

# NEONS

# NEWS

From the Ivanhoe Neons Swimming Club Inc

May 2004

<http://www.vicnet.net.au/~neons>

ABN 47 514 830 410

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**2003 - 2004**

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## AUSTRALIAN AGE CHAMPIONSHIPS

### NICK CORDNER AND KEN-GENE YAP SWIM WITH ATHENS BOUND STARS AT AGE CHAMPS

Six members of the 42-strong Australian Olympic Swimming team Alice Mills, Travis Nederpelt, Lara Carroll, Eamon Sullivan, Marieke Guehrer and Melissa Mitchell competed at the Australian Age Championships, alongside our boys at the end of April.



Also swimming at the event was highly credited visitors from Great Britain. The Brits showed their strength in many events taking medals in a lot of the older age groups.

Nick Cordner – made 3 finals, finishing 5<sup>th</sup> in the 16 – 18 400IM, 7<sup>th</sup> in the 17/18 yrs 200m Back and 5<sup>th</sup> in the 17/18 yrs 200 IM.

Ken-Gene finished 9<sup>th</sup> in his 50m Freestyle to narrowly miss out on making the final.

I believe both boys will readily admit that going away, and racing against the best nationally is a completely new and challenging experience. You learn all the requirements needed to take you to the next level in swimming.

### **IMPORTANT CHANGE OF DATES**

### **VICTORIAN STATE CHAMPIONSHIPS**

**Victorian Age (13-18 years) Championships - Now 18 – 22<sup>nd</sup> DECEMBER 2004**

**Victorian 12/U Championships - 2 – 6 JANUARY 2005**

**DATES FOR THE OPEN STATE CHAMPIONSHIPS ARE NOT CONFIRMED AT THIS DATE.**

# Presidents Report

## 2003 / 2004

As the 2003/2004 swimming year comes to an end we should all reflect on our own input and achievements.

To all the swimmers, both competitive and developing let's hope that you achieve your personal goals.

To the parents and associated members who have supported the swimmers and the club throughout the year, I extend a big thank you!

Continuing with the thank you's, I have a number that need to be individualized and acknowledged.

Peter Robertson: Our past president and committee person, dedicated many hours to the club and we thank him for his time and effort.

Joanne Love: Our head coach and the back-bone of the Ivanhoe Neons Swimming Club.

Jo was honored with Life Membership this year, her commitment, dedication and occasional tantrum cannot be questioned!

The General Committee: Comprising Yvonne Yuen, Fil Chan, Julianne Bayliss, Diane Bayliss, and Alison Schwarz, who have all contributed to the coherent running of the club.

The Social Committee: Comprising Angela Forno,

Toula Biscontin, Annmarie Farrell and Fil Chan, have supported the club behind the scenes as well as actively working at providing the complementary sausage sizzle at time trials.

And finally a big thank you to all the parents that support the time trials by time-keeping and to Jenny Rosenthal who greets everyone at the time trials, sells raffle tickets and assists greatly in the smooth running of the event.

Recently the committee discussed and endorsed a proposal put forward by Joanne Love (our head coach) that she believed would develop, strengthen and bond the swimmers across all the squads. I am personally excited by the program and believe that it will assist all the swimmers individually and the club in general.

The club has a bright and exciting future. I encourage everyone to be a part of this development and growth, and look forward to everyone's continued support however large or small.

**Eric Visser**  
*Interim President*

## NOVICE SWIM MEET

FRIDAY 25<sup>TH</sup> JUNE  
2004

6.00 Warm-up  
For 6.30pm START  
IVANHOE GRAMMAR  
SCHOOL

**YOUR HELP IS  
NEEDED!!!**

The club is holding a Novice swim meet on Friday June 25<sup>th</sup> in conjunction with Aquabears Swim Club. This meet is open to all New Club Members (joining after July 2003) and all Non Club Members - 12 years and under. The program is attached for eligible members.

This meet targets the Swim Schools stroke development classes to continue in the sport and helps to bridge the gap between learn to swim and squad/club swimming. Our ultimate aim of course is to promote **IVANHOE NEONS** to these swimmers as the club of choice.

Your help is needed to assist with Marshalling, Time Keeping, etc. In the past we have always had enough people to run our meets efficiently, and we hope that this year will not be any different. Please contact **Joanne Love on 9499 3737** as soon as possible if you are available to help.

Refreshments will be provided throughout the meet.

# SWIM CAMP

**FORMS MUST BE RETURNED BY  
TUESDAY 1<sup>ST</sup> JUNE.**



**HEALSVILLE CAMP 2001**

**As a coach my aim is to have the best High Performance Team for 2004/05. This camp is for inspiring our swimmers both young and old, promoting team spirit and motivation for the season to come.**

**To go that next level swimmers must think and train like swimmers who are already at that next level.**

By combining all our squads our older swimmers can pass onto the younger team members incredible stories that will positively affect them and impact on them what is needed to be a great swimmer.

**GET THOSE FORMS BACK ASAP**

**SHOULD YOU NEED ANY FURTHER  
INFORMATION PLEASE CALL  
JOANNE AT THE OFFICE ON 9499 3737**

**NEXT TIME TRIALS  
18<sup>TH</sup> JUNE 6.15PM**

Please check in with the ladies at the door before entering the pool.

The cost is just  
\$2 per swimmer or  
\$5 per family  
Spectators Free  
Non-Members \$4



## STRENGTH AND CONDITIONING

Our strength and conditioning program has started again with SDS and Senior Squad, and it is great to see the new faces.

The first two weeks of this program was spent getting back into the swing of things, and teaching the new recruits the basic exercises. Our program started in earnest this week. It's a series circuit, with several levels of difficulty (skill and intensity).

This program includes exercises to improve general and specific coordination, as with swimmers this is often quite poor. The idea being that if swimmers are able to improve their control over their whole body then this will transfer to having better control over themselves in the water and be able to make adjustments to their movements as directed by the coach.

# 2003 / 2004 Awards

Congratulations to all award winners, awards that have been gained through application and hard training. Naturally, we would not have a swimming club without swimmers, parents and committee.

## Most Improved Winners

FREE	Brian Nuwayhid
FLY	Kane Baranow
BACK	Alastair Cooper
BRST	Stuart Walpole

## Award Recipients for Season 2003 / 2004

### Aggregate Award Winners

- 1<sup>st</sup> Troy Gazzola
- 2<sup>nd</sup> Michael Forno
- 3<sup>rd</sup> Sean Walpole
- 4<sup>th</sup> Ken-Leon Yap
- 5<sup>th</sup> Nick Agius
- 6<sup>th</sup> Alessi Burnham
- 7<sup>th</sup> Jonathan Bounas
- 8<sup>th</sup> Jonathan Chan
- 9<sup>th</sup> Stephen Jury
- 10<sup>th</sup> Ken-Gene Yap

Winners of the Aggregate Awards are decided on points allocated at Time Trials as follows-

- 1 point for each Time Trial swum
- 1 point for 0.01 – 0.99-second improvement on previous best Time Trial swim
- 2 points for 1.0 – 1.99-second improvement on previous best Time Trial swim
- 3 points for 2.0 or greater seconds improvement on previous best Time Trial swim

## Club Championships Trophies

- 9 yr/u Girls: Genevieve Grose
- 9 yr Boys: Jonathan Bounas
- 10 yr Girls: Dana Kavanagh
- 10 yr Boys: Alastair Cooper
- 11 yr Girls: Alessi Burnham
- 11 yr Girls: Melody Grose
- 11 yr boys: Jonathan Chan
- 12/13yrs Girls: Rachel Farrell
- 12/13yrs Boys: Jackson Kavanagh
- 14/15 yrs Girls: Kara White
- 14/15 yrs Boys: Ken-Gene Yap
- 16 yr/o Girls: Julianne Bayliss
- 16 yr/o Boys: Ken Pang

## Coaches Awards

- Nick Cordner
- Sam Kirkpatrick



## BIRTHDAYS

### May 2004

- Brooke Reynolds 3rd
- Lewis Reynolds 3rd
- Sam Kirkpatrick 8th
- Sharon Yap 9th

**Ali Schwarz 13<sup>th</sup>**  
*(21st Birthday!)*

Cameron Myers 15<sup>th</sup>

**Dianne Bayliss 15<sup>th</sup>**  
*(50th Birthday!)*

- Alessi Burnham 18th
- Ken-Gene Yap 20th
- Edward Perin 26th
- Sam Bramham 23rd
- Matthew Baranow 28th

### June 2004

- Kara White 15th
- Tara Wood 21st
- Ken Pang 28<sup>th</sup>

## CONGRATULATIONS

## Backstroke Tips From America's World Record Holders

The United States as a swimming nation has always fared pretty well in the backstroke. That fact has never been truer than it is today. Lenny Krayzelburg is the defending Olympic champion in both the 100m and 200m backstrokes. From 1999 to 2002, he held the world records in all three backstroke events (50, 100, 200) ... until Aaron Peirsol came along this year and broke the 200m backstroke world mark. Peirsol was second to Lenny in the 200m backstroke in Sydney; he went on to win his own world title in 2001. Natalie Coughlin became the first woman to break a minute in the 100m backstroke, setting a new world record at the 2002 U.S. Summer Nationals. She is the 2001 World Champion at 100-meters.

### **Tip #1 - Throw your head back**

LK: You start with your head. You want to throw your head back until you can almost see the other side of the pool. Ideally, that's what you want to do because it will help you have a better entry into the water. It will help you get your hips out of the water.



### **Tip #2 - Keep your head back**

NC: The most important thing in swimming, I think, is technique. It's so unnatural for humans to move through water. I mean there're starts ... if I hadn't work on my starts recently; I probably would have hit my head on the bottom, not just my feet. I've really worked on my start this summer. Keeping my head back more in my streamline is something new that I worked on this summer.

### **Tip #3- Pretend you're sleeping**

I guess the best backstroke advice would be the body position. Keeping your body straight in the water, keeping streamlined, will determine how fast you'll go. I tell people to try and keep your head up, keep your head pretty flat in the water. Picture yourself putting your head on a pillow, relax ... what that does is really bring your chest up, brings your hips up and you will really ride

high in the water and when you're riding high in



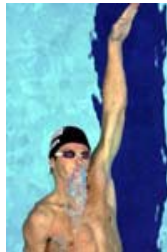
the water, you'll have less drag and you'll move through the water faster. For little kids, I always tell them relax your head, put it back there and just pretend your sleeping.

### **Tip #4 - Arms at 10 and 2**

NC: Keeping my arms at 10 and 2 ... I taught lessons this summer ... that's what I tell the six-year-olds and I still don't do that all the time. . 10 and 2 ... you know if I was a clock ... that's what you tell a bunch of six-year-olds, if you're telling them to do backstroke: If I was a clock, keep your hands at 10 and 2, so you're not crossing over.

### **Tip #5 - Stay shallow and don't roll**

AP: This is the way it works for me. I've looked at tapes of me and of other people. I seem to enter a little shallower in my catch. My pull is a little straighter; it's not so bendy, it's not so wavy, I guess. And I finish pretty shallow too; I don't finish that deep at all. I don't roll too much. I think that really helps you with your turnover rate. I think when you roll too much, your turnover rate can slow down and plus, when you roll too much, you might catch a little deeper.



### **Tip #6 - How to swim straight**

LK: That's some tough advice because I sometimes have problems with that, but obviously when you train indoors; it's good to focus on something in the ceiling, especially in training. You pick that spot. And outside - some kids asked me yesterday about this - you have to work on your peripheral vision. We sometimes take that for granted. In training and in competition, you've got to work on that. You've got to try to practice looking on both sides of the lane line to see where you are.

### **Tip #7 - Developing a kicking style**

LK: What I notice is that if you watch the top backstrokers in the world kick, a lot of them have their own style of kicking. Some have a very wide kick; some have a very narrow kick. It depends on how powerful you are, how strong your legs are. For example, Peter Marshall is really powerful from his knees and below. And some guys like (Australia's) Matt Walsh is really powerful in his quads, so his undulation is really wide. It depends; you have to play around with it. Experiment with different styles of kicking and see what fits you the best.

### **Tip #8 - The kick and pull harmony**

AP: I think the most important thing is a good harmony between the kick and the pull. When you can combine those just right, you'll just be stellar. I mean, I have a better than average pull and I have a better than average kick, then when you combine those two together, I think that's when I get to another level. That's just a matter of practice and trying to create balance in your stroke. You're going to have to swim when you do this; there's really no drill. You have to really concentrate on keeping a constant kick and keep a really steady pull. It won't be that easy. It might take time for a lot of people, but the outcome will probably be something special

### **Tip #9 - Throw your head back**



AP: I really bend back and do a huge dolphin kick at the end, maybe like two dolphin kicks. You just have to drive back as hard as you can. It's not just laying your head back; you've got to throw your head back. On the last stroke or two, just ... wham! ... throw your head back, kick for that wall and hopefully you'll find it there.

### **Tip #10 - And finally...**

AP: Stay on your back.

## TIME TRIAL RESULTS – 21st MAY 2004

		25 FLY	50 FLY	25 BACK	50 BACK	50 BRST	100 BRST	25 FREE	50 FREE
AGIUS	NICK		40.78		44.34	DQ	DQ		37.44
AGOSTINO	SIMONA	26.84			53.75	1.07.31			50.47
BAYLISS	JULIANNE						1.29.90		
BOUNAS	JONATHAN		48.88		46.09	51.13			38.75
BURCH	HAYDEN		39.34		36.65	44.62	DQ		33.47
BURNHAM	ALESSI		45.27		44.19	51.09			39.06
CHAN	LAUREN		34.28		35.44	50.22	1.39.27		35.97
COOPER	ALASTAIR				45.69				
DAWSON	CIAN	27.66			53.56	1.02.15			51.93
FARRELL	RACHEL		34.91		39.81	48.13	DQ		35.16
FORNO	MICHAEL		40.15		42.62	54.21	1.52.00		35.46
GAZZOLA	PARIS			41.09				36.84	
GAZZOLA	TROY		53.71		DQ	58.41			43.56
GIBNEY	EMILY		54.94		50.68	51.03			46.87
HUANG-WANG	IAN		1.00.44		51.98	57.25			49
JURY	STEPHEN		40.06		44.28	42	1.30.63		33.5
MOLONY	CLAIRE	29.19			49.21	1.02.62			42.96
NUWAYHID	BRIAN		49.03		43.66	45.98			37.34
PERIN	EDWARD	23.27			51	1.07.44			49.1
PILLING	JAMIE		47.19		46.37	50.09	1.50.72		36.47
PRESUTTI	NATALIE	23.43			48.91	56.84			41
REYNOLDS	BROOKE	27.72			58.09	1.09.03			52.88
REYNOLDS	LEWIS	27.5			59.04	1.05.97			48.16
REYNOLDS	DANIELLE		53.1		50.75	52.09			43.34
RINTOLL	ALEXANDER		43.53		52.62	51.8			23.33
ROSENTHAL	ALAN		33.78		36.69	39.53	1.27.72		30
SILVA	SARAH		50.05		45.69	1.02.66			39.81
THESEIRA	JONATHON	22.69			50.07	55.56			40.34
VISSER	STEFAN		39.38		39.25	43.52	1.31.13		33.13
WALPOLE	SEAN		1.05.50		54.69	1.06.07			47.06
WALPOLE	STUART		36.09		36.31	46.3	1.43.17		32.39
WHITE	KARA		35.72		41.07	43.34	1.32.93		31.72
YAP	PEARL-LYN				54.41				48.94
YAP	KEN-LEON		48.52		49.77	53.35			39.57
YAP	KEN-GENE				33.38	37.37	1.27.44		26.1
YUEN	PATRICK		50.41		42.56	51.57			37.72
YUEN	ERIC		36.12		33.94	DQ	DQ		36.82