

NEONS

NEWS

From the **Ivanhoe Neons Swimming Club**
November / December 2003

Neons Committee

2003 - 2004

Head Coach

Joanne Love
0414 499 437
jlswim@hotmail.net.au

President / District Representative

Peter Robertson
9499 1897
peter.robertson@rmit.edu.au

Treasurer

Filomena Chan
9459 4528
jgc@austin.unimelb.edu.au

Secretary

Yvonne Yuen
9499-6912
yvonne@dmcprint.com.au

Aggregate Coordinator Competition Coordinator

Julianne Bayliss
9459 6898
julesisayobbo@hotmail.com

Time Trials Coordinator

Alison Schwarz
9455 3003
ali_e_ali_i@hotmail.com

Social and Fundraising Coordinator

Eric Visser
9459 6380
ejvisser@ozemail.com.au

Membership Registrar / Club Merchandise

Dianne Bayliss
9459 6898
sherbay@optusnet.com.au

Swimmer Liaison

Julie Pilling
9499 8761

Web Manager

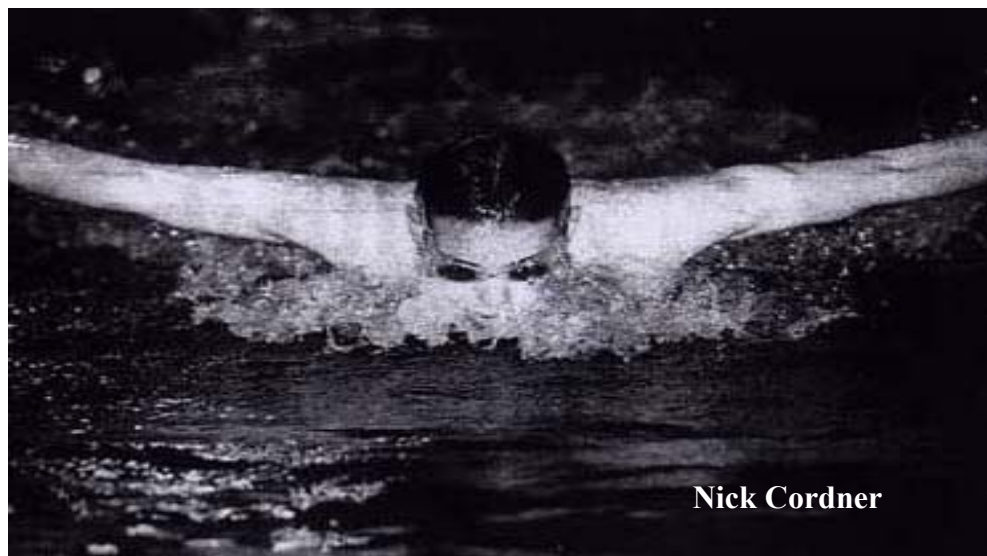
Peter Gazzola
9499 9435

Correspondence to:

The Secretary
PO Box 2219
East Ivanhoe Vic 3079

Newsletter Editor

Robyn Agius
9842 9508
robynagius@ozemail.com.au



Nick Cordner

COACHES COMMENT

Our World Cup Finalist – NICK CORDNER

The Australian swimming article reads "International Finalists Michael Phelps, Dean Kent, Massi Rossilini, Kevin Clements will go head to head with Aussies **Nick Cordner**, Grant McGregor, Trent Steed and Adam Lucas". Yes, our very own Nick!

Nick swam a personal best by 3 seconds to give him lane 8 in the final of this prestigious International Competition. His time of 2.03.86 in the Heats created a new Victorian 16 years 200IM record by 3 seconds, and in the final he beat 1998 Commonwealth Gold 200 IM Medalist Trent Steed to finish 7th, again creating a new Victorian record of 2.03.40. Michael Phelps won the event creating a new World Cup record time in the process.

It was a night of great swimming, Leisel Jones created a new World Record for the 200m Breaststroke in an earlier event adding to her World Record the night before and Lisbeth Lenton created a new Commonwealth Record in the 50m Freestyle.

Nick had an awesome meet, on Day one he competed in the Mens 200m Butterfly, improving his ranking considerably by swimming a 3 second PB of 2.02.61, he finished 16th in this event.

Day 3 was the 400IM his strongest event. This event is swum with the slowest seeded heats in the morning and the fastest eight times in the evening. It was disappointing not to swim heats and finals, as Nick won his heat easily lowering his PB by 7 seconds, achieving a new Victorian State Record. Nick finished 10th overall (5th fastest Australian) on time. His time of 4.22.40 now ranks Nick in the Open Top Ten 400IM swimmers in Australia this year.

NEONS SWIMMERS SHINE AT METRO NORTH COMPETITIONS

The last month has seen our swimmers compete in the Metro North Open Championships, Age Championships and 7 to 10 years Time Trials. Our swimmers have been very successful in all meets, with lots of medals and ribbons. Congratulations to those swimmers who gained their first medal or ribbon at one of these meets.



Laura Robertson

Late October, the Metro North Age Championships were held at MSAC. We had lots of great swims; many PB's and for most it was their first opportunity to get back into 50m swimming after the winter racing Shortcourse.

Congratulations to Nick Cordner Boys 16/17 years District Age Champion and Laura Robertson Girls 14/15 years District Age Champion. Many other swimmers walked away with medals on the morning – congratulations to those swimmers. Special mention to Nick Cordner for breaking the Boys 16 years 100m Butterfly record by 1.5secs at this event.

Early November was the Metro North Open Championships, whilst not being held at a great time or location, this meet still gave our swimmers the opportunity to go for some great swims and again take home many medals. Well done to those swimmers who worked hard in every swim and achieve new PB's.

Late November our selected 7 – 10 year old swimmers swam for the Metro North in the Interdistrict competition, those who swum continue to improve and most finished with places in the top half of the competition.

JOANNE

OUR CLUB – YOUR SAY

There are different types of structure, i.e. coach-run clubs, parent-run clubs, and others. Our club at present is a parent-run club. To run a successful swimming club it must have a mission statement, annual objectives, long-term goals, bylaws, code of conduct, job descriptions, club handbook and administrative structure to guide their operations. To help maintain interest, excitement, and enthusiasm for our club and our

current swimmers, it is important that the club have established motivational activities and events.

The Joanne Love Swim School has the pool rights at Ivanhoe Grammar School and the club supports these swimmers in the training program that Joanne runs. There is no contract in place between the parties at the present time, and in Joanne's opinion the club is struggling to meet its commitment to its members in many of the areas above. Joanne is presently organizing a proposal (a contract) between the parties to cement the Swim School's position and the club's position. In this proposal, the Swim School will take over the responsibility for certain duties and services i.e. organizing events and activities to promote "Neons" team spirit and provide opportunities for younger members to integrate into the Neons club and further their development of swimming. The club committee will continue with administrative support to achieve set objectives. Joanne encourages any club members with ideas or suggestions to contact personally or by email jlswim@hotmail.net.au Joanne Love

FROM THE PRESIDENT

Peter Robertson

I am pleased to announce that our Club has established a new type of **Business & Family Sponsorship**. Our aim is to attract the financial support of local businesses and friends of the Club to help fund a range of Club activities. The sponsorship package will be offered at three levels—Bronze Medal, Silver Medal and Gold Medal. See page 6 of this Newsletter for details.

This is a major new initiative by the Club. We hope that this will lead to significant new revenue that will add to the revenue raised from the traditional sources of club membership, club merchandise and social & fundraising activities. Letters of invitation have already been sent to the 50 or so businesses and friends who supported our Trivia Night earlier this year.

If you are aware of a business or family that might be interested in becoming a Neons sponsor, please get in touch with me—send an e-mail to neons@vicnet.net.au or call me on 9499 1897.

NEW NEONS WEBSITE

We have a new-look website that incorporates our new logo. You can check out the attractive new layout at

www.neons.vicnet.net.au

Many thanks to Jo, Murray and Peter Gazzola for their work.

Congratulations to Nick Cordner on his performance in the World Cup last weekend. Two top ten finishes in his events is a sensational result.

CHRISTMAS TRAINING TIMES

The Christmas training time table for each squad is included with this newsletter. Changes will be from 15th December until 2nd February, 2004, when normal training sessions resume.

Keep up to date with all training changes by viewing our website www.vicnet.net.au/~neons and clicking on squad training. You will find changes for each squad and the Christmas training timetable

Ivanhoe Neons

Business & Family Sponsorship for 2004

Bronze Medal Sponsors

Business & Family

Subscription \$50 p.a. Package includes:

- Framed letter of appreciation to display at your business or home
- Acknowledgment of your business or family at the Club Championship meet
- Acknowledgment of your business or family at the Club Presentation night

Silver Medal Sponsors

Business & Family

Subscription \$150 p.a. Package includes:

- Framed letter of appreciation to display at your business or home
- Acknowledgment of your business or family at the Club Championship meet
- Acknowledgment of your business or family at the Club Presentation night

PLUS

- Business-card size advertising in each monthly issue of Neon News
- Complimentary copy of Neons News

Gold Medal Sponsors

Corporate & Business

Subscription \$1000 p.a. Package includes:

- Framed letter of appreciation to display at your business
- Acknowledgment of your business at the Club Championship meet
- Acknowledgment of your business at the Club Presentation night
- Business-card size advertising in each monthly issue of Neon News
- Complimentary copy of Neons News

PLUS

- Naming rights on Club merchandise such as polo shirts, T-shirts etc. (subject to Swimming Victoria restrictions)
- Naming rights on large Club banner displayed at major swim meets
- Your business acknowledged on the Ivanhoe Neons website

For information on how to become a sponsor of the Ivanhoe Neons
please contact

Peter Robertson on 9499 1897 or Eric Visser on 9435 3245

SOCIAL NEWS

Eric Visser

Past Events:-

Wine & Chocolate Tasting

A great afternoon was had by approx. 55 attendees. Plenty of wine tasting and mountains of chocolates to try. Financially, the Club made a profit of over \$900 - many thanks to all the hard workers on the committee and also to Jenny Houghton (Maygars Winery) and John Grisold (Mr Chocolatier Chocolates). Chocolates can now be collected from The Chocolatier Shop in Waterdale Road, Ivanhoe. Anybody requiring more wine for Christmas please can you contact me.

Future Events:-

Neons Christmas Break-up

The Christmas Break-up will be held after time trials on 19th December - all members and parents are invited

to get together for pizza, sweets and drinks (non alcoholic). Come along for a pleasant social end-of-year get together.

Can the swimmers let me (Eric - Stefan's dad) know what are the preferred pizza toppings.

Many thanks to all members who supported our social functions during the year. Wishing you all a lovely Christmas time and a safe and happy 2004 !

*****Neons Christmas Break Up*****

Our **Christmas Break-up** will be held after time trials on **19th December** - all members and parents are invited

Come along for Pizza and (non-alcoholic) drinks.

SPEED VERSUS EFFORT

The faster you want to go... the more relaxed you have to be

By Wayne Goldsmith

Swimming is a simple sport... jump in at one end and get to the other end before anyone else.

In the most basic analysis, it's a game of speed. Speed is the most crucial element in the sport. It's fundamental. The swimmer who swims fastest wins the race.

But is it really that simple?

We know from biomechanical analysis of champions at major swimming competitions that the fastest **swimmer** does not always win. Sometimes the fastest **swimmer** ... i.e. the person with the highest swimming ... loses the race because of inferior skills, turns, starts and finishes. We know sometimes the fastest swimmer dose not win because they were not mentally focused in on the task.

In the end however, skills, fitness, mental attitude, flexibility and all the other elements of the sport come down to one question ... how fast can you swim? What is swimming speed?

Technically, it is the velocity that your body moves through the water.

If you ask a little kid to swim as fast as they can, they throw their arms and legs as fast as possible with lots of **effort**, but without much **speed**. They grit their teeth, tighten their arms, hold their breath and generally fight the water. They make lots of splashes ... but not much dash!

There is a difference between **effort** and **speed**. Great swimmers often report that when they experience **REAL SPEED**, it seems to come with little **EFFORT**.

When the south African Breaststroke swimmer, Penny Heyns, broke the world records for 100 and 200 metres. She commented... *"When I touched the wall I thought, a 2:30, and this felt too easy for that. I really don't know what happened."*

Australians own Grant Hackett was interviewed after his amazing world record effort over 200 metres Freestyle, and said... *"I certainly hadn't prepared to break the world record – I was having pillow fights with Ky Hurst and the rest of the team before the race."* And it goes on. *"The swim itself just happened, just like Gennadi (coach) said it would, without really facing it."*

Michael Klim's comments after his World Record 100 Butterfly swim.

When it all comes together, and swimmers feel real speed, it seems to come with little effort. On the other occasions, swimmers have reported feeling heavy, slow and sluggish, busting their guts and giving 100% **effort** – but have swum slow times. What is the difference between **EFFORT** and **SPEED**? Speed and relaxation appear to be somehow linked. It seems weird, but in many sports where excellence is measured in terms of how fast an athlete can move, the champions consistently say that their best performances have come when they were at their most relaxed.

When at his peak, multiple Olympic Gold Medallist sprinter, Carl Lewis, was an unbeatable athlete who understood speed as much as anyone. When asked about Lewis' success, his coach remarked, *"the faster you want to go, the more relaxed you have to be"*.

The question then is ... can you learn to relax when trying to go fast?

- *Long, easy, even paced, even tempo swimming helps develop a sense of **rhythm**. Being in a swimming rhythm is a comfortable feeling that helps develop **relaxation**. When arm stroke, kick and breathing are in a coordinated rhythm, real relaxation in the water is possible. From there, it is possible over time to learn to stay relaxed at faster speeds. Learning to relax at slow speeds first is the crucial step.*
- *Swim techniques and drills have been developed to decrease the resistance your body experience when swimming. Developing technical excellence means you move through the water with less effort.*
- *Work on MDS or DPS (maximum Distance per Stroke or Distance per stroke) skills as a priority. The best swimmers in the world are able to maintain long strokes at top speed, when tired and under pressure. It all starts with learning to swim with less strokes in training. In warm up, try counting strokes on the first lap. Then aim to take one stroke less on the next lap-and so on.*
- *Try the MIMI-MAX workout (Minimum strokes, Maximum Speed) effect by Bill Sweetenham. Count your strokes on your first 50 metres. Accurately not your time. Next, add the number of strokes to your time. For example, if you take 50 strokes and swim 45 seconds for the lap, your lap score is 95. Aim to swim a lap, which means you either need to swim a little faster, or stroke a little longer. Continue the process six times. Fewer strokes is good. Faster speed is great. Fewer strokes and faster speed is best.*
- *Work on keeping strokes long and strong at training. In every effort, ask yourself "Couldn't I do this with fewer strokes". When doing skills like drills aim for technical perfection, the technical perfection with the minimum number of strokes and finally the technical perfection with a minimum number of strokes at maximum speed.*
- *Develop real speed by thinking about swimming FAST rather than trying too hard and increasing effort during your speed. Train fast to race fast.*
- *Every turn in training is a race turn...every dive is a race dive. Every finish should be completed on the wall with power and controlled aggression. Train as you would like to race.*
- *Drills should be completed with precision and with 100% concentration. Think technique first at all times.*
- *Challenge yourself to swim fast when tired. In training, challenge yourself to jump up at the end of the session and swim fast. When racing, challenge yourself to swim fast when tired, to swim fast heats in the morning then faster finals at night, to swim as fast on the last day of the meet as you did on the first day etc.*
- *Learn to enjoy pressure situations. Being nervous is a sign that something great is about to happen. Your body is getting ready to do something brilliant. Learn to enjoy the pressure of competition.*

Part of the process of understanding the difference between **effort** and **speed** comes during TAPER- that is the period of time when you are freshening up and resting in preparation for a competition. Swimmers will often say that during a taper they feel light, that training efforts felt easy that they feel like they are swimming on top of the water.

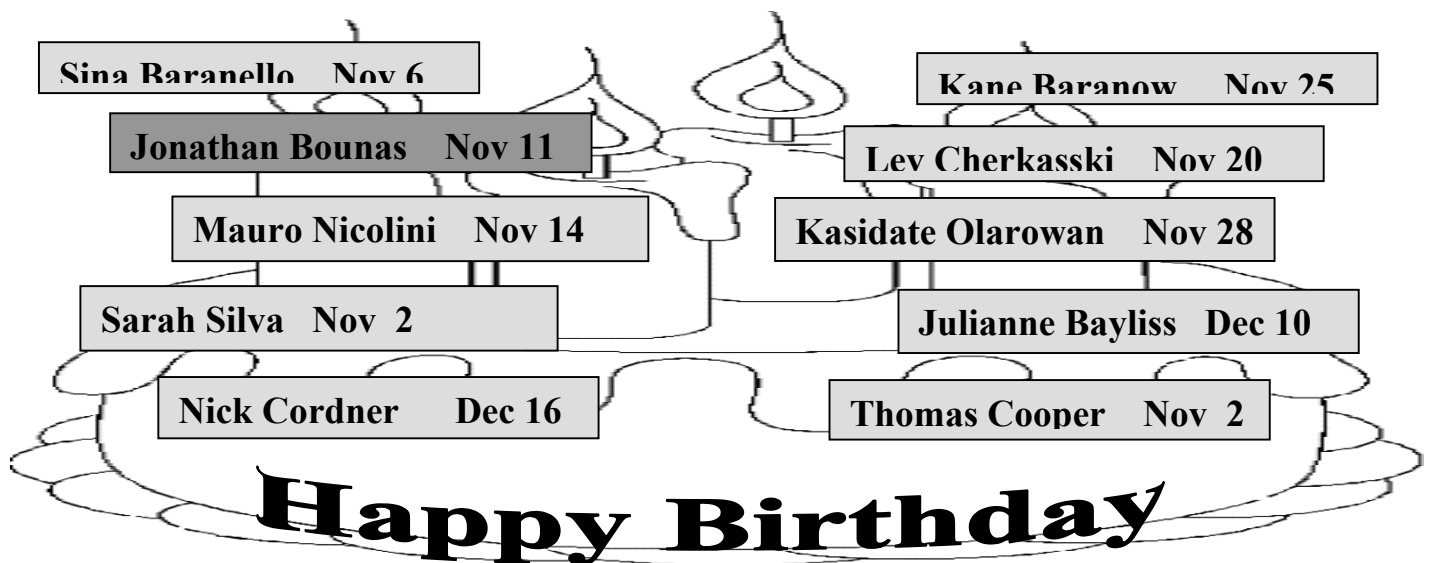
This feeling, where speed comes with a little effort, is an indication that you are ready to race and that your taper has worked well.

It also comes from listening to your coach and working with him or her in your fast work.

If your coach uses the expression MAXIMUM EFFORT, your swimming response should be...

"I will do this at maximum speed, while staying relaxed and loose, with minimum strokes, great skills and technical excellence".

**If it's speed you need
You need speed indeed
And you need some dash
Without a splash or trash
Just keep your cool
Win the swimming pool
Stay relaxed and loose
And you'll make the news**



CHRISTMAS TRAINING TIMES

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TIME TRIALS- Friday 21st Novemeber 2003

CONGRATULATIONS TO OUR NEW RECORD HOLDERS:-

Nicholas Cordner Boys 16yrs 200m Freestyle 2.05.32
Rachel Farrell Girls 13yrs 200m Butterfly 2.42.06

SURNAME	FIRST NAME	50m FREE	50m BACK	50m BRST	50m FLY	200m CHOICE
AGIUS	Nicholas	38.72	47.94	51.16	44.45	3.18.09 (IM)
BARANOW	Dean	42.29	51.46	DQ	56.91	DNS
BARANOW	Kane	39.28	50.28	50.88	53.97	DNS
BARANOW	Matthew	33.22	42.21	43.79	40.00	2.42.95 (FREE)
BISCONTIN	Katie	36.72	43.05	46.55	DNS	DNS
BISCONTIN	Nick	48.93	DNS	55.63	DNS	DNS
BOUNAS	Jonathan	DQ	51.97	52.46	51.00	DNS
BRAMHAM	Sam	30.59	37.57	DNS	32.07	2.21.72 (FREE)
BURNHAM	Alessi	41.89	47.03	51.91	46.75	DNS
CHAN	James	32.19	40.85	40.28	35.04	2.41.00 (IM)
CHAN	Jonathan	35.35	39.93	43.75	43.12	3.03.58 (IM)
CHAN	Lauren	31.37	36.00	47.03	34.44	2.46.00 (IM)
COOPER	Alistair	38.60	48.25	54.84	47.25	DNS
CORDNER	Nicholas	25.53	29.94	33.18	27.54	2.05.32 (FREE)
FARRELL	Rachel	31.86	DQ	44.94	33.25	2.42.06 (FLY)
FORNO	Michael	37.47	47.14	57.22	48.78	DNS
GAZZOLA	Troy	41.02	51.43	DQ	48.53	DNS
JURY	Stephen	33.53	40.69	41.66	39.78	2.40.31 (FREE)
KIRKPATRICK	Sam	39.06	50.29	54.74	52.82	DNS
MARTELL	Edward	50.90	59.22	1.07.53	1.08.91	DNS
NUWAYHID	Brian	39.19	46.92	47.18	54.34	DNS
POTTS	Caitlin	52.18	1.01.69	1.05.69	1.07.79	DNS
POTTS	Christina	44.43	56.50	58.69	52.19	DNS
VISSER	Stefan	32.47	39.07	42.66	37.23	2.53.18 (IM)
WALPOLE	Sean	49.88	57.28	1.08.90	1.15.15	DNS
WALPOLE	Stuart	31.81	38.69	47.06	36.50	2.31.34 (FREE)
YAP	Ken-Gene	27.04	35.69	38.37	31.72	2.15.53 (FREE)
YAP	Ken-Leon	43.78	50.83	57.53	54.57	DNS
YAP	Pearl-Lyn	53.36	1.00.25	DNS	DNS	DNS

Neons Top 20

SURNAME	FIRST NAME	POINTS		SURNAME	FIRST NAME	POINTS
GAZZOLA	Troy	56		MARTELL	Edward	32
BURNHAM	Alessi	43		VISSER	Stefan	28
AGIUS	Nicholas	40		BARANOW	Kane	26
FORNO	Michael	38		FARRELL	Rachel	26
WALPOLE	Sean	38		NUWAYHID	Brian	26
JURY	Stephen	36		BARANOW	Dean	25
POTTS	Caitlin	36		BOUNAS	Jonathan	25
CHAN	Jonathan	35		CORDNER	Nicholas	25
YAP	Ken-Gene	34		BOUNAS	Jonathan	25
YAP	Ken-Leon	33				