERM 2

Junior Squad – 12th April
Target Squad – 19th April
National Age/Open Squad – 27th April.